



Junior Preschool Classroom Weekly Program Outline

Theme: Healthy Habits

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Circle Welcome Song, Read-Aloud, Group Activities	Book: "Germs" What are some healthy habits?	Book: "Andrew's Tooth" What is it important to brush your teeth?	Book: "No Clean Clothes" What is good hygiene?	Book: "Something Good" Why is it important to sleep and exercise?	Book: "Mud Puddle" What are healthy foods to eat?
	<i>3.6 Listening to Others, 3.7 Enjoying Literacy – engaging in activities with language and print materials, 3.8 Understanding and Using the Power of Literacy – making connections to text</i>				
Creative Art	Creating a germ	Brush your tooth	Germ blow paint	Tooth Brush Name Craft	Tummy craft
	<i>3.9 Retelling Stories – making connections to stories, 4.3 Representation – using art media to express ideas and experiences, 5.3 Fine Motor – tool use</i>				
Cognitive/ Literacy/Math	Germ tracing and patterns	Cleaning letters with a tooth brush	Habits Sorting	Matching healthy habits	Healthy tooth sad tooth
	<i>3.10 Phonological Awareness – identifying letter sounds, 3.11 Letter Recognition 4.10 Classifying – matching, 4.13 Determining Quantity – matching numbers to sets, 4.15 Representing Numbers</i>				
Science and Sensory	Glitter Germ Washing Experiment and Sneeze Spray	Washing babies with soap			Egg in Soda Experiment
	<i>4.2 Problem Solving – beginning to plan ahead, identifying and taking action, 4.9 Reasoning Logically – exploring causes, mixing and transforming materials</i>				
Dramatic Play	Doctor and Dentist costumes and medical supplies.				
	<i>1.1 Making Friends – inviting others to play, sustaining play with others, 4.3 Representation – pretending to be someone else, sustaining and extending play with language and props</i>				
Afternoon Circle	Discussion: Why do we catch our cough?	Song: "Brush your teeth"	Discussion: What can we do to be healthy?	Song: "Head and shoulders"	Song: "The germ stopping song"
	<i>1.6 Co-operating – listening, thinking and responding during group time, 3.6 Listening to Others – understanding and following directions, 5.4 Auditory Skills and Music – producing sound patterns</i>				