

**Prospect School-PreK Emergency Plans Days 1-5**

**Theme 6: Growing Up Healthy**

**Letter(s) of the Week: Rr and Ss**

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>
<b>MEAL TIME</b>	<ul style="list-style-type: none"> <li>•Review day, date, weather, season and appropriate attire</li> <li>•Develop oral language skills by discussing healthy choices, the five senses or other topics of interest with your child (ex. school, family, community, animals, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>•Review day, date, weather, season and appropriate attire</li> <li>•Develop oral language skills by discussing healthy choices, the five senses or other topics of interest with your child (ex. school, family, community, animals, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>•Review day, date, weather, season and appropriate attire</li> <li>•Develop oral language skills by discussing healthy choices, the five senses or other topics of interest with your child (ex. school, family, community, animals, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>•Review day, date, weather, season and appropriate attire</li> <li>•Develop oral language skills by discussing healthy choices, the five senses or other topics of interest with your child (ex. school, family, community, animals, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>•Review day, date, weather, season and appropriate attire</li> <li>•Develop oral language skills by discussing healthy choices, the five senses or other topics of interest with your child (ex. school, family, community, animals, etc.)</li> </ul>
<b>CIRCLE TIME/MUSIC &amp; MOVEMENT</b>	<ul style="list-style-type: none"> <li>• Good morning or afternoon to you</li> <li>•Hello Neighbor</li> <li>•Alphabet song</li> <li>•Letters/sounds review</li> </ul>	<ul style="list-style-type: none"> <li>• Good morning or afternoon to you</li> <li>•Hello Neighbor</li> <li>•Alphabet song</li> <li>•Letters/sounds review</li> </ul>	<ul style="list-style-type: none"> <li>• Good morning or afternoon to you</li> <li>•Hello Neighbor</li> <li>•Alphabet song</li> <li>•Letters/sounds review</li> </ul>	<ul style="list-style-type: none"> <li>• Good morning or afternoon to you</li> <li>•Hello Neighbor</li> <li>•Alphabet song</li> <li>•Letters/sounds review</li> </ul>	<ul style="list-style-type: none"> <li>• Good morning or afternoon to you</li> <li>•Hello Neighbor</li> <li>•Alphabet song</li> <li>•Letters/sounds review</li> </ul>
<b>READ ALOUD</b>	<p><b>First Aid for Kids! Kids Learning Video</b></p> <p><a href="https://www.youtube.com/watch?v=9DcCW-KwX6Y&amp;t=81s">https://www.youtube.com/watch?v=9DcCW-KwX6Y&amp;t=81s</a></p>	<p><b>How Do Dinosaurs Get Well Soon?</b> By Jane Yolen and Mark Teague</p> <p><a href="https://www.youtube.com/watch?v=asu8hhHYFRw">https://www.youtube.com/watch?v=asu8hhHYFRw</a></p>	<p><b>I Am Sick</b> By Patricia Jensen</p> <p><a href="https://www.youtube.com/watch?v=KnWWky952lY">https://www.youtube.com/watch?v=KnWWky952lY</a></p>	<p><b>My Five Senses</b> By Alik</p> <p><a href="https://www.youtube.com/watch?v=8FW2jQgw_eOg">https://www.youtube.com/watch?v=8FW2jQgw_eOg</a></p>	<p><b>Eating the Alphabet</b> By Lois Ehlert</p> <p><a href="https://www.youtube.com/watch?v=D7BdF3F8f-o">https://www.youtube.com/watch?v=D7BdF3F8f-o</a></p>
<b>EXPLORATION</b>	<p align="center"><b>Science</b></p> <p>Create a “Let’s Be Healthy!” poster.</p> <ul style="list-style-type: none"> <li>•Cut and paste pictures</li> </ul>	<p align="center"><b>Math</b></p> <p>Which Holds More?</p> <ul style="list-style-type: none"> <li>•Show children a mug, a bowl, and a pot.</li> </ul>	<p align="center"><b>Explore Sense of Touch</b></p> <ul style="list-style-type: none"> <li>•Fill a paper bag with some safe, small objects, such as a familiar toy,</li> </ul>	<p align="center"><b>Social-Emotional</b></p> <ul style="list-style-type: none"> <li>•Take a stuffed animal or doll and pretend it has been hurt.</li> </ul>	<p align="center"><b>Science/Oral Language</b></p> <ul style="list-style-type: none"> <li>•Place different types of food items in a bag.</li> </ul>

	<p>from a magazine or newspaper showing various healthy activities such as bike riding, swimming or exercising.</p> <ul style="list-style-type: none"> <li>•Discuss the pictures and why these things keep us healthy.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask children to predict which will hold the most liquid.</li> <li>•Invite children to help you fill the objects with water.</li> <li>•Then pour the water from each into three equal-sized containers.</li> <li>•Identify which container held the most water.</li> </ul>	<p>plastic cup, pieces of fabric or cotton balls.</p> <ul style="list-style-type: none"> <li>•Have your child close his/her eyes and feel an object in the bag.</li> <li>•Have your child guess what the object might be.</li> <li>•Encourage your child to describe how the object feels using descriptive words such as bumpy, soft, hard, and smooth</li> </ul>	<ul style="list-style-type: none"> <li>• Give the toy a big hug and say “Oh no, you scraped your knee. Let’s clean it and put a bandaid on it.”</li> <li>•Encourage students to talk to or hug their hurt friend and demonstrate how they like to be comforted when they get sick or hurt.</li> </ul>	<ul style="list-style-type: none"> <li>•Have your child close their eyes and pick an item from the bag and describe how it feels and how it is shaped.</li> <li>•Challenge: Name the object!</li> </ul>
<b>READ ALOUD</b>	Free choice or select an audiobook on YouTube	Free choice or select an audiobook on YouTube	Free choice or select an audiobook on YouTube	Free choice or select an audiobook on YouTube	Free choice or select an audiobook on YouTube
<b>GROSS MOTOR (30 minutes daily)</b>	<p><b>Indoor/Outdoor Play</b></p> <p>Jumping jacks Toe touches Squats Arm circles Stretches Freeze dance Balancing on one foot Hopping Skipping Jack Hartman dance videos</p>	<p><b>Indoor/Outdoor Play</b></p> <p>Jumping jacks Toe touches Squats Arm circles Stretches Freeze dance Balancing on one foot Hopping Skipping Jack Hartman dance videos</p>	<p><b>Indoor/Outdoor Play</b></p> <p>Jumping jacks Toe touches Squats Arm circles Stretches Freeze dance Balancing on one foot Hopping Skipping Jack Hartman dance videos</p>	<p><b>Indoor/Outdoor Play</b></p> <p>Jumping jacks Toe touches Squats Arm circles Stretches Freeze dance Balancing on one foot Hopping Skipping Jack Hartman dance videos</p>	<p><b>Indoor/Outdoor Play</b></p> <p>Jumping jacks Toe touches Squats Arm circles Stretches Freeze dance Balancing on one foot Hopping Skipping Jack Hartman dance videos</p>

**Prospect School-PreK Emergency Plans Days 6-10**

**Theme 6:** Growing Up Healthy

**Letter(s) of the Week:** Rr and Ss

	<b>DAY 6</b>	<b>DAY 7</b>	<b>DAY 8</b>	<b>DAY 9</b>	<b>DAY 10</b>
<b>MEAL TIME</b>	<ul style="list-style-type: none"> <li>•Review day, date, weather, season and appropriate attire</li> <li>•Develop oral language skills by discussing healthy choices, the five senses or other topics of interest with your child (ex. school, family, community, animals, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>•Review day, date, weather, season and appropriate attire</li> <li>•Develop oral language skills by discussing healthy choices, the five senses or other topics of interest with your child (ex. school, family, community, animals, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>•Review day, date, weather, season and appropriate attire</li> <li>•Develop oral language skills by discussing healthy choices, the five senses or other topics of interest with your child (ex. school, family, community, animals, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>•Review day, date, weather, season and appropriate attire</li> <li>•Develop oral language skills by discussing healthy choices, the five senses or other topics of interest with your child (ex. school, family, community, animals, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>•Review day, date, weather, season and appropriate attire</li> <li>•Develop oral language skills by discussing healthy choices, the five senses or other topics of interest with your child (ex. school, family, community, animals, etc.)</li> </ul>
<b>CIRCLE TIME/MUSIC &amp; MOVEMENT</b>	<ul style="list-style-type: none"> <li>•Good morning or afternoon to you</li> <li>•Hello Neighbor</li> <li>•Alphabet song</li> <li>•Letters/sounds review</li> </ul>	<ul style="list-style-type: none"> <li>•Good morning or afternoon to you</li> <li>•Hello Neighbor</li> <li>•Alphabet song</li> <li>•Letters/sounds review</li> </ul>	<ul style="list-style-type: none"> <li>•Good morning or afternoon to you</li> <li>•Hello Neighbor</li> <li>•Alphabet song</li> <li>•Letters/sounds review</li> </ul>	<ul style="list-style-type: none"> <li>•Good morning or afternoon to you</li> <li>•Hello Neighbor</li> <li>•Alphabet song</li> <li>•Letters/sounds review</li> </ul>	<ul style="list-style-type: none"> <li>•Good morning or afternoon to you</li> <li>•Hello Neighbor</li> <li>•Alphabet song</li> <li>•Letters/sounds review</li> </ul>
<b>READ ALOUD</b>	<p><b><u>The Beastly Feast</u></b> By Bruce Goldstone</p> <p><a href="https://www.youtube.com/watch?v=V2u58H2A08s">https://www.youtube.com/watch?v=V2u58H2A08s</a></p>	<p><b><u>The Very Hungry Caterpillar</u></b> By Eric Carle</p> <p><a href="https://www.youtube.com/watch?v=75NQK-Sm1YY">https://www.youtube.com/watch?v=75NQK-Sm1YY</a></p>	<p><b><u>Growing Vegetable Soup</u></b> By Lois Ehlert</p> <p><a href="https://www.youtube.com/watch?v=vTCSbPgZZgM">https://www.youtube.com/watch?v=vTCSbPgZZgM</a></p>	<p><b>Ryan with Kids Shopping Cart Learn Healthy Food Choices video</b></p> <p><a href="https://www.youtube.com/watch?v=VkgLQur3mg">https://www.youtube.com/watch?v=VkgLQur3mg</a></p>	<p><b><u>Eating the Alphabet</u></b> By Lois Ehlert</p> <p><a href="https://www.youtube.com/watch?v=D7BdF3F8f-o">https://www.youtube.com/watch?v=D7BdF3F8f-o</a></p>
<b>EXPLORATION</b>	<p align="center"><b>Art</b></p> <p>Draw a Special Dish!</p> <ul style="list-style-type: none"> <li>•Help children recall how each animal brought a special dish to the feast.</li> </ul>	<p align="center"><b>Math/Science</b></p> <ul style="list-style-type: none"> <li>•Look in your cabinet and or refrigerator and select some foods.</li> </ul>	<p align="center"><b>Health/Science</b></p> <p>Make a salad or healthy dish of your choice!</p> <ul style="list-style-type: none"> <li>•Select and wash your ingredients</li> </ul>	<p align="center"><b>Health/Science</b></p> <p>Heart-Healthy Meals</p> <ul style="list-style-type: none"> <li>•Use grocery store circulars and magazine photos of healthy foods</li> </ul>	<p align="center"><b>Science</b></p> <ul style="list-style-type: none"> <li>•Find something in your home that you can use your five senses for. The five senses are:</li> </ul>

	<ul style="list-style-type: none"> <li>•Then, provide them with white paper plates and ask them to draw a picture of something they would bring if they were invited to a feast.</li> <li>•Ask children to tell you about their dishes. Label children’s drawings with their words.</li> </ul>	<ul style="list-style-type: none"> <li>•Discuss why the foods are healthy/unhealthy.</li> <li>•Have your child choose a healthy snack to eat.</li> </ul>	<ul style="list-style-type: none"> <li>•Prepare the meal accordingly</li> <li>•Serve and enjoy!</li> <li>•Discuss your healthy choices, the tools used to prepare the meal and how it was prepared.</li> </ul>	<p>and make a heart-healthy collage.</p> <ul style="list-style-type: none"> <li>•Remind them that a heart-healthy meal includes different kinds of healthy foods.</li> <li>•Have them glue their pictures inside heart-shaped pieces of paper.</li> <li>•Then invite children to discuss their collages with a family member.</li> </ul>	<p><b>Touch, Taste, Smell, Hear and See.</b></p> <ul style="list-style-type: none"> <li>•Identify the objects and tell which body part you used for each sense.</li> </ul>
<b>READ ALOUD</b>	Free choice or select an audiobook on YouTube	Free choice or select an audiobook on YouTube	Free choice or select an audiobook on YouTube	Free choice or select an audiobook on YouTube	Free choice or select an audiobook on YouTube
<b>GROSS MOTOR (30 minutes daily)</b>	<p><b>Indoor/Outdoor Play</b></p> <p>Jumping jacks  Toe touches  Squats  Arm circles  Stretches  Freeze dance  Balancing on one foot  Hopping  Skipping  Jack Hartman dance videos</p>	<p><b>Indoor/Outdoor Play</b></p> <p>Jumping jacks  Toe touches  Squats  Arm circles  Stretches  Freeze dance  Balancing on one foot  Hopping  Skipping  Jack Hartman dance videos</p>	<p><b>Indoor/Outdoor Play</b></p> <p>Jumping jacks  Toe touches  Squats  Arm circles  Stretches  Freeze dance  Balancing on one foot  Hopping  Skipping  Jack Hartman dance videos</p>	<p><b>Indoor/Outdoor Play</b></p> <p>Jumping jacks  Toe touches  Squats  Arm circles  Stretches  Freeze dance  Balancing on one foot  Hopping  Skipping  Jack Hartman dance videos</p>	<p><b>Indoor/Outdoor Play</b></p> <p>Jumping jacks  Toe touches  Squats  Arm circles  Stretches  Freeze dance  Balancing on one foot  Hopping  Skipping  Jack Hartman dance videos</p>