

WEEK: 16

THEME: Taking Care of Myself

LETTER: Q

Circle time: calendar, weather, sing songs, read a book, letter of the week, discussion, and craft

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOOK	<u>Eating the Alphabet</u> by: Lois Ehlert	<u>I Am Sick</u> by: Patricia Jensen	<u>First Aid</u> by: Pamela Chanko	<u>How Do Dinosaurs Get Well Soon?</u> by: Jane Yolen	<u>Please Play Safe</u> by: Margery Cuyler
DISCUSSION	What's a healthy habit, how many healthy habits do we have	Discuss how washing our hands helps prevent us from getting sick	Discuss what first aid is and how it's helpful to us	How do doctors, nurses and even our moms and dads help prevent us from getting sick	Discuss how to play safe both indoors and outdoors
CREATIVE ART	Let's make a salad! Cut out of construction paper, lettuce leaves, tomato slices, cucumbers or anything else you'd put in your salad. Glue or tape them to a paper plate or bowl	Trace your hands on a piece of paper and create a handwashing reminder picture to put next to your sink	create your own first aid kit that you can use on with your stuffed animals, add band aids, ace bandage etc.	Make a get well card for someone who's not feeling so good. Decorate it and make it colorful and cheer up a friend or family member	Create a daily routine chart together. It can be your morning routine, bedtime or even the whole day! Use construction paper markers, crayons, stickers, and display as a reminder low for kids to see with ease.

HOW TO REINFORCE THE THEME



take a bath



brush our teeth



clean our nose

Free play: Be a Doctor or nurse! Take care of all your stuffed animals using your first aid kit. Using dress up clothes and shoes, practice tying your shoes and dressing yourself!

Math and Science : Take a plastic bin (or water table if you have one) and fill with water. Add a little soap and some scrub brushes or sponges, give your toys a good cleaning!

Outdoor time : When out on walks practice looking both ways before crossing the street. Practice safety at the playground. When riding your bike or a skateboard use your helmet and elbow and knee pads.

[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

