

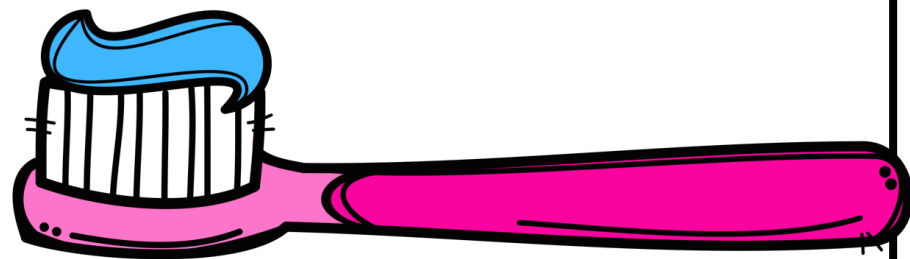
preschool HEALTH



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PRESCHOOL: WHAT'S INCLUDED?

MPK preschool: HEALTHY HABITS

	Read Aloud	Literacy	Math	Science/Social Studies/Art
Day 1	Skill Parts of a Book Concepts of Print	Skill Identify Letters Healthy Food Read & Color	Skill Count/Identify Numbers 1-10 Healthy Teeth Writing Tray	Skill Other Germs Washing
Day 2	Skill Answering Questions Healthy Habits	Skill Identify Letters Identify Letter Sounds Healthy Sound Stamping	Skill Shape Play Dough Geometric Shapes	Sensory Bin Washing Germs Sensory Bin
Day 3	Skill Answering Questions Healthy Teeth Sort	Skill Phoneme Awareness (Beginning Sounds) Healthy Food Beginning Sounds	Skill Count/Identify Numbers 1-10 Sub the Teeth Counting Game	Art Parts of a Tooth Craft
Day 4	Skill Antelope Dental Health Sequencing	Skill Name Writing Toothbrush Name Craftivity	Skill Shape Brush the Shape	Sensory Bin Dentist Play Dough
Day 5	Skill Antelope Dental Health Sequencing	Skill Beginning Sounds in Writing Tooth Journal	Skill Shape Paint the Shapes	Art Blow Dant Germs

WEEK AT A GLANCE:

See all 20 books/activities for the week on one convenient page. Every week includes 5 read aloud books with activities, 5 literacy activities, 5 math activities, and 5 sensory bins, science/social studies, and/or art activities. All activities are focused on specific learning goals that spiral throughout the year.

HEALTHY HABITS: Learning Goals

LETTER/SOUND:

- Identify Parts of a Book
- Answer Questions
- Identify a Story
- Track Print

READ ALOUD SKILLS:

- Identify Parts of a Book
- Answer Questions
- Identify a Story
- Track Print

LITERACY SKILLS:

- Identify Letters
- Identify Letter Sounds
- Identify Beginning Sounds
- Write Letters
- Express Ideas in Writing

MATH SKILLS:

- Count Sets of 1-10 Objects
- Identify Numbers 1-10
- Write Numbers 1-10
- Identify 2D Shapes

SCIENCE/SOCIAL STUDIES SKILLS:

- Identify, Describe and Practice Healthy Habits
- Identify Parts of a Tooth

FINE MOTOR SKILLS:

- Cut with Scissors
- Glue with Glue Stick
- Color with Crayons
- Write Letters
- Make Stamps
- Roll Play Dough
- Pinch with Tweezers
- Paint with a Toothbrush
- Squeeze a Dropper
- Blow with a Straw

GROSS MOTOR SKILLS:

- Pretend Play



LEARNING GOALS:

Each week includes a letter/sound focus, read aloud comprehension, literacy, math, science/social studies, fine motor, and gross motor skills. The skills practiced each week are located on one convenient page for your reference as well as listed on the week at a glance, activity summary, and activity overview pages.

HEALTHY HABITS: suggested Materials

BOOKS:

- Germs Make Me Sick by Melvin Berger
- Germs Are Not for Sharing by Elizabeth Verdick
- Why Did I Brush My Teeth? by Angela Soyars
- Brush Your Teeth, Please! A Pop-up Book by Louise Lorain
- By Bruce Lanke

OTHER MATERIALS:

- Shallow Wooden Tray
- Shaky Horse
- Toothbrushes
- Play Foam
- Washable Dough
- Wash
- Soap
- Sponges
- Flour/pipe Mats

PRINTABLES:

- Healthy Habits Pictures & Phrases
- Healthy Teeth Signs
- Toothbrushing Sequence Cards
- Printable Fun Read & Color
- Healthy Food Name Page
- Letter H Dot Marker Page
- Healthy Foods Pretzels
- Healthy Habits Writing Prompts
- Toothbrush Craftivity Templates
- Tooth Letter Name Cards
- Germ Shape Cards
- Germ Shape Cards
- Room Play Mat
- Shape Room
- Shape Outline Page
- Tooth Craft Templates
- Tooth Outline
- Head Outline

FOOD ITEMS:

- White Salt

OTHER MATERIALS:

- Scissors
- Glue Stick
- Droppers
- Dot Stickers
- Washable Crayons
- Colored Construction Paper
- Tempera Paint
- Glitter
- Red Yarn
- Liquid Water Colors
- Eye Dropper
- Straw

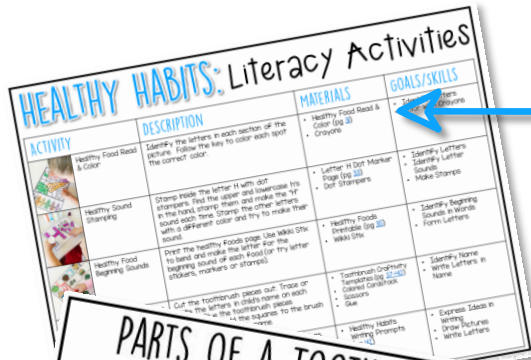
Visit the [Preschool Healthy Habits](#) blog post to find pictures and clickable links to materials.



SUGGESTED MATERIALS:

Prepping for the week is super easy with this checklist. Round up everything you need for the week without having to search through each page of activities!

PRESCHOOL: WHAT'S INCLUDED?



ACTIVITY	DESCRIPTION	MATERIALS	GOALS/SKILLS
Healthy Food Read & Color	Identify the letters in each section of the picture. Follow the key to color each spot the correct color.	• Healthy Food Read & Color (pg 28) • Crayons	• Identify Letters • Color
Healthy Sound Stamping	Stamp made the letter H with dot stampers. Put the upper and lowercase letters in the hand, stamp them and make the 'h' sound each time. Stamp the other letters with a different color and try to make their sound.	• Letter H Dot Marker (pg 28) • Dot Stampers	• Identify Letters • Identify Letter Sounds • Make Sounds
Healthy Food Beginning Sounds	Print the Healthy Foods page. Use Wikki Stix to bend and make the letter for the beginning sound of each food (or try letter stickers, markers or stamps).	• Healthy Foods Printable (pg 28) • Wikki Stix	• Identify Beginning Sounds in Words • Form Letters
	Cut the toothbrush paper out. Trace or to bend and make the letter for the beginning sound of each toothbrush (or try letter stickers, markers or stamps).	• Toothbrush Printable (pg 28) • Dental Care Kit (pg 28) • Glue	• Identify Name • Write Letters in Name
		• Healthy Habits Literacy (pg 28)	• Express Ideas in Writing • Draw Pictures • Write Letters

ACTIVITY SUMMARY PAGES:

Learning activity pages include everything you need to know to complete the activities for the week. Each learning category has a page with pictures, directions, materials, and goals so you know exactly what to do for each activity.



PARTS OF A TOOTH CRAFT

Skills:

- Pincer with Scissors
- Glue with Glue Stick
- Identify Parts of a Tooth

Materials:

- Tooth Craft Templates (pg 46-47)
- Red Yarn
- Scissors
- Glue

Items to Prep:

- Print the tooth craft templates on colored cardstock.

Directions:

- Cut the tooth craft pieces out.
- Glue the pieces together to form a tooth diagram.
- Add red yarn to the center of the tooth for the roots.
- Cut and glue the labels next to each part of the tooth.

Labels: enamel, dentin, P, F, U, gums

DETAILED ACTIVITY OVERVIEWS:

Each activity also has an activity overview page. This page includes the skills, materials, items to prep, directions for the activity, and a large photo of the activity in action. This page is perfect to keep with each set of materials for easy reference while learning.



MY FIRST ALPHABET READER

Hh

BAD

PRINTABLES:

Printable activities and materials to make weekly prep a breeze! Lots of printable options to save you from purchasing additional hands on materials that you may not have available.

MPK preschool: HEALTHY HABITS

	Read Aloud	Literacy	Math	Science/SS/Art
Day 1	<i>Skill: Parts of a Book</i> Concepts of Print	<i>Skills: Identify Letters</i> Healthy Food Read & Color	<i>Skills: Count/Identify Numbers 1-10</i> Healthy Teeth Writing Tray	Science: Glitter Germ Hand Washing
Day 2	<i>Skill: Answering Questions</i> Healthy Habits	<i>Skills: Identify Letters, Identify Letter Sounds</i> Healthy Sound Stamping	<i>Skills: Shapes</i> Play Dough Germ Shapes	Sensory Bin: Washing Germs Sensory Bin
Day 3	<i>Skill: Answering Questions</i> Healthy Teeth Sort	<i>Skills: Phonemic Awareness (beginning sounds)</i> Healthy Food Beginning Sounds	<i>Skills: Count/Identify Numbers 1-10</i> Pull the Teeth Counting Game	Art: Parts of a Tooth Craft
Day 4	<i>Skill: Retelling</i> Dental Health Sequencing	<i>Skills: Name Writing</i> Toothbrush Name Craftivity	<i>Skills: Shapes</i> Brush the Shape	Sensory Bin: Dentist Play Dough
Day 5	<i>Skill: Tracking Print</i> "H" Emergent Readers	<i>Skills: Expressing Ideas in Writing</i> Healthy Habits Journal	<i>Skills: Shapes</i> Paint the Shapes	Art: Blow Paint Germs

HEALTHY HABITS: Learning Goals

LETTER/SOUND:

- H is for Healthy Habits

READ ALOUD SKILLS:

- Identify Parts of a Book
- Answer Questions
- Retell a Story
- Track Print

LITERACY SKILLS:

- Identify Letters
- Identify Letter Sounds
- Identify Beginning Sounds
- Identify Name
- Write Letters
- Express Ideas in Writing

MATH SKILLS:

- Count Sets of 1-10 Objects
- Identify Numbers 1-10
- Write Numbers 1-10
- Identify 2D Shapes

SCIENCE/SOCIAL STUDIES SKILLS:

- Identify, Describe and Practice Healthy Habits
- Identify Parts of a Tooth

FINE MOTOR SKILLS:

- Cut with Scissors
- Glue with Glue Stick
- Color with Crayons
- Write Letters
- Make Stamps
- Roll Play Dough
- Pinch with Tweezers
- Paint with a Toothbrush
- Squeeze a Dropper
- Blow with a Straw

GROSS MOTOR SKILLS:

- Pretend Play



HEALTHY HABITS: Activities in Action

PHOTOS OF ACTIVITIES IN ACTION:

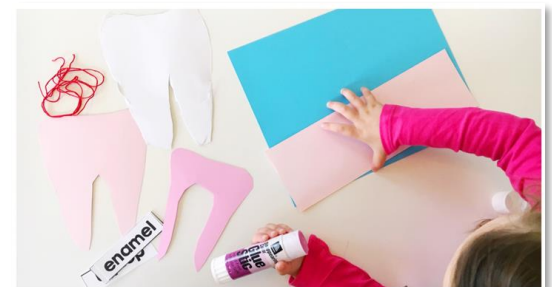
Want to see more photos of each of this week's activities in action? Click here for large detailed photos of our preschool adventures! [Preschool: Healthy Habits](#)



preschool
**HEALTHY
TEETH SORT**



preschool
**BRUSH THE
SHAPE**



preschool
**TOOTH PARTS
CRAFTIVITY**



THANK YOU!

Thanks so much for downloading this resource! I truly appreciate it and hope it is exactly what you were looking for! Remember to leave feedback to earn credits towards future products. Please contact me with questions/concerns. jessica@mrsplemonskindergarten.com



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