

Theme: Health

Day: 1

Module	Activity
Circle Time	Brushing Teeth
Letters & Numbers	Letter Ww Food Series
Worship Time	The Good Samaritan
Art & Science	Toothbrush painting

Circle Time

Review – Start your preschool day with Circle Time and sing the “I Can Sit Down” song (Improvise your tune)

*I can sit down as quite as can be.
I can sit down just to look at me.
I can sit down as quite as can be.
I can sit down just to look at me.*

Then sing the “Hi There” song. (Improvise your tune)

*Hi there, so glad you came.
Hi there, so glad you came.
Hi there, so glad you came.
One two three let's shout HOORAY.
Hi there, so glad you're here.
Hi there, so glad you're here.
Hi there, so glad you're here.*

One two three let's give a cheer. Yay

Next do your Special Help activity.

Look at the calendar and sing the "Days of the Week" song. (Tune of the "Adams Family")

*Well there's Sunday and there's Monday,
there's Tuesday and there's Wednesday,
there's Thursday and there's Friday and then
there's Saturday.*

Days of the week. (Clap hands 2 times).

Days of the week. (Clap hands 2 times).

*Days of the week. Days of the week. Days of the
week. (Clap hands 2 times).*

This is a great time to review the days of the week, months of the year and the number of the day. Then check the weather and compare it to your weather dial.

Discussion: Brushing Teeth

Show the children the "Extra Content" Brushing Teeth video for them to learn how to brush their teeth correctly. Then on a stuffed animal show the child how to properly brush their teeth. Place toothbrush at a slight upward angle on the outside of the back bottom teeth. Make small circular motions on all the bottom teeth, then do the same circular motion on the inside of the bottom teeth. Once done with the bottom teeth move to the top teeth and do the same thing to keep that smile shining.

Next have the children pretend their finger is their toothbrush and have them practice on a stuffed animal.*

Music and Movement: It's great to have healthy teeth but it's also great to keep our bodies healthy. Doing exercises is a wonderful way to keep us healthy and happy. So let's [hop on one leg!](#)

Skills

- Math & Counting: Color recognition with the colors that are being looked at on the video

- Language: Increasing expressive language skills as children are talking to each other about what they are learning about. Expanding vocabulary when learning about their teeth and being healthy
- Physical: Sharing thoughts which is a good public speaking skill. Engaged in dramatic play
- Cognitive: Recalling anything they know about brushing their teeth and keeping their bodies healthy
- Social: While children are interacting with each other and with adults they are building their social skills
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Materials

- Toothbrush
- Stuffed animal

Music & Movement

<http://www.youtube.com/watch?v=wusHB9dv8JA>

Extra Content

<http://www.youtube.com/watch?v=BidkMZNjR8A>

Letters & Numbers

Activity Description - Letters: Letter Ww Food Series

[Click here](#) to learn about the letter W with Miss Cullen and Gator. First, Miss Cullen and Gator are going to show the upper and lowercase letter W. Then review the sound of the W. Next look at three types of food that start with the letter W: Wheaties, Wheat Thins and Water . If you have these items at home you can try them with Miss Cullen and discuss what it feels like, tastes like, sounds like and smells like.

Remember, when trying the different foods, it has to go in your mouth but it doesn't have to stay there. But it is always good to try something new.

Skills

- Recognizing and learning the letter and sound of the letter B
- Using sensory skills Math & Counting: Color recognition with the colors of the food being used
- Language: Increasing expressive language skills as they are learning new letters and the sounds they make and conversations they are having with each other
- Physical: Children are strengthening the muscles in their hands as they are using their fine motor skills to pick up the food. Hand-eye coordination when putting the food in their mouth
- Cognitive: Increasing observation skills with what they are seeing and talking about with the food. Concept development of shapes and sizes of the food
- Social: While children are interacting with each other and with adults they are building their social skills.

Materials

- Watch the letter W video. If you would like to taste the foods along with Gator and Miss Cullen then you will need Wheaties, Wheat Thins and Water to try or other items that start with the letter W.

Prep Video

http://www.youtube.com/watch?v=8npkM0_EWpw

Worship Time

Activity Description: The Good Samaritan

The Good Samaritan

Luke 10:25-37

One day, a lawyer put Jesus to the test. He said, "I know the law says to love God with all my heart and to love my neighbor as myself. But who is my neighbor?"

Jesus told him this parable:

“A man was on his way to the city of Jericho when he was attacked by robbers. They took his clothes, beat him, stole everything he had and went away. The man was hurt. He needed help. Along came a priest. When he saw the man, he passed on the other side of the road. Along came a helper in the temple. He saw the man but did not stop. Along came a Samaritan man. When he saw the hurt man, he stopped. The Samaritan man put bandages on him cleaned up the man’s wounds. He lifted the man onto his own donkey and took him down the road to an inn to care for him. The Samaritan man took care of him all night long,” said Jesus. “In the morning, the Samaritan man gave the innkeeper two silver coins and said, ‘Take good care of him until I return.’” After Jesus finished the story, he asked, “Who was a neighbor to the injured man?” The lawyer answered, “The Samaritan who took care of the hurt man.” Jesus said, “Yes. Be kind, like that man and love your neighbor.”

Bible Story Questions & Answers

Talk about what the Bible story was about by asking the children questions. You can decide ahead of time how you want them to answer the questions. I like to have the children raise their hand to answer the question. If they are incorrect that is fine. You can say what the answer is or ask: “Does anyone else have a thought or answer to the question?”

Questions to ask if you like:

- In the beginning of the story, what did the lawyer ask Jesus? (Who is my neighbor?)
- What happened to the man who was on his way to the city of Jericho? (He was beat up by robbers)
- What did the robbers take? (Took his clothes and stole everything he had)
- Did the priest or the helper in the temple help the hurt man? (No, they walked by him)
- Was that a good choice to not help the man? (No)
- Who helped the hurt man? (The Samaritan man)
- What did the Samaritan man put on his body? ((Bandages and cleaned his wounds, owies, or boo-boos)
- What did the Samaritan man put him on? (His donkey)
- Where did the Samaritan man take him? (To an inn)
- Did he take care of the man at the inn? (Yes)
- Do you think the Samaritan man is loving his neighbor? (Yes)
- Who is our neighbor? (Anyone)

Prayer

While sitting on the floor with criss cross legs, have the children re-peat after you. You can have them fold their hands and close their eyes or just sit quietly and say after you. Following is a prayer written out that you can use, or you can make up your own.

Dear God (children repeat)

Thank you for this day (children repeat) Please help me (children repeat)

To be like Jesus (children repeat)

To help others (children repeat)

And be a good neighbor (children repeat) I love You (children repeat)

Amen (children repeat)

Skills

- Language: Listening to the story and answering the questions work with children on their language skills. Following directions
- Cognitive: As children continue to pray they are building their relationship with God and learning to trust Him
- Emotional: Growing in and deepening their relationship with God
- Social: When children are answering the questions they are working on speaking in public which is a great social skill.

Materials

- You can read from a Children's Bible, your Bible or use the following story.

Art & Science

Activity Description - Art: Toothbrush painting

Today we are going to paint with a toothbrush on a tooth cut out of construction paper. Pour paint into a bowl or onto a paper plate. Allow your child to dip the toothbrush into the paint. Once they get a coat of paint on their toothbrush; have them now paint with their toothbrush onto the construction paper tooth. If you wanted you could even add a squirt of toothpaste to paint. [Click here](#) for the tooth pattern. [Click here](#) for the video.

Skills

- Math & Counting: Color recognition with the colors that are being looked at on the video
- Language: Increasing expressive language skills as children are talking to each other about what they are doing together
- Physical: Sensory smells if you add toothpaste to the paint. Fine motor skills that strengthen the muscles in their hands when painting the tooth
- Cognitive: Recalling anything they know about brushing their teeth and keeping their bodies healthy
- Social: While children are interacting with each other and with adults they are building their social skills
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Materials

- Construction paper
- Toothbrush
- Paint
- Toothpaste if you want to add it to the paint.

Games & Play

Pour paint into a bowl or onto a paper plate. Allow your child to dip the toothbrush into the paint. Once they get a coat of paint on their toothbrush; have them now paint with their toothbrush onto the construction paper. For an easy clean up, throw out the paper plates

Prep Video

<http://www.youtube.com/watch?v=GPotKUXqyNQ>

Extra Content

Tooth Pattern:

<http://cullensabcs.com/wp-content/uploads/2010/04/Tooth-Pattern.pdf>

Theme: Health

Day: 2

Module	Activity
Circle Time	Teeth Cleaning
Letters & Numbers	Letter Ww
Worship Time	The Good Samaritan
Art & Science	Brushing an Egg

Circle Time

Review – Start your preschool day with Circle Time and sing the “I Can Sit Down” song (Improvise your tune)

*I can sit down as quite as can be.
I can sit down just to look at me.
I can sit down as quite as can be.
I can sit down just to look at me.*

Then sing the “Hi There” song. (Improvise your tune)

*Hi there, so glad you came.
Hi there, so glad you came.*

*Hi there, so glad you came.
One two three let's shout HOORAY.
Hi there, so glad you're here.
Hi there, so glad you're here.
Hi there, so glad you're here.
One two three let's give a cheer. Yay*

Next do your Special Help activity.

Look at the calendar and sing the "Days of the Week" song. (Tune of the "Adams Family")

*Well there's Sunday and there's Monday,
there's Tuesday and there's Wednesday,
there's Thursday and there's Friday and then
there's Saturday.*

*Days of the week. (Clap hands 2 times).
Days of the week. (Clap hands 2 times).
Days of the week. Days of the week. Days of the
week. (Clap hands 2 times).*

This is a great time to review the days of the week, months of the year and the number of the day. Then check the weather and compare it to your weather dial.

Discussion: Teeth Cleaning

Talk to the children about the importance of brushing teeth every day and going to the dentist for annual teeth cleanings. Explain to the children that if we don't brush our teeth plaque will build up on our teeth and eventually stain them and even cause cavities. Also, have the children beware that eating healthy snacks like fresh fruits, raw veggies, cheese and yogurt and also help keep our smiles white.

Next, show the "Extra Content" Dentist Special Tools video and talk about teeth cleanings and the special tools used during teeth cleanings. The special tools are a mirror, tooth counter, dental suction straw and a tooth cleaner toothbrush (show children photos of each tool). The mirror is used to look at the teeth up close. When using the mirror you can see what teeth will need a little extra cleaning. Next, we will use the tooth cleaner toothbrush. The cleaner is

almost like an electric toothbrush that sounds similar to a motorboat. (Have the children try and make the sound of a motorboat.) The tooth cleaner will then make its rounds to every tooth in your mouth to make sure your teeth are extra clean. After, the tooth cleaner the dentist will use a tooth camera to get a really close picture of a child's teeth. The camera could show that a child has a really nice clean smile.

- **Have the children look in a mirror and count the number of teeth they have in their mouth.**

After your preschool day go on a fast paced healthy walk or bike ride. While out talk about how exercise is good for our bodies.

Skills

- Math & Counting: Color recognition with the colors that are being looked at on the videos. Counting teeth
- Language: Increasing expressive language skills as children are talking to each other about what they are learning about. Expanding vocabulary when learning about their teeth and being healthy
- Physical: Sharing thoughts which is a good public speaking skill. Engaged in dramatic play
- Cognitive: Concept development when understanding specifics about the dentist
- Social: While children are interacting with each other and with adults they are building their social skills.

Materials

- Print photos of each tool used
- Looking eyes
- Listening ears
- Mirrors

Prep Video

<http://www.youtube.com/watch?v=jhNQYNxseSI>

Extra Content

http://www.youtube.com/watch?v=DNaD13oL_ts

Letters & Numbers

Activity Description - Letters: Letter Ww

Let's color the letter W with crayons today! Put out a bunch of different colors of crayons and allow the children to color their W in "w"atever colors they would like to.

Skills

- Math & Counting: Color recognition with the colors of crayons being used
- Language: Increasing expressive language skills as children are talking to each other about what they are learning about
- Physical: Fine motor skills that strengthen the muscles in their hands when holding the crayons and coloring with them
- Social: While children are interacting with each other and with adults they are building their social skills.

Materials

- Letter Ww patterns: [Uppercase W](#), [lowercase w](#)
- Crayons of many different colors

Worship Time

Activity Description: The Good Samaritan

Print out the Bible memory verse coloring sheet and have your children color the picture. Sit with your children while they are coloring and talk about what they see in the picture (see questions below if you'd like some ideas). This is a time for observation before the story is read and for children to share their thoughts on what they see in the picture and what they are thinking. It's okay if they do not answer the questions correctly, allow them to share their thoughts. Your discussion will lead into the The Good Samaritan story you will read later together.

Questions to ask if you like:

What do you think happened to the man laying on the ground? (He is hurt)

What do you think happened to the hurt man? (Allow children to give answers as to what they think could've happened)

Is there an animal in the picture? (There is a donkey)

Does it look like someone is helping the hurt man? (Yes)

Do you think the man that is helping is loving his neighbor? (Yes)

Who is our neighbor? (Anyone)

What do you think will happen at the end of the story? (Allow children to give answers as to what they think could've happened)

This is a perfect time to talk about the Bible and how to use it. You can show the children your Bible so they have a better understanding of what a book, chapter and verse are. You can say:

“The Bible is one big book made up of many smaller books. Each book has a name. Today we are learn- ing a Bible verse in the book of Luke. When you find Luke in the new testament look for the number 10 at the top left or right of the page, this is the chapter. You will see Luke 10. We are looking for verse 27, and those numbers are much smaller under the big chapter number 10.”

After looking at the Bible show them “Luke 10:27” written out on their Memory Verse Coloring Sheet. To see and hear all of the Books that make up the Bible watch this fun, short video, The Books of the Bible, by Readeez!

After they are done coloring they can hang their Memory Verse Coloring Sheet up in a special place. Then when your child walks by the sheet they can work on memorizing the Bible verse.

Skills

- Physical: Fine motor skills, strengthening the muscles in their hands when using their grasping fingers to hold onto the crayon
- Cognitive: Memory skills when working on memorizing the Bible verse
- Emotional: Growing in and deepening their relationship with God
- Learning how to be kind to others
- Math & Counting: Color recognition with the colors of crayons they are using.

Materials

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Prep Video

<http://www.youtube.com/watch?v=cQ1DFItJT8U>

Art & Science

Activity Description - Science: Brushing an Egg

Boil eggs in water with a tea bag for about 7 minutes to make hardboiled eggs. Next, let the eggs cool down before using them for this science project. The tea will stain the eggs brown. Give each child a toothbrush and an egg. Have the child "brush" the egg to get off all the "plaque" that the tea left. Tell the child that the hard shell of the egg is just like our teeth. Let them know that our teeth can be stained by the things that we eat and by letting plaque grow on our teeth because we have not brushed well enough.

*The brown stains will disappear as the child brushes the egg.

Skills

- Math & Counting: Color recognition
- Language: Increasing expressive language when talking about the feeling of the different textures of the egg, tea bag and toothbrush
- Physical: Fine motor skills that strengthen the muscles in their hands when brushing the egg
- Social: While children are interacting with each other and with adults they are building their social skills.

Materials

- Hardboiled eggs
- Toothbrushes
- Tea

Theme: Health

Day: 3

Module	Activity
Circle Time	Teeth Cleaning & Cavities
Letters & Numbers	Letter W
Worship Time	Doctor Bag
Art & Science	Stone Soup

Circle Time

Review – Start your preschool day with Circle Time and sing the “I Can Sit Down” song (Improvise your tune)

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I can sit down just to look at me.
I can sit down as quite as can be.
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Then sing the “Hi There” song. (Improvise your tune)

*Hi there, so glad you came.
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*Hi there, so glad you came.
One two three let's shout HOORAY.
Hi there, so glad you're here.
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One two three let's give a cheer. Yay*

Next do your Special Help activity.

Look at the calendar and sing the "Days of the Week" song. (Tune of the "Adams Family")

*Well there's Sunday and there's Monday,
there's Tuesday and there's Wednesday,
there's Thursday and there's Friday and then
there's Saturday.*

*Days of the week. (Clap hands 2 times).
Days of the week. (Clap hands 2 times).
Days of the week. Days of the week. Days of the
week. (Clap hands 2 times).*

This is a great time to review the days of the week, months of the year and the number of the day. Then check the weather and compare it to your weather dial.

Discussion: Teeth Cleaning & Cavities

Talk about going to the dentist to get your teeth cleaned and checked up on to make sure there are no cavities. Play the "[Extra Content](#)" [Teeth Cleaning video](#).* Then talk about the video.

Talk about when we get our teeth checked out, the dentist will use their teeth counter and check each tooth for cavities. A cavity is caused by sugar bugs. Sugar bugs can eat a hole into teeth. We want to try our best to prevent sugar bugs from being on our teeth. That is why it is so important to brush and floss. In order to prevent cavities we have to brush everyday and especially at night because that is when all the sugar bugs come out.

Music and Movement: Next, get your toothbrush ready using your pointer finger and make little circles with your finger as you sing this song with the video by clicking "[Music & Movement](#)" button.

Sing "Brush Your Teeth":

When you get up in the morning or you go to bed

You brush your teeth

Chuuuu uuuuu chuuii cuu

For two minutes

You brush your teeth

chuuuu uuuuu chuuii cuu

After you eat any food

You brush your teeth

Chuuuu uuuuu chuuii cuu

For two minutes

You brush your teeth

Chuuuu uuuuu chuuii cuu

You brush your teeth in little circles

Chuuuu uuuuu chuuii cuu

For two minutes

Chuuuu uuuuu chuuii cuu

So you brush your teeth

Chuuuu uuuuu chuuii cuu

So brush your teeth

Chuuuu uuuuu chuuii cuu

So brush your teeth

Chuuuu uuuuu chuuii cuu

*[Click here](#) if you would like to order a Star Smilezstuff animal personality like Cullen uses in the "Brushing Teeth" video for your home or classroom here is a free shipping code: "CullenShip"

Go [here](#) to order and see all the StarSmilez personalities!

Skills

- Math & Counting: Color recognition with the colors that are being looked at on the video
- Language: Increasing expressive language skills as children are talking to each other about what they are learning about. Expanding vocabulary when learning about their teeth and being healthy
- Physical: Sharing thoughts which is a good public speaking skill. Engaged in dramatic play
- Cognitive: Recalling anything they know about brushing their teeth and keeping their bodies healthy
- Social: While children are interacting with each other and with adults they are building their social skills
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Materials

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Music & Movement

<http://www.youtube.com/watch?v=dGZf4PGO2Bo>

Extra Content

<http://www.youtube.com/watch?v=jhNQYNxseSI>

Letters & Numbers

Activity Description - Letters: Letter W

Head outside and blow bubbles and chase bubbles together. If you cannot go outside you could do it in the bathtub. [Click here](#) to see how to make the bubbles: In this video I mention using corn syrup but you certainly don't need to. Really the best ingredients I have used are: Dawn Soap and Water. Make sure you remind your children the word bubble starts with the letter B.

Music and Movement: A fun way to reinforce the letter B is to sing a song about bubbles. You can also sing this song when doing bubbles together. [Bubbles in the Air](#).

Skills

- Click here for the benefits of playing with bubbles:
<http://mamaot.com/2012/08/28/11-benefits-of-playing-with-bubbles/>

Materials

- Dish Soap
- Water
- Bubble wands or other items to use to make bubbles with
- A bowl

Music & Movement

<http://www.youtube.com/watch?v=ZXpi6QQKfc0>

Prep Video

<http://www.youtube.com/watch?v=sR-X2c1e5z0>

Worship Time

Activity Description: Doctor Bag

The Samaritan man helped the hurt man like a doctor would. He cleaned up his wounds, put bandages on his body and took care of him. Your children can make a doctor bag from the pattern and glue items to it that a doctor may have in his bag. You can cut the bag out of black construction, the cross out of red construction paper and then children can glue on little pieces

of gauze, bandages, q-tips, popsicle sticks and anything else you can think of that might be in a doctor's bag. You can watch this [Doctor's Bag Video](#) to gather some ideas. Also, here is a link to the [Doctor Bag art pattern](#).

Skills

- Math & Counting: Color recognition with the colors that are being used
- Language: Increasing expressive language skills as children are talking to each other about what they are doing
- Cognitive: Recalling anything they remember about the story
- Social: While children are interacting with each other and with adults they are building their social skills
- Physical: Fine motor skills that strengthen the muscles in their hands when squeezing the bottle of glue and pressing the items down onto their doctor bag
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Materials

- Black Construction paper
- Glue
- Red Construction paper
- Pieces of gauze, bandages, q-tips, popsicle sticks and anything else you can think of that might be in a doctor's bag.

Prep Video

http://www.youtube.com/watch?v=qbDT8_rPXT0

Extra Content

Art & Science

Activity Description - Art: Stone Soup

Let's make stone soup today! Soup is super healthy for our bodies. Stone soup is easy to make and fun to make with children. If you'd like to watch the story of Stone Soup you can [click here](#) to watch. Here are some ideas for your soup: chicken broth, carrots, potatoes, peas, tomatoes,

etc. Add to the soup what you and your children like to eat. Have children help you to cut the vegetables by taking their hand and helping them cut. If you have safety knives for children those are great to use-the pumpkin carving knives are great to use as well. If this makes you nervous or you don't want your child to do this then have them help in other way's. Have a bowl out with some water in it and have the children wash the veggies, you can cut the veggies and have them put them in the pot. When the children put them in the pot you can have them count the veggies one by one as they drop them in. They are still helping and their skills are developing in many ways.

Skills

- Physical: Fine motor skills strengthening the muscles in their hands when cutting the veggies and picking them up with their pencil-grasping fingers and putting them in the pot
- Counting and Numbers: Rote counting when children are picking up the vegetables and counting them as they drop them into the pot
- Sensory experience with the smells and the feel of the vegetables.

Materials

- Cutting board
- child safety knives
- chicken broth
- vegetables
- Pot

Prep Video

<http://www.youtube.com/watch?v=Do45BY3qMIM>

- See more at: <http://cullensabcs.com/lesson-plan/?i=106#sthash.nsDxidmV.dpuf>