

QUICK PEEK: MATERIALS INTRODUCED THIS WEEK

Many games, projects and art supplies are included in the Daily Lesson Packs and Supply Bags. Use this chart to see which hands-on materials are featured day-by-day.




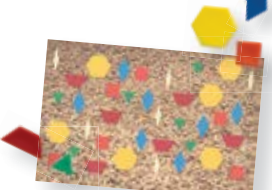




















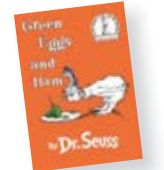
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STEAM STATIONS

BOOKS ARE NOT INCLUDED, FIND AT LIBRARY

RECOMMENDED BOOKS

		COMMUNITY CHALLENGE	LANGUAGE/LITERACY	MATH AND REASONING	CREATIVE ARTS	MUSIC AND MOVEMENT		
LESSON 1	 <p>GRAINS A grain is a seed harvested from a grass plant (like wheat or corn). They grow all over the world and in different types of climates. Grains include rice, oats, bread and pasta. It is important to make sure that at least half of the grains eaten are whole grains. The daily recommendation for preschoolers is 3-5 ounces.</p>	<p>Shake That Grass SED 2 Self-Regulation</p>	<p>Corn Names LLD 7 Writing</p> 	<p>Grain Discovery MR 6 Classification</p> 	<p>Sandwich Art ★ PD 5 Nutrition</p> 	<p>Grain Foods PD 1 Gross Motor</p> 	<p>Bakery SS 2 Civics & Economics</p> 	<p>Are You Eating Something Red? LLD 6 Reading Comprehension</p> 
LESSON 2	 <p>VEGETABLES Vegetables are any edible part of a plant that does not have seeds. Root vegetables like carrots and potatoes grow under the ground. Leafy vegetables, such as lettuce and broccoli, grow above the ground. Vegetables have many important vitamins, minerals and fiber that our bodies need. The daily recommendation for preschoolers is 1-1½ cups.</p>	<p>Community Salad SED 1 Self-Awareness</p>	<p>Vegetable Garden LLD 2 Communication</p> 	<p>Vegetable Lotto Game MR 6 Classification</p> 	<p>Salad Art PD 2 Fine Motor</p> 	<p>Veggie Menu LLD 1 Listening</p>	<p>Vegetable Stand ★ SS 2 Civics & Economics</p> 	<p>Grow Strong! A Book About Healthy Habits LLD 6 Reading Comprehension</p> 
LESSON 3	 <p>FRUITS Fruits are parts of a plant that contain seeds such as apples, watermelon and lemons. Fruits are a significant source of dietary fiber, which is important for maintaining a healthy digestive system. The daily recommendation for preschoolers is 1-1½ cups.</p>	<p>Purple Fruit Hunt SED 3 Attention & Persistence</p> 	<p>My Favorite Fruit LLD 7 Writing</p> 	<p>Fruit Basket ★ MR 4 Measurement</p> 	<p>Little Letter Book: Aa LLD 3 Phonological Awareness</p> 	<p>Funky Fruit SED 2 Self-Regulation</p>	<p>Fruity Playdough SCI 1 Investigation & Inquiry</p> 	<p>Apple Action! LLD 6 Reading Comprehension</p> 
LESSON 4	 <p>DAIRY Dairy foods, such as cheese and yogurt, are made with milk. Dairy foods provide calcium, protein, riboflavin, vitamin B12 and vitamin D. Calcium is important because it helps strengthen and protect your bones. The daily recommendation for preschoolers is 2-2½ cups.</p>	<p>Strong Moving Bones SED 4 Social Relationships</p>	<p>What Type of Milk? ★ LLD 4 Alphabetic Knowledge</p> 	<p>Seek & Find Food MR 2 Spatial Awareness</p> 	<p>Cow Puppet PD 2 Fine Motor</p> 	<p>Calcium Is Cool! PD 1 Gross Motor</p>	<p>Milk the Cow SCI 2 Natural & Earth Science</p> 	<p>Linus the Vegetarian T-Rex LLD 6 Reading Comprehension</p> 
LESSON 5	 <p>PROTEIN Protein is important for building, maintaining and repairing the tissues in our body. Proteins include meat, poultry, fish, nuts, eggs, beans and seeds. The daily recommendation for preschoolers is 2-4 ounces.</p>	<p>Tossing Proteins SED 4 Social Relationships</p>	<p>Healthy Plate ★ MR 7 Logic & Reasoning</p> 	<p>Bean Drop MR 1 Number Sense</p>	<p>Catching Fish MR 1 Number Sense</p> 	<p>Protein Power SCI 3 Physical Science</p>	<p>Egg Hunt MR 7 Logic & Reasoning</p> 	<p>Green Eggs & Ham LLD 6 Reading Comprehension</p> 

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LESSON 6	<p>CLEANING & SAFETY When working with food it is important to practice good hygiene and safety rules. Safe practices include washing hands, carefully cutting with a knife and using an oven mitt to touch hot objects.</p>	<p>Oven Mitt Challenge SED 4 Social Relationships</p>	<p>Bacteria Spray Away LLD 7 Writing</p>	<p>Germ Designs MR 3 Shapes</p>	<p>Hand Wash Hanger PD 4 Personal Care</p>	<p>Squeaky Clean ★ SED 1 Self-Awareness</p>	<p>Washing Dishes SED 4 Social Relationships</p>	<p>Cook-A-Doodle-Do! LLD 6 Reading Comprehension</p>
LESSON 7	<p>MEASURE & POUR We use measuring tools such as measuring cups and spoons when cooking. These tools help us precisely measure wet and dry ingredients like flour, sugar or milk.</p>	<p>Pour Together SED 4 Social Relationships</p>	<p>Pouring Letters ★ LLD 4 Alphabetic Knowledge</p>	<p>Shape Recipes MR 1 Number Sense</p>	<p>Little Letter Book: Gg LLD 2 Communication</p>	<p>Chopping Food LLD 7 Writing</p>	<p>Loose Parts in the Kitchen SCI 1 Investigation & Inquiry</p>	<p>The Busy Body Book LLD 6 Reading Comprehension</p>
LESSON 8	<p>CHOP & STIR Chopping and stirring are common steps to follow when cooking food or following a recipe. Both chopping and stirring can be done manually by a person or with a kitchen appliance such as a blender.</p>	<p>Stirring with Friends SED 2 Self-Regulation</p>	<p>Dan Ran LLD 3 Phonological Awareness</p>	<p>Slice & Count MR 1 Number Sense</p>	<p>Stirring Colors SCI 3 Physical Science</p>	<p>Fruit Salad CA 4 Drama</p>	<p>Chop & Cut ★ PD 3 Safety</p>	<p>End of the Rainbow Fruit Salad LLD 6 Reading Comprehension</p>
LESSON 9	<p>BAKE & COOK Baking and cooking are usually done with a stove/oven or something that gives off heat. Common foods that people will bake are cookies or bread.</p>	<p>Hot Oven! SED 4 Social Relationships</p>	<p>Baking Letters LLD 4 Alphabetic Knowledge</p>	<p>Equal Amounts for All MR 1 Number Sense</p>	<p>Pizza Delivery CA 4 Drama</p>	<p>Cooking Fun PD 1 Gross Motor</p>	<p>Block Cakes CA 4 Drama</p>	<p>Fox and the Last Piece of Pie ★ LLD 5 Reading Comprehension</p>
LESSON 10	<p>SET & SERVE Setting the table includes arranging eating utensils such as plates, forks/spoons, napkins and cups. This can be a helpful routine for families to participate in. Serving includes passing and sharing food with others.</p>	<p>Where Do I Sit? SED 1 Self-Awareness</p>	<p>Serving Friends LLD 2 Communication</p>	<p>Pass the Puzzle Piece MR 3 Shapes</p>	<p>Listen & Draw ★ LLD 1 Listening</p>	<p>Serving Dinner SED 2 Self-Regulation</p>	<p>Packing for a Picnic PD 5 Nutrition</p>	<p>Does a Camel Cook Spaghetti? LLD 6 Reading Comprehension</p>

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LESSON 11		RACE & RUN Running is great exercise, whatever your age. Running helps strengthen bones, improve coordination and can be fun, as well.	Listen to Your Heartbeat SED 2 Self-Regulation 	Yes, We Can LLD 3 Phonological Awareness 	Tower Race MR 7 Logic & Reasoning 	Heart Model CA 3 Visual Arts 	Go Fast ★ CA 1 Music 	Ready-Set-Race! SED 4 Social Relationships 	The Life of Pelé LLD 6 Reading Comprehension 
LESSON 12		JUMP Jumping is a cardiovascular exercise which strengthens the heart. When we do jumping exercises, we are working out all of the major muscle groups in our body.	Jump, Never Stop SED 2 Self-Regulation	Jumping for Letters LLD 4 Alphabetic Knowledge	Long Jump MR 4 Measurement 	Frog Jump ★ CA 4 Drama 	Jump High SED 2 Self-Regulation	Hoop Jumping PD 1 Gross Motor 	Oh, the Things You Can Do That Are Good for You! LLD 6 Reading Comprehension 
LESSON 13		KICK By kicking a ball, we practice gross motor coordination. Sports, such as soccer or football, involve players kicking a ball.	Kick Challenge SED 1 Self-Awareness	Kick & Roll LLD 4 Alphabetic Knowledge 	Ball Patterns MR 5 Patterns 	Kickball ★ CA 3 Visual Arts 	Kicking Balls MR 3 Shapes	Ramp Construction MR 7 Logic & Reasoning 	From Head to Toe LLD 6 Reading Comprehension 
LESSON 14		THROW & CATCH When we throw and catch a ball, we are practicing hand-eye coordination. Baseball is a good example of throwing and catching.	Toss Challenge ★ PD 1 Gross Motor	Tossing to Friends LLD 2 Communication	Target Toss MR 1 Number Sense 	Catch-It Cup MR 7 Logic & Reasoning 	Catch Balls PD 1 Gross Motor	Flying Objects SCI 3 Physical Science 	Watch Me Throw the Ball LLD 6 Reading Comprehension 
LESSON 15		STRETCHING Stretching the body is important to do before and after exercising. Stretching helps keep our bodies flexible and can help prevent injuries.	Morning Stretches SED 4 Social Relationships	Yoga Stretch ★ PD 1 Gross Motor 	Pattern Stretch MR 5 Patterns 	Q Is for Quilt LLD 4 Alphabetic Knowledge 	Crawl, Balance, Stretch SED 2 Self-Regulation	Stretchy Rubber Bands PD 2 Fine Motor 	Stretch LLD 6 Reading Comprehension 

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LESSON 16		CHECKUP We get a checkup from a doctor or a dentist. They check certain parts of the body to make sure everything is healthy.	Broken Letters LLD 7 Writing	Fitness Dominoes MR 2 Spatial Awareness	Doctor's Bag ★ SS 1 Culture & Community	Body Parts CA 2 Dance & Movement	Doctor's Office CA 4 Drama	Doctor Maisy LLD 6 Reading Comprehension
LESSON 17		GROWTH From baby to adult, our bodies grow. We can measure our growth by weighing ourselves or measuring how tall we are. Other living things grow such as trees, vegetables and animals.	Growing Letters SED 1 Self-Awareness	Reach Up MR 3 Shapes	Noodle Wand MR 4 Measurement	Growing Tall ★ SED 2 Self-Regulation	Building Your Body SCI 2 Natural & Earth Science	I Want to Be Tall LLD 6 Reading Comprehension
LESSON 18		STRENGTH We can build strength in our bodies by making healthy choices, such as exercising and eating nutritious food. Some people lift weights to gain muscle and strength.	Making Healthy Choices LLD 2 Communication	Carrying Apples MR 1 Number Sense	Lifting Weights ★ SS 4 History & Sense of Time	Heavy Lifting PD 2 Fine Motor	Heavy Hauling SCI 3 Physical Science	Ten Apples Up on Top! LLD 6 Reading Comprehension
LESSON 19		BALANCE Your balance system helps you stand, walk, run and move without falling. We can practice balancing our own bodies by walking on a balance beam or balancing on one foot.	Balancing Letters LLD 3 Phonological Awareness	Balance Beam MR 2 Spatial Awareness	Healthy Choices SED 3 Attention & Persistence	Stand on One Foot PD 1 Gross Motor	Simple Scale ★ SCI 4 Technology	Balancing Act LLD 6 Reading Comprehension
LESSON 20		REST During rest our bodies can restore, repair and heal. How much sleep you need changes as you age and varies from person to person. Most preschoolers need around 11-13 hours of sleep each day. During sleep people may also dream.	Stretch & Breathe ★ SED 2 Self-Regulation	Sleeping Numbers MR 1 Number Sense	My Portfolio SS 4 History & Sense of Time	Jump the Rest LLD 1 Listening	Soft Pillows SCI 3 Physical Science	Picky Peggy LLD 6 Reading Comprehension