

# Monthly Activities

Month: February

Class: Pre-K

**Theme:** Healthy Habits, Our Body, The Five Senses, Health & Nutrition

**Community Helper:** Doctor, Nurse, Dentist

**Alphabet:** Pp, Qq, Rr, Review

**Math Concepts:** Patterns and Weights

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1</b>  <b>Healthy Habits</b>	Cut pictures of food from magazines, sort them into two groups: healthy & unhealthy, then glue each group to a piece of paper.	Have your child write a list of 5 Healthy Habits they do (or should be doing) each day.	Make a complex pattern (ABBA, ABCC, etc) with household items. i.e.: fork, knife, knife, fork, etc.	Pick out a book from the library about visiting the doctor/dentist. Ask your child what their favorite part of visiting the doctor/dentist is.	Go to the Preschool page at <a href="http://choosemyplate.gov">choosemyplate.gov</a> print out the healthy eating mini-poster, hang it up in the kitchen and discuss
<b>Week 2</b>  <b>Our Body</b>	Drop two objects of different weights. Which lands first? Make a prediction beforehand.	Have your child write a story about their favorite way to use their body (riding bikes, walking around the zoo, etc).	Outline your child with chalk on the sidewalk. Have them add their own body parts (eyes, nose, etc.)	Guess how much you weigh and then weigh yourself.	Look up pictures and describe functions of the body (heart/lungs, brain/nerves, bones/muscles, etc).
<b>Week 3</b>  <b>Five Senses</b>	Mix packets of kool-aid with half the amount of water. Paint with them on paper. After it dries, scratch and sniff!	Grab flashlights and turn the lights out. Can you make silly shadows on the wall with your hands? What about with your toys?	Choose four new foods for your child to try while blindfolded. Ask them to guess what they are and if they like them.	Gather several different textured items from around the house. Have your child sort them (smooth, soft, hard, rough, etc).	Tie bells to yarn and hang them in an open, safe area. Use bean bags to throw in the air and make the bells ring.
<b>Week 4</b>  <b>Nutrition &amp; Exercise</b>	Teach your child three new exercises: Jumping jacks, hopping on one leg, and running in place.	Have a "Screen Free" night – turn off the TV and enjoy time together. Go for a family walk or make up a new game together.	Draw two of your favorite fruits and vegetables. Talk about why you like them.	Look for a new recipe showcasing healthy foods. Make a shopping list and prepare the meal together.	Make a shake or smoothie! Have your child choose which fruit and veggies to add and help you prepare it.