

Toddler Lesson Plan for April 15-26, 2019

Fruits & Veggies/Mealtime Manners

Social	Language	Cognitive	Sensorial
<ul style="list-style-type: none"> • Take turns “cooking” in housekeeping • Practice saying “Please” and “Thank you” during mealtimes • Discuss proper mealtime manners during group time <p>Goals: Practice taking turns, using polite words, and practice mealtime manners.</p>	<ul style="list-style-type: none"> • Read books about mealtime • Discuss why it is important to eat our fruits and veggies • Verbally identify different fruits and veggies <p>Goals: Learn about mealtime, encourage healthy eating, and learn to identify fruits and vegetables.</p>	<ul style="list-style-type: none"> • Identify different fruits and veggies with pictures/flashcards • Identify colors of fruits and veggies • Fruit and veggie counting <p>Goals: Practice identifying fruits and veggies, review counting, and review colors.</p>	<ul style="list-style-type: none"> • Making food with playdough • Eating our veggies • Washing fruits and veggies in sensory bin <p>Goals: Use our senses to create and apply what we have learned about fruits, veggies, and mealtime.</p>
Fine Motor	Large Motor	Practical Life	Music/ Art
<ul style="list-style-type: none"> • Fruit and veggie coloring pages • Paint using colors of fruits and veggies • Finger-painting <p>Goals: Use fine motor skills to increase motor control.</p>	<ul style="list-style-type: none"> • Popping bubbles • Pretend picnic • Outdoor equipment <p>Goals: Practice using large motor skills by exercising large/gross motor muscles.</p>	<ul style="list-style-type: none"> • Washing our hands before and after mealtime • Pushing in our chairs • Wiping our faces <p>Goals: Improve mealtime related skills necessary for daily life.</p>	<ul style="list-style-type: none"> • Mealtime place setting gluing activity • Gluing fruits and veggies • Apple stamping art activity <p>Goals: Learn about mealtime and different foods through art projects.</p>