

Unit: Healthy Foods, Healthy Body

Theme: Why are healthy foods and exercise good for me?

Essential Question: *Why are healthy foods and exercise good for me?*

Focus Questions: What are good healthy habits?

Vocabulary: health, habit, soap, washing, brushing, check up, doctor, dentist, sleep, rest, nutritious,

Materials:

Paper, pencils, crayons, scissors, glue

Healthy Habits Chart (attached)

Healthy Habits journal page (attached)

Math worksheet #13 (attached)

Legos

Read Alouds to View:

Healthy Me by Melvin & Gilda Berger https://www.youtube.com/watch?v=nrciv_Z04eM

I Don't Want to Go to Sleep by Subi Bosa https://www.youtube.com/watch?v=koYFE_d_jRq0

Go Wash Up by Amanda Doering Tourville <https://www.youtube.com/watch?v=xLQkhaHC3vM>

The Flea's Sneeze by Lynn Downey <https://www.youtube.com/watch?v=0TaNoVeQXSs>

Keeping Healthy by Sally Hewitt <https://www.youtube.com/watch?v=VVL8csL9EXxM>

Questions/Discussion Ideas after Read Alouds:

- *What does it mean to be healthy?
- *How can people be healthy?
- *What things can you be responsible for in your health?
- *Why do we need to stay clean?
- *What happens if we do not get enough sleep?



At Home Choice Board: Choose 2 activities to complete each school day!

<p>Use a deck of cards. Flip 2 cards over. Your child states which is more/less</p>	<p>Make a healthy habit chart and mark the chart when your child completes each habit..</p>	<p>Use the included journal page and draw a picture of things you can do to be and stay healthy..</p>	<p>Give your dolls or action figures a bath!</p>	<p>Pretend to be at the doctor's office or at a dental appointment. Role play.</p>
<p>Visit the following website and read the silly poem! Discuss it and have your child draw a picture of them dirty and clean! web.archive.org/web/20160731114016/http://gigglepoetry.com/poem.aspx?PoemID=714&CategoryID=33</p>	<p>Review the 5 senses. Name things you can see, touch, hear, taste, and smell!</p>	<p>Explore the following kid friendly website: https://www.scrubclub.org/index.php</p>	<p>Learn about staying healthy: https://www.youtube.com/watch?v=UxnEuj1c0sw After, review when you should wash hands and bathe, make a list of daily healthy habits (bathing, teeth brushing, exercise, bedtime, etc) then, make a list of other healthy habits to practice (doctor check up, dentist visit, healthy food choices, etc)!</p>	<p>Give your child 10 blocks or legos and have them make a tower. Take some legos away and practice saying the number sentences and subtraction words (take away, minus, equals)</p>
<p>Subtraction stories: https://www.youtube.com/watch?v=jnMKPsYK4LI</p>	<p>Practice subtracting: https://www.youtube.com/watch?v=pwQKugrFmJQ&t=101s</p>	<p>Read a story in the dark with a flashlight!</p>	<p>Take a vote with your family (movie night, dinner idea, snack or treat)</p>	<p>Review letters: https://www.youtube.com/watch?v=Gzs2dR3grAM&t=53s</p>

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Focus Questions: What kinds of foods are healthy?

Vocabulary: healthy, nutritious, snack, meal, dairy, grains, fruits, vegetables, protein, water

Materials:

Paper, pencils, crayons, scissors, glue

I can eat healthy foods journal page (attached)

Paper plate, grocery ads or magazines to cut

MyPlate (attached)

Read Alouds to View:

Why Should I Eat Well? By Claire Llewellyn https://www.youtube.com/watch?v=uV_6p2X6Fys

Protein on My Plate by Mari Schuh <https://www.youtube.com/watch?v=sRRQ4QfZKCw>

Healthy Snacks on My Plate by Mari Schuh <https://www.youtube.com/watch?v=sRRQ4QfZKCw>

Vegetables on My Plate by Mari Schuh https://www.youtube.com/watch?v=HgCu8_V51dl

Fruits on My Plate by Mari Schuh https://www.youtube.com/watch?v=gHZQz_JIXag

Grains on My Plate by Mari Schuh <https://www.youtube.com/watch?v=PvHOh0alki0>

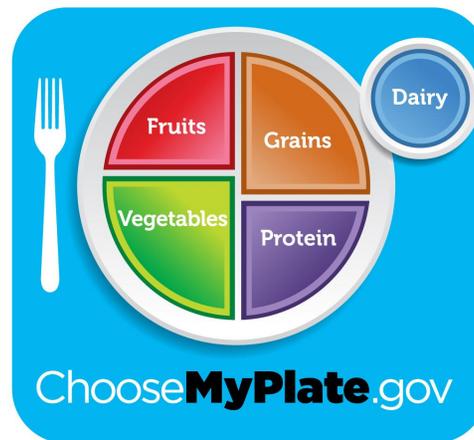
Dairy on My Plate by Mari Schuh <https://www.youtube.com/watch?v=MX4qMUD5RLs>

Questions/Discussion Ideas after Read Alouds:

*What foods are healthy?

*How can I know what is healthy?

*How do we feel when we don't eat healthy foods?



At Home Choice Board: Choose 2 activities to complete each school day!

<p>Make "Ants on a Log" for a healthy snack!</p> 	<p>https://www.youtube.com/watch?v=5dR22hbIn6w</p> <p>Listen to "Good Foods" by Jack Hartmann to learn about how healthy foods keep us strong</p>	<p>Use the included journal page and draw a picture of your favorite healthy foods!</p>	<p>Have your child help with meal decisions. Be sure to include a variety of food groups! Use the MY Plate as guidance. (attached)</p>	<p>Make a collage of healthy foods from magazine pictures. Make another with unhealthy food pictures.</p>
<p>Play a version of "I'm Going on a Picnic" using healthy food choices.</p>	<p>Do something kind for someone!</p>	<p>Write your name with a carrot in dip on a plate!</p>	<p>Do a simple sink/float experiment. Have your child make predictions, then test.</p>	<p>Practice your address & phone number.</p>
<p>Review the alphabet: https://www.youtube.com/watch?v=Srzjx2HkPQI</p>	<p>Practice shapes: https://www.youtube.com/watch?v=eDKNVuu_TAs</p>	<p>Read a story in a fort you build with blankets and chairs</p>	<p>Sing an adding song: https://www.youtube.com/watch?v=MlCY56HQLuA</p>	<p>Review math skills: https://www.youtube.com/watch?v=OKPT5EaXUcA</p>

Unit: Healthy Foods, Healthy Body

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Essential Question: *Why are healthy foods and exercise good for me?*

Focus Questions: Why is exercise important?

Vocabulary: healthy, exercise, body, muscles, stretch, strong.

Materials:

Paper, pencils, crayons, scissors, glue

I can exercise journal page (attached)

Exercise chart (attached from Week 1)

Name Exercises (attached)

Read Alouds to View:

Get Moving by Mari Schuh <https://www.youtube.com/watch?v=5NS3n25zRE4>

Get Up & Go by Nancy Carlson <https://www.youtube.com/watch?v=9OR-oKpfsZs>

My Body Needs Exercise by Jenna Lee Geisner <https://www.youtube.com/watch?v=l4m0sl2C3mk>

The Couch Potato by Jory John <https://www.youtube.com/watch?v=HSDnt30uJME>

From Head to Toe by Eric Carle <https://www.youtube.com/watch?v=PVDxKybtcZM>

Questions/Discussion Ideas after Read Alouds:

*What is exercise?

*How can you exercise at home? At school? At the playground?

*Why is it important to exercise?

*Review body parts used for different exercise activities.



At Home Choice Board: Choose 2 activities to complete each school day!

<p>Exercise by spelling your name- use the attached chart!</p>	<p>Trace your child's outline in sidewalk chalk. Label different body parts and fill the outline with healthy habit and exercise ideas.</p>	<p>Use the included journal page and draw a picture of how you can exercise!</p>	<p>Move around the house in different ways (hop like a frog, waddle like a penguin, gallop like a horse, etc).</p>	<p>Try the "Freeze Dance" at https://www.youtube.com/watch?v=2UcZWvXvgMZE Have a dance party!</p>
<p>Try a yoga routine from Cosmic Kids. Visit https://www.youtube.com/user/CosmicKidsYoga.</p>	<p>Design your own obstacle course at home!</p>	<p>Track your exercise for a week. Chart attached!</p>	<p>Use objects to make combinations of 10 (10 rocks= 4 & 6 or 5 & 5 or 2 & 8, etc)</p>	<p>Practice writing numerals and your name in shaving cream, in salt, or with crayons.</p>
<p>Learn some sight words! https://www.youtube.com/watch?v=glZjrcG9pVW0!</p>	<p>Sound review: :https://www.youtube.com/watch?v=VVP1bIVh1ZQM&t=53s</p>	<p>Read a story under a table!</p>	<p>Review subtraction: https://www.youtube.com/watch?v=GdXClek-05l</p>	<p>Rhyming: https://www.youtube.com/watch?v=aP3UHE0duCU</p>

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Focus Questions: How can I stay healthy?

Vocabulary: healthy, exercise, nutritious, dentist, doctor, check up, bathe, clean

Materials:

Paper, pencils, crayons, scissors, glue

I am healthy journal page (attached)

Objects at home to make patterns with

Read Alouds to View:

Wash Your Hands by Tony Ross <https://www.youtube.com/watch?v=ljNvF650WTc>

You are Healthy by Todd Snow <https://www.youtube.com/watch?v=55ezkl4NGbk>

Healthy Body by Alyssa Liang <https://www.youtube.com/watch?v=hB99BPZplfs>

Brush the Germs Away by Joy Ray <https://www.youtube.com/watch?v=xO9jluJ9x6g>

Questions/Discussion Ideas after Read Alouds:

- *Review how you stay healthy.
- *Who do you see for check ups to keep you healthy?
- *Review how and why you should care for your teeth.



At Home Choice Board: Choose 2 activities to complete each school day!

<p>Build a mini playground out of empty boxes and other art materials.</p>	<p>Bounce a ball. Count your bounces. Practice throwing and catching.</p>	<p>Use the included journal page and draw a picture of how you can stay healthy!</p>	<p>Pretend to be at a doctor's visit. Have a toy check up.</p>	<p>Review patterns with exercise: https://www.youtube.com/watch?v=hoFhVdYsmPg&t=48s</p>
<p>Learn about being a doctor: https://www.youtube.com/watch?v=JxdrEFz9Jsw&t=112s</p>	<p>Learn why you should brush your teeth! https://www.youtube.com/watch?v=aOebfGGcjVw</p>	<p>Review healthy habits: https://www.youtube.com/watch?v=dhpCdqOtujo</p>	<p>Use objects at home to create a pattern (toy, book, toy, book, etc)</p>	<p>Play a pattern game: https://www.youtube.com/watch?v=9s500eABaFs</p>
<p>Learn some sight words! https://www.youtube.com/watch?v=mXvKAgc8kqo</p>	<p>Sound review: https://www.youtube.com/watch?v=Ffoa9_vfwHo</p>	<p>Read a story to a plant in your house</p>	<p>Review personal info- names, age, address, birthday, parent names!</p>	<p>Write your full name!</p>

MY READING LOG



Read a story EVERY DAY!! Draw a star or smiley face or place a sticker on the date when done!



May

9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Math Lessons:

****Click on the links below to see full lessons and activities to support the skills.****

Week 1:

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-c-lesson-11>
<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-c-lesson-12>
<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-c-lesson-13>
<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-c-lesson-14>
<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-c-lesson-15>

Week 2:

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-d-lesson-16>
<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-d-lesson-17>
<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-d-lesson-18>
<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-d-lesson-19>

Week 3:

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-e-lesson-20>
<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-e-lesson-21>
<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-e-lesson-22>
<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-e-lesson-23>

Week 4:

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-f-lesson-24>
<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-f-lesson-25>
<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-f-lesson-26>
<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-f-lesson-27>
<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-f-lesson-28>