

# Preschool Lesson Plans – Week of February 20, 2023 Theme: Eating Well

Objective: I will learn about eating healthy foods.

Math Objective: I will compare and describe quantities of 5 objects.

Science Objective: I will learn to compare seeds by size and explore how a seed travels in the wind.

Focus: Pink, heart

Foundations: S

Activities	Day 1	Day 2	Day 3	Day 4
Table Top Activities	Students will do table activities.	Students will do table activities.	Students will do table activities.	Students will do table activities.
Circle Time	<b>NO SCHOOL</b>	<b>Calendar &amp; Meeting</b> <ul style="list-style-type: none"> <li>Daily circle activities (shapes, numbers, letters, colors, etc.)</li> <li><b>Literacy:</b> Foundations - S</li> <li><b>Science:</b> Feel Healthy Hearts – talk about activities that make your heart work hard; Place your hand on your heart; have the children copy you; Talk about hearts working hard and hearts resting (BDT6W3-p.124)</li> <li><b>Science:</b> Make homemade butter</li> </ul>	<b>Calendar &amp; Meeting</b> <ul style="list-style-type: none"> <li>Daily circle activities (shapes, numbers, letters, colors, etc.)</li> <li><b>Literacy:</b> Foundations - S</li> <li><b>Science:</b> Traveling seeds – Look at seeds that are different sizes; introduce word botanists (person who studies seeds and plants)</li> </ul>	<b>Calendar &amp; Meeting</b> <ul style="list-style-type: none"> <li>Daily circle activities (shapes, numbers, letters, colors, etc.)</li> <li><b>Literacy:</b> Foundations - S</li> <li><b>Language:</b> Read the book <i>Good Foods</i>; Explore everyday foods (fruits, vegetables, and protein) and sometimes foods (sugary and fatty foods) (BDT6W3-p.134)</li> </ul>
Group/Center Time		<ul style="list-style-type: none"> <li><b>Art:</b> Paint a strawberry; talk about how it is a healthy food (30, 33)</li> <li><b>Language:</b> Magnetic healthy foods – talk about “everyday” and “sometimes” foods (7a, 30) (BDT6W3-p.115)</li> <li><b>Language:</b> Speech and language activity</li> </ul>	<ul style="list-style-type: none"> <li><b>Science:</b> Traveling Seeds – predict which seeds will travel with the wind; use a straw to see which seeds will move (25, 27)</li> <li><b>Language:</b> Sort fruits and vegetables (8a, 11a) (BDT6W3-p.141)</li> <li><b>Literacy:</b> Dramatic play writing box – grocery store (BDT6W3 – p.117) (7b, 17b)</li> </ul>	<ul style="list-style-type: none"> <li><b>Fine Motor:</b> Make food out of playdough; use rollers and cookie cutters (BDT6W3) (7a, 11a)</li> <li><b>Art:</b> Painting with fruits and vegetables (BDT6W3-p.139) (26, 33)</li> <li><b>Language:</b> Speech and language activity</li> </ul>
Outdoor Discovery				
Snack		Eat butter with crackers		
Choice Time		<b>Social:</b> Skills sampling; work on objectives/social skills <b>Fine Motor:</b> Floor puzzles – Farm, Animals and Babies (7a,11b) <b>Dramatic play:</b> Grocery store (2c, 14b) <b>Listening Center:</b> <i>Good Food, How Do Dinosaurs Get Well Soon?</i> (17a, 18b)	<b>Social:</b> Skills sampling; work on objectives/social skills <b>Fine Motor:</b> Floor puzzles – Farm, Animals and Babies (7a,11b) <b>Dramatic play:</b> Grocery store (2c, 14b) <b>Listening Center:</b> <i>Good Food, How Do Dinosaurs Get Well Soon?</i> (17a, 18b)	<b>Social:</b> Skills sampling; work on objectives/social skills <b>Fine Motor:</b> Floor puzzles – Farm, Animals and Babies (7a,11b) <b>Dramatic play:</b> Grocery store (2c, 14b) <b>Listening Center:</b> <i>Good Food, How Do Dinosaurs Get Well Soon?</i> (17a, 18b)
Story Time		<i>The Beastly Feast</i> Music and Movement – Apples and Bananas	<i>How Does Your Salad Grow?</i> Music and Movement – Hearts work hard, Hearts rest (BDT6W3-p.124)	<i>How Does Your Salad Grow?</i> Music and Movement – Popcorn kernels
Closing/ Community Circle		Reflection – What did we make today?	Reflection – Can you name a fruit or a vegetable?	Reflection – What did you use to paint today?