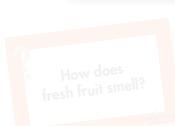




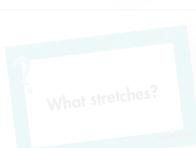
Health & Fitness

WEEK 1 FOOD GROUPS

STEAM STATION	YOUR SUPPLIES	BIG QUESTION AND INSPIRATION PHOTOS	TEACHER TIPS
LESSON 1 Bakery <small>SS 2 Civics & Economics PD 5 Nutrition</small>	Baking tins Rolling pins Cookie cutters Playdough Bowls of grains	 	Set up a pretend bakery with playdough, bowls of grain and baking items like tins, cookie cutters and rolling pins. Use play money and take turns buying and selling items.
LESSON 2 Vegetable Stand <small>SS 2 Civics & Economics PD 5 Nutrition</small>	Scale Blocks or real vegetables Bags	 	Fill bags with blocks or vegetables and weigh them. Play buying and selling.
LESSON 3 Fruity Playdough <small>SCI 1 Investigation & Inquiry SCI 3 Physical Science</small>	Scented playdough (see recipe) Nature items Fruit photos or real fruit	 	Use the recipe to make fruity playdough then explore making fruit.
LESSON 4 Milk the Cow <small>SCI 2 Natural & Earth Science PD 2 Fine Motor</small>	Vinyl glove Bucket or bin Bottle of water Towel Funnels, syringes & turkey basters	 	Poke a small hole in one finger of a vinyl glove and fill it with water. Explore different ways to squeeze out the water.

WEEK 2 IN THE KITCHEN			
LESSON 6 Washing Dishes <small>SED 4 Social Relationships PD 4 Personal Care</small>	Bin of soapy water Sponges Towels Drying racks Dishes Cups Forks & spoons	 	Set out a bin of soapy water with sponges, towels and drying racks. Give children cups, dishes, forks and spoons to explore washing and drying.
LESSON 7 Loose Parts in the Kitchen <small>SCI 1 Investigation & Inquiry SCI 4 Technology</small>	Muffin tin Measuring cups Spoons Bowls Small items (pompoms, beans)	 	Gather various kitchen items then encourage children to explore measuring and sorting small items.
LESSON 8 Chop & Cut <small>PD 3 Safety SCI 4 Technology</small>	Cutting boards Playdough Child-safe cutting utensils	 	Set out cutting boards and child-safe cutting utensils. Explore rolling dough and cutting it into pieces.
LESSON 9 Block Cakes <small>CA 4 Drama LD 2 Communication</small>	Cardboard box Foil Cookie sheets Pie & muffin tins Cupcake liners Oven mitts Blocks	 	Cut a door in the side of a box then cover it with foil to look like an oven. Set out baking items and explore using the oven mitts to practice kitchen safety rules.
LESSON 10 Packing for a Picnic <small>PD 5 Nutrition CA 4 Drama</small>	Basket Play food Plates Cups Spoons Blanket	 	Spread out a blanket. Fill a basket with play food, plates, cups, spoons and pretend to have a picnic.

WEEK 3 FITNESS

STEAM STATION	YOUR SUPPLIES	BIG QUESTION AND INSPIRATION PHOTOS	TEACHER TIPS
LESSON 11 Ready-Set-Race! <small>SED 4 Social Relationships SCI 3 Physical Science</small>	Strips of paper Plush toys Toy cars Animal figurines	 	Set out strips of paper end-to-end and pretend it is a road. Explore different ways to race.
LESSON 12 Hoop Jumping <small>PD 1 Gross Motor MR 2 Spatial Awareness</small>	Toy hoops Chalk	 	Set out toy hoops or draw them with chalk. Arrange them in different ways to get from start to finish.
LESSON 13 Ramp Construction <small>MR 7 Logic & Reasoning SED 4 Social Relationships</small>	Cardboard tubes Boxes Canisters Balls or marbles	 	Set out a variety of building materials and explore building ramps. Experiment with rolling items from different heights.
LESSON 14 Flying Objects <small>SCI 3 Physical Science SCI 4 Technology</small>	Toy hoop Items to throw	 	Hang a toy hoop from the ceiling and exploring tossing different items through it.
LESSON 15 Stretchy Rubber Bands <small>PD 2 Fine Motor MR 7 Logic & Reasoning</small>	Rubber bands Containers Kitchen Items		Set out a variety of containers/cooking items. Explore stretching rubber bands around them in different ways.

WEEK 4 HEALTH

LESSON 16 Doctor's Office <small>CA 4 Drama SS 1 Culture & Community</small>	Toy stethoscope Gauze Bandages Blankets Plush toys or dolls	 	Set out a variety of medical items. Role-play being doctors or patients.
LESSON 17 Building Your Body <small>SCI 2 Natural & Earth Science MR 2 Spatial Awareness</small>	Blocks Paper Scissors Masking tape	 	Make a chalk outline (or use masking tape) of a person or animal. Roll paper into tubes of different lengths and tape to secure. Pretend they are bones. Place them in the outline with blocks and make a life-sized skeleton.
LESSON 18 Heavy Hauling <small>SCI 3 Physical Science SED 4 Social Relationships</small>	Laundry baskets Rope Objects with varying weights		Tie ropes to laundry baskets. Fill them with various objects and explore pulling.
LESSON 19 Simple Scale <small>MR 4 Measurement SCI 4 Technology</small>	Wood or cardboard Cylinder-shaped block Bowls of various materials or objects	 	Make a simple balance scale with a plank of wood or cardboard and a cylinder. Explore making items balance.
LESSON 20 Soft Pillows <small>SCI 3 Physical Science SCI 1 Investigation & Inquiry</small>	Pillow cases Stuffing material: cotton balls, crumpled paper, feathers, toys, blocks		Set out pillow cases and a variety of stuffing materials. Explore what makes the softest pillow.

FOR 4 FULL WEEKS OF STEAM

ORDER TODAY!

Set-Up Directions

These open-ended STEAM stations invite children to investigate, problem-solve and create.

- Hang the Big Question and Inspiration Photos on the wall next to the place you set up the investigation.
- Use the labels to identify and organize materials children will use (and clean up) as they explore STEAM stations.

ROTATING YOUR STATIONS

- Introduce one new STEAM station daily. Leave that station set up all week. By the end of the week, children will have five stations to explore.



STEAM stations integrate perfectly with the monthly Experience Preschool Curriculum kits for a comprehensive research-based early learning system. Learn more and start your research-based curriculum today.

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Can you
milk a cow?



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Can you clean the dishes?

WASHING STATION





Can you build
a ramp?

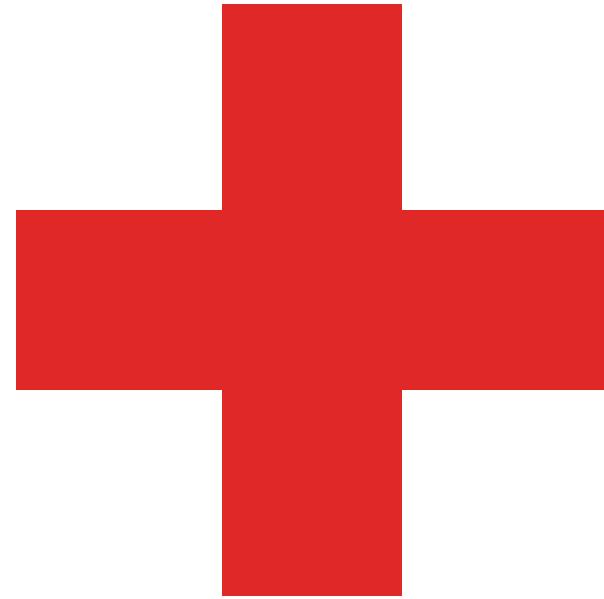


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How do
you feel?



HOSPITAL

What hurts?

