

notes

# February 2016

SUGGESTED MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>DAY 1: GRAINS</b> <span style="float: right;">1</span> 🌽 Corn Names 🍷 Sandwich Art 🌾 Grain Discovery ⚖️ Weighing Grains	<b>DAY 2: VEGETABLES</b> <span style="float: right;">2</span> 🥦 My Favorite Food 🌱 Sprout a Bean 🥬 Vegetable Counting 🧼 Washing Veggies	<b>DAY 3: FRUITS</b> <span style="float: right;">3</span> 🍓 Strawberry Stamping 🍇 Fruit Basket Sorting 🍹 J is for Juice 🍎 Red Fruit Hunt	<b>DAY 4: DAIRY</b> <span style="float: right;">4</span> 🥛 Milk a Cow 🐄 Parts of a Cow 🔍 Seek and Find Food 🧀 Holey Cheese	<b>DAY 5: PROTEIN</b> <span style="float: right;">5</span> 🐟 Catching Fish 🍲 Jamaican Rice and Peas 🎲 Healthy Plate Game 🥩 Bean Drop	
7	<b>DAY 6: CLEANING &amp; SAFETY</b> <span style="float: right;">8</span> 🧴 Bacteria Spray Away 🧤 Hand Wash Hanger 🍷 Oven Mitt Marathon 🔪 Knife Skills	<b>DAY 7: MEASURE &amp; POUR</b> <span style="float: right;">9</span> 🍹 Lemonade Stand 🍋 L is for Lemons 🥣 Measuring Bowls 🍷 Pouring Experiment	<b>DAY 8: CHOP &amp; STIR</b> <span style="float: right;">10</span> 🍲 Nature Soup 🎨 Stirring Colors 🍳 Can in the Pan 🍰 Slice and Count	<b>DAY 9: BAKE &amp; COOK</b> <span style="float: right;">11</span> 🍕 Pizza Delivery 🍞 Letter Bread 🍳 Cooking Up 12 🐓 Little Red Hen	Use Valentine's Day Celebration <del>Kit</del> today if desired.	13
14	<b>DAY 10: SET &amp; SERVE</b> <span style="float: right;">15</span> 🍷 Make Me a Meal 🍴 Set the Table 🐓 Red Hen Adventures 📄 Copy Me	<b>DAY 11: RACE &amp; RUN</b> <span style="float: right;">16</span> 🏃 Yes We Can ⌚ Timed Races 🏆 The Good Sport Medal 🎵 Heartbeat Pounding	<b>DAY 12: JUMP</b> <span style="float: right;">17</span> 🐸 Frog Jump 🦘 Jump for Words 🏊 Long Jump 🖐️ Finger Jumping	<b>DAY 13: KICK</b> <span style="float: right;">18</span> 🦶 Kick or Don't Kick 🍴 Rolling Kabobs 🥋 12 Kicks 🌊 Kick in the Water	<b>DAY 14: THROW &amp; CATCH</b> <span style="float: right;">19</span> 🏃 Catch and Run 🍷 Catch-it Cup 🎯 Target Toss 🏀 Ball Patterns	20
21	<b>DAY 15: STRETCH</b> <span style="float: right;">22</span> 🧩 Geo Pattern Stretch 🧘 Spin and Stretch 🧡 Be Kind 🧴 Stretchy Slime	<b>DAY 16: CHECK UP</b> <span style="float: right;">23</span> 🗋️ Open Wide 🎒 Doctor's Bag 🎲 Fitness Dominoes 🥁 Pounding Pattern	<b>DAY 17: GROWTH</b> <span style="float: right;">24</span> 🐢 Jack Be Nimble 🏏 Reach Up 🐕 Tall Dog 🕒 Then and Now	<b>DAY 18: STRENGTH</b> <span style="float: right;">25</span> 🏋️ Choosing Equipment 🧶 Strong Pulleys 🤝 Community Strength 🏋️ Lifting Weights	<b>DAY 19: BALANCE</b> <span style="float: right;">26</span> 🧠 Balance the Brain 📖 Sight Word Stack 🍷 Hop Scotch 🏊 Balance Beam	27
28	<b>DAY 20: REST</b> <span style="float: right;">29</span> 🛌 Sleep Positions 🌙 In My Dreams 🛏️ Under the Covers 🧘 Quiet Time Stretches					

Every day includes Circle Time and Closing Time with music and movement activities.

## SKILL-BASED ACTIVITIES

Activities are developmentally appropriate, research-based and aligned with state standards.

-  Social and Emotional Development
-  Physical Development
-  Language and Literacy
-  Mathematics and Reasoning
-  Social Studies
-  Science
-  Creative Development
-  Second Language