

# Preschool Lesson Plans – Week of February 19, 2018 Theme: Eating Well

Objective: I will learn about eating healthy foods.

Math Objective: I will describe and sort 3D objects.

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

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.
Circle Time	NO SCHOOL	<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 -d</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</li> <li>○ <b>Math:</b> Sorting 3D objects (M8T2WG2) – sort three-dimensional objects according to their attributes</li> <li>○ <b>Math:</b> 3D shapes I know you tube video (Harry Kindergarten Music)</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 Snacks</i>; Explore everyday foods (fruits, vegetables, and protein) and sometimes foods (sugary and fatty foods) (BDT6W3)</li> <li>○ Make popcorn – talk about how popcorn can be an “everyday” and a “sometimes” food</li> </ul>
Group/Center Time		<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>Math:</b> Playdough objects (M8T2LC1) – construct various three-dimensional objects using playdough (21a, 21b)</li> <li>○ <b>Literacy:</b> Dramatic play writing box – grocery store (7b, 17b)</li> <li>○ <b>Language:</b> Speech and language activity</li> </ul>	<ul style="list-style-type: none"> <li>○ <b>Math:</b> Magazine collage (M8T2LC2) – find real-world representations of 3D objects (21a, 21b)</li> <li>○ <b>Art:</b> Painting with vegetables (26, 33)</li> <li>○ <b>Literacy:</b> Eat a Rainbow book – talk about how you can eat foods with different colors (17a, 17b)</li> <li>○ <b>Fine Motor:</b> Magnetic healthy foods (7a, 30) (I)</li> </ul>	<ul style="list-style-type: none"> <li>○ <b>Literacy:</b> Foundations small group writing – d, s (7b, 16a)</li> <li>○ <b>Language:</b> Find “everyday” and “sometimes” food and glue them on a paper (BDT6W3) (12b, 30)</li> <li>○ <b>Math:</b> Popcorn math (20a, 20b)</li> <li>○ <b>Fine Motor:</b> Play dough; make food shapes; use rollers and cookie cutters (7a, 11a) (I)</li> </ul>
Outdoor Discovery				
Snack				
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>Matt and Molly</i> Music and Movement – Apples and Bananas	<i>Eating the Alphabet</i> <i>How Does Your Salad Grow?</i> Music and Movement – Popcorn kernels	Feel Healthy Hearts – Place your hand on your heart; have the children copy you; Talk about feeling your heart beat; run in place and talk about what happens – Talk about hearts working hard and hearts resting (BDT6W3)
Closing/Community Circle		Reflection – Which seeds moved the farthest?	Reflection – What vegetables did you paint with?	Reflection – What are some ways your heart works hard? Some ways it rests?