

Pre-K 3 Lesson Plan for October 29 - November 9, 2018

Theme: Healthy Me, Healthy You, Healthy Us

<p style="text-align: center;"><b>Math</b></p> <ul style="list-style-type: none"> <li>• Healthy Eating Graph</li> <li>• Counting Teeth</li> <li>• Sorting Good and Bad Foods</li> </ul> <p><b>Goals:</b> Sort out the foods that are good for our bodies and our teeth. Be able to keep track of what we put into our bodies.</p>	<p style="text-align: center;"><b>Language</b></p> <ul style="list-style-type: none"> <li>• Introduce Phonetic Sounds "t/i/s"</li> <li>• Eye Chart Reading</li> <li>• Alphabet Teeth Cleaning</li> </ul> <p><b>Goals:</b> Incorporate healthy habits with healthy minds. Learning to recognize letters in unique healthy habit ways.</p>	<p style="text-align: center;"><b>Science</b></p> <ul style="list-style-type: none"> <li>• "Tooth" Dye Experiment</li> <li>• Grow Mold</li> <li>• How Sneezes travel</li> </ul> <p><b>Goals:</b> Experiment how unhealthy eating and bad personal hygiene can harm our foods and bodies.</p>	<p style="text-align: center;"><b>Geography</b></p> <ul style="list-style-type: none"> <li>• Introduce South America</li> <li>• Punch Out/ Trace S. America</li> <li>• Learn North-East-South-West on a map</li> </ul> <p><b>Goals:</b> Introduce a new continent and learn about life on that continent. Also be able to know location/direction when referring to a map.</p>
<p style="text-align: center;"><b>Practical Life</b></p> <ul style="list-style-type: none"> <li>• Cover Our Mouths</li> <li>• Blow Our Nose</li> <li>• Put On Our Outside Attire</li> </ul> <p><b>Goals:</b> Learn how to minimize germs from spreading and how to bundle up in order to keep ourselves warm in the cold weather.</p>	<p style="text-align: center;"><b>Sensorial</b></p> <ul style="list-style-type: none"> <li>• Glitter "Germs"</li> <li>• Taste A Healthy Treat</li> <li>• Brush Our Hair</li> </ul> <p><b>Goals:</b> Allow the children to get a feel and taste of what it means to be healthy. We will mix glitter with hand sanitizer to show them how germs can spread.</p>	<p style="text-align: center;"><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>• Learn to Floss</li> <li>• Lace Objects That Help Us Stay Healthy</li> <li>• Sticking On Band-Aids</li> </ul> <p><b>Goals:</b> Work on getting our muscles used to activities that we need to perform to take care of ourselves.</p>	<p style="text-align: center;"><b>Large Motor</b></p> <ul style="list-style-type: none"> <li>• Morning Stretching/Exercise</li> <li>• Doctor Play</li> <li>• Blow Bubbles</li> </ul> <p><b>Goals:</b> Release our energy in a positive manner that helps us to focus during the rest of our day.</p>
<p style="text-align: center;"><b>Outdoor Classroom</b></p> <ul style="list-style-type: none"> <li>• Kicking a Soccer Ball</li> <li>• Hula-Hooping</li> <li>• Red Light, Green Light.</li> </ul> <p><b>Goals:</b> To get our bodies active and exercising and show that sports and games are best for a healthy mind and body.</p>	<p style="text-align: center;"><b>Books</b></p> <ul style="list-style-type: none"> <li>• A Very Hungry Caterpillar</li> <li>• "I Am Healthy When I..."</li> <li>• Healthy Living Themed Story</li> </ul> <p><b>Goals:</b> Talk about the types of food and activities that keep our bodies healthy.</p>	<p style="text-align: center;"><b>Art</b></p> <ul style="list-style-type: none"> <li>• Brushing Teeth</li> <li>• Germ Hands</li> <li>• Bubble Wrap Fruits and Veggies</li> </ul> <p><b>Goals:</b> Give our lessons a face and present the kids with fun materials that they can connect to what we are learning.</p>	<p style="text-align: center;"><b>Music/Sound Awareness</b></p> <ul style="list-style-type: none"> <li>• Germ Stopping Song</li> <li>• Exercise with Music</li> <li>• Meditate with Music</li> </ul> <p><b>Goals:</b> Use music as a healthy tool to help us focus, relax, and remember certain habits.</p>

Remember to \_\_\_\_\_

Special Events \_\_\_\_\_

Notes \_\_\_\_\_

Completed X    Not Completed O    Needs to be Reintroduced \_\_\_\_\_