

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| Personal Health | | | | |
| | <p>1</p> <p>Language and Discussion</p> <p>Why is it important to wash hands? How do you help keep germs from spreading?</p> <p>Modeling</p> <p>How do we wash hands?</p> | <p>2</p> <p>Field Trip</p> <p>Be here by 9 AM Depart at 10 AM Return around 3 PM</p> <p>Bag Lunch</p> | <p>3</p> <p>Language and Discussion</p> <p>Why should we cover our cough, and how do we cover our cough?</p> <p>Modeling</p> <p>How to use our elbow when we cough</p> | <p>4</p> <p>Book</p> <p><i>The Pigeon needs a Bath</i></p> <p>Language and Discussion</p> <p>Why is taking a shower or bath important? Then wash a baby doll.</p> <p>Yoga Class</p> |
| Healthy Food | | | | |
| <p>7</p> <p>Introduction</p> <p>What are Food Groups?</p> <p>Field Trip</p> <p>Be here by 9 AM Depart by 10:30 AM Return around 2:30 PM</p> <p>Cooking Project</p> <p>Make an açai bowl using various toppings for your bowl</p> | <p>8</p> <p>Open-ended Question and Documentation</p> <p>What are your favorite foods and why?</p> <p>Food Science</p> <p>What happens to an egg when you put it in vinegar overnight?</p> | <p>9</p> <p>Art & crafts</p> <p>Make a My Plate eating plate using a paper plate, construction paper, and food stickers</p> <p>Cooking</p> <p>Make a smoothie using different types of fruits.</p> | <p>10</p> <p>Field Trip</p> <p>Be here by 8:30 AM Depart at 9 AM Return around 3 PM</p> <p>Bag Lunch</p> <p><i>Chaperones welcome, please sign up on the permission slip</i></p> | <p>11</p> <p>Open-ended Question and Documentation</p> <p>How do you help your body grow big and strong?</p> <p>Bar Chart</p> <p>Create a chart with who likes fruits or veggies.</p> |
| Dental Health | | | | |
| <p>14</p> <p>Language and Discussion</p> <p>How to take care of your teeth?</p> <p>Fine Motor Flossing Teeth</p> <p>Children will use floss and practice flossing on dentures</p> <p>Funtastic Fitness</p> | <p>15</p> <p>Field Trip</p> <p>Be here by 8:30 AM Depart at 9 AM Return around 3:00 PM</p> <p>Bag Lunch</p> | <p>16</p> <p>Open-ended question and Documentation</p> <p>Why is it important to have strong healthy teeth?</p> <p>Math Game</p> <p>Children will take turns rolling a dice and filling in the teeth in a mouth with Play-doh</p> | <p>17</p> <p>Literacy and Fine Motor</p> <p>Make a book "My Healthy Teeth"</p> | <p>18</p> <p>Open-ended question and Documentation</p> <p>How do we choose between "sometimes" food and foods we in in moderation</p> <p>Community Field Trip</p> |
| Exercise | | | | |
| <p>21</p> <p>Language and Discussion</p> <p>Why is exercise so important for our body</p> <p>Game</p> <p>Flip the exercise card follow the movements</p> | <p>22</p> <p>Field Trip</p> <p>Be here by 9 AM Depart at 9:30 AM Return around 3 PM</p> <p>Bag Lunch</p> | <p>23</p> <p>Language & Discussion</p> <p>How can we create an obstacle course?</p> <p>Outdoor</p> <p>We will create an obstacle course on the playground and play</p> | <p>24</p> <p>Language and Discussion</p> <p>What are the benefits of doing yoga? We will do some movement and breathing exercises</p> <p>Music and Movement</p> <p>Create your own yoga pose and share with the class</p> | <p>25</p> <p>Fitness Dice Game</p> <p>Roll the dice, look at the number, create a movement, and we will follow that movement</p> <p>Yoga Class</p> |
| Make and Taste Food | | | | |
| <p>28</p> <p>Cooking Projects</p> <p>Make a caramel donut shaped like an apple</p> <p>Funtastic Fitness</p> | <p>29</p> <p>Cooking Activity</p> <p>Make crunchy and soft fruit and veggie kabobs</p> | <p>30</p> <p>Cooking Activity</p> <p>Make mango lassie using mangos and plain yogurt</p> | <p>31</p> <p>Cooking Activity</p> <p>Make monster lips using apple slices and almond slices</p> <p>Pizza provided for lunch!</p> <p>TPCDC Costume Parade 4:30 PM</p> <p><i>Families welcome Pack costumes in backpacks</i></p> | |

Rainbows | Show & Share: Healthy Habits

October 2024

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|---------------|----------------|------------------|-----------------|---------------|
| | 1 | 2 OJK | 3 AN | 4 MR |
| 7 JSca | 8 GS | 9 LT | 10 GV | 11 JSch |
| 14 RWA | 15 WBS | 16 ZF | 17 BG | 18 SH |
| 21 JKS | 22 EL | 23 OO | 24 RW | 25 EW |
| 28 RS | 29 EF | 30 | 31 | |

Children should bring in a book or toy related to our theme of healthy habits, a healthy recipe idea, or an example of a healthy food or snack (**Just ONE to show - NOT 20 to share**).