










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. Take turns 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.
LESSON 5 Egg Hunt <small>MIR 7 Logic & Reasoning CA 4 Drama</small>	Toy eggs Small items (pompoms, beans)		Hide toy eggs outside then work together to find them and carry them to a safe place.




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 ILD 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	<div>FOR 4 FULL WEEKS OF STEAM</div> <div>ORDER TODAY!</div>	
LESSON 19 Simple Scale <small>MR 4 Measurement SCI 4 Technology</small>	Wood or cardboard Cylinder-shaped block Bowls of various materials or objects		
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.

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

- ## ROTATING YOUR STATIONS

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- ?
- How does fresh fruit smell?
- experience



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**Can you
milk a cow?**





**Can you clean
the dishes?**

WASHING STATION





**Can you build
a ramp?**





**How do
you feel?**



HOSPITAL

What hurts?

