

tot school
ABOUT ME



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TOT SCHOOL: WHAT'S INCLUDED?

WEEK AT A GLANCE:

See all 25 books/activities for the week on one convenient page. Every week includes 5 books, 5 fine motor activities, 5 gross motor activities, 5 snacks, and 5 sensory bins along with a few other activities you may want to try!

Theme: **ABOUT ME**

	BOOKS	FINE MOTOR	GROSS MOTOR	FOOD/SNACKS	SENSORY BINS	OTHER
MON	The Little Zoo Book By Michael Tyler	Trace and Stick Name	Sort the Hands	Panache Faces	Build My Name Bin	Build Shoelace Knee and Toes
TUE	Spin Book About Me Book By Judy Hendry	Roll and Paste	Rocky Rocky	All About Me Cookie	Build a Body Sensory Bin	
WED	Shape Family Book By Todd Parr	Emotions Play Dough Mats	Feelings Face Hop	Feelings Toast	Name the Feeling Bin	
THU	Me and My Family Tree By Joan Swenney	Shape Family Supports	Family Trip	Snack Family	My Family Sensory Bin	
	Build a Home Book	Build a Home	Race and Write Name	Vegetable Family	Build a Family Sensory Bin	



LEARNING GOALS:

Each week includes a letter/sound focus, 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.

ABOUT ME: LEARNING GOALS

LETTER/SOUND: <input type="checkbox"/> Letters in Name	FINE MOTOR SKILLS: <input type="checkbox"/> Cut with Scissors <input type="checkbox"/> Tear Paper <input type="checkbox"/> Glue with Glue Stick <input type="checkbox"/> Paint with a Brush <input type="checkbox"/> Roll Play Dough <input type="checkbox"/> Peel Stickers <input type="checkbox"/> Draw <input type="checkbox"/> Squeeze Glue Bottle <input type="checkbox"/> Squeeze Tweezers <input type="checkbox"/> Build with Blocks
LITERACY SKILLS: <input type="checkbox"/> Identify Letters	GROSS MOTOR SKILLS: <input type="checkbox"/> Run <input type="checkbox"/> Dance <input type="checkbox"/> Jump <input type="checkbox"/> Drive a Toy Car
MATH SKILLS: <input type="checkbox"/> Sort by Color	
SCIENCE/SOCIAL STUDIES SKILLS: <input type="checkbox"/> Identify Colors <input type="checkbox"/> Identify Body Parts <input type="checkbox"/> Identify and Describe Emotions	



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!

ABOUT ME: SUGGESTED MATERIALS

BOOKS: <input type="checkbox"/> The Little Zoo <input type="checkbox"/> Spin Book <input type="checkbox"/> Shape Family <input type="checkbox"/> Me and My Family Tree <input type="checkbox"/> Build a Home	CRAY MATERIALS: <input type="checkbox"/> Construction Paper <input type="checkbox"/> Colored Paper <input type="checkbox"/> Glue <input type="checkbox"/> Scissors <input type="checkbox"/> Stickers <input type="checkbox"/> Paintbrush <input type="checkbox"/> Play Dough <input type="checkbox"/> Foam Pipe Cleaners <input type="checkbox"/> Markers <input type="checkbox"/> Glue <input type="checkbox"/> Yarn <input type="checkbox"/> Buttons <input type="checkbox"/> Galvanized Nails <input type="checkbox"/> Washable Tape <input type="checkbox"/> Sharp Markers <input type="checkbox"/> Hair Elastics <input type="checkbox"/> Velcro Strips	PRINTABLES: <input type="checkbox"/> Name Outline <input type="checkbox"/> Body Outline <input type="checkbox"/> Color Dot <input type="checkbox"/> Body <input type="checkbox"/> Emotions Play Dough <input type="checkbox"/> Mats <input type="checkbox"/> Colored Paper <input type="checkbox"/> Color Worksheet <input type="checkbox"/> Color Worksheet <input type="checkbox"/> Body Worksheet <input type="checkbox"/> Body Worksheet <input type="checkbox"/> Family Member Names
FOOD ITEMS: <input type="checkbox"/> Sprinkles <input type="checkbox"/> Fruit (Apples, Strawberries, Bananas) (Diced) <input type="checkbox"/> Chocolate Chips <input type="checkbox"/> Mini Marshmallows <input type="checkbox"/> Cinnamon <input type="checkbox"/> Sugar <input type="checkbox"/> Vanilla Extract <input type="checkbox"/> Flour <input type="checkbox"/> Baking Powder <input type="checkbox"/> Salt <input type="checkbox"/> Frosting <input type="checkbox"/> Sprinkles <input type="checkbox"/> Peanut Butter <input type="checkbox"/> Candy Corn <input type="checkbox"/> Jelly <input type="checkbox"/> Pretzel Sticks <input type="checkbox"/> Cheese <input type="checkbox"/> Veggie (Cucumbers, Carrots, Apples, Tomatoes) <input type="checkbox"/> Book/White Beans	OTHER MATERIALS: <input type="checkbox"/> Wooden Cube Blocks <input type="checkbox"/> Tongs <input type="checkbox"/> Fine Motor Tools <input type="checkbox"/> Family Counters <input type="checkbox"/> Blank Signposts <input type="checkbox"/> Rubber Stamps <input type="checkbox"/> Toy Truck <input type="checkbox"/> Lather Beads <input type="checkbox"/> Bed Washer Beads <input type="checkbox"/> Eggplant <input type="checkbox"/> Family Photos <input type="checkbox"/> White Sand	

Visit the [Tot School About Me](#) blog post to find pictures and clickable links to materials!



TOT SCHOOL: WHAT'S INCLUDED?

ABOUT ME: FINE MOTOR ACTIVITIES		
ACTIVITY	DESCRIPTION	GOALS/SKILLS
Tear and Stick Name	Print name page or write child's name in bubble letters. Cut or tear strips of colored paper into small pieces. Use the pieces to finish letter outline.	• Cut with Scissors • Paste with Glue Stick
Roll and Paint	Print the body outline and choose either the boy or girl. Trace and assemble the color and body part dice. Roll the dice then use watercolor paints to make that body part the correct color. Continue until each part is painted.	• Identify Colors • Identify Body Parts • Paint with a Brush
Synchronize Play Dough Mats	Print the emotion play dough mats. Use the pictures of different emotions using play dough. Emphasize how emotion is displayed to describe how the person is feeling. Use foam sticker shapes to create people by sticking them onto a print sheet. Use the stickers to draw face and details. Use the stickers to create a stick puppet.	• Identify and Describe Emotions • Roll Play Dough • Peel Stickers • Draw • Glue • Glue Bottle

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.

ROLL AND PAINT

Skills:

- Identify Colors
- Identify Body Parts
- Paint with a Brush

Materials:

- Body Outlines (pg 12-13)
- Color Dice (pg 14)
- Body Dice (pg 15)
- Watercolors
- Paintbrush

Items to Prep:

- Print the body outlines and choose either the boy or girl.
- Print and assemble the color and body part dice.

Directions:

- Roll the two dice then use watercolor paints to make that body part the correct color.
- Continue until each part is painted.

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.

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.

Theme: ABOUT ME

	BOOKS	FINE MOTOR	GROSS MOTOR	FOOD/ SNACKS	SENSORY BINS	OTHER
MON	The Skin You Live In By Michael Tyler	Tear and Stick Name	Sort the Hands	Pancake Faces	Build My Name Bin	Song: Head and Shoulders Knees and Toes
TUE	Eyes, Nose, Fingers, and Toes: A First Book All About You By Judy Hindley	Roll and Paint	Hokey Pokey	All About Me Cookie	Build a Body Sensory Bin	
WED	The Feelings Book By Todd Parr	Emotions Play Dough Mats	Feelings Face Hop	Feelings Toast	Name the Feelings Bin	
THU	Me and My Family Tree By Joan Sweeney	Shape Family Puppets	Family Trip	Snack Family	My Family Sensory Bin	
FRI	The Family Book By Todd Parr	Build a Home	Race and Wipe Name	Veggie Family	Build a Family Sensory Bin	



ABOUT ME: LEARNING GOALS

LETTER/SOUND:

- Letters in Name

LITERACY SKILLS:

- Identify Letters

MATH SKILLS:

- Sort by Color

SCIENCE/SOCIAL STUDIES SKILLS:

- Identify Colors
- Identify Body Parts
- Identify and Describe Emotions

FINE MOTOR SKILLS:

- Cut with Scissors
- Tear Paper
- Glue with Glue Stick
- Paint with a Brush
- Roll Play Dough
- Peel Stickers
- Draw
- Squeeze Glue Bottle
- Squeeze Tweezers
- Build with Blocks

GROSS MOTOR SKILLS:

- Run
- Dance
- Jump
- Drive a Toy Car



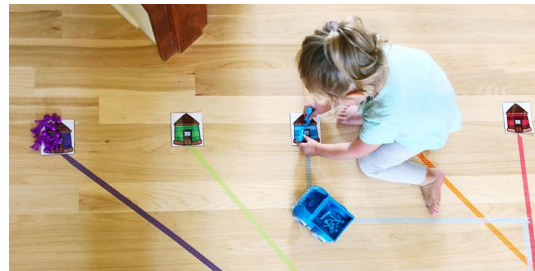
ABOUT ME: ACTIVITIES IN ACTION

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 tot school adventures! [Tot School: About Me](#)



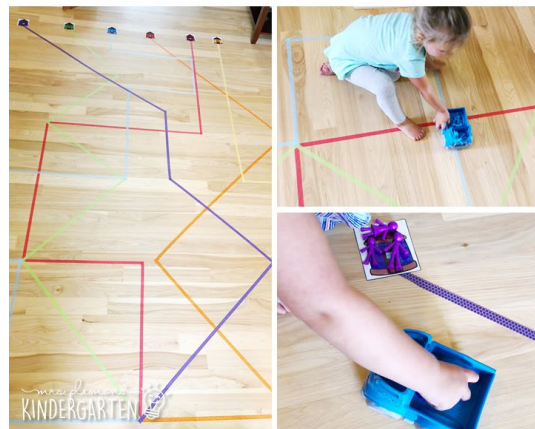
Tot School
**TEAR AND
STICK NAMES**



Tot School
**COLOR FAMILY
TRIP**



Tot School
**BUILD MY NAME
SENSORY BIN**



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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FONTS & GRAPHICS

Thank you to these artists for creating the beautiful fonts & graphics used in this product!

