

# Thème: All About Me

## Gross Motor (Indoor & Outdoor):

- Spoon/egg relay
- Tricycles, big wheels, etc.
- Climbing, running, jumping, etc.-I can do it all!

## Math Activities:

- Count the smiley faces
- Sort the smiley faces by color
- Sort paper faces by “mood”, i.e., happy, sad, surprised, etc.
- Measure each child’s height on a growth chart; label the child’s name and date for comparison when the child starts to school, etc. Make a graph of all the kids’ information
- Count the number of blondes, brunettes, and redheads in the room; graph

## Science Activities:

- Discuss what children need to be healthy:
- Proper toothbrushing techniques
- Food pyramid
- Exercise
- Sleep

## Small Motor/Manipulatives:

- Flannel board activity: count the number of happy people, sad people, etc. (make gingerbread men shapes and change facial expressions)
- Beading
- Lacing—lace around pictures of faces you cut out of magazines and glue to larger sheet of cardstock

## Snacks:

- Celery with cream cheese and raisins on top—i.e., ants on a log
- “Healthy” sandwiches—let children make their own (I can make choices)
- Apples, oranges, bananas, pineapple—healthy snacks + the number of servings of fruit needed daily
- Vegetables—serve raw veggies and dip; children can make choices here, too

## Special Visual Aids/Room Set-Up/Field Trips:

- ✓ Take a field trip to see a farm or to visit a special playground, such as a Fun Zone, so children can have fun exercising

**Songs & Fingerplays:** Google “preschool fingerplays” on the internet to see a huge selection. Only choose 4-5 fingerplays so that you can repeat them several times during the week; this allows children to memorize them and feel successful because they know the words and actions

## Books: Sometimes I Like to Curl Up in a Ball by Vicki Churchill

My Book About Me by Dr. Seuss

Excuse Me! by Karen Katz

All About Me! by DK Publishing

Don't Call Me Special by Pat Thomas

Little Dos and Don'ts: A Gift Box Set by Karen Katz

Baby by Mandy Stanley

Baby! Baby! by Vicky Ceelen

Baby Cakes by Karma Wilson

Babies by Gyo Fujikawa

Baby Faces by Dorling Kindersley Publishing

Peekaboo Baby by Margaret Miller

Babies! by John E. Barrett (Elmo)

Happy Baby Words by Priddy Bicknell

Counting Kisses by Karen Katz

Oh, Baby! A Touch-and-Feel Book by Elizabeth Hathon

Mama and Me by Julie Aigner-Clark

Baby's Box of Fun by Karen Katz

What Does Baby Say? by Karen Katz

How to Be a Baby... by Me, the Big Sister by Sally Lloyd-Jones

Baby's Day by Karen Katz

Baby Talk by Dawn Sirett

Love Song for a Baby by Marion Dane Bauer

Everywhere Babies by Susan Meyers

Baby Danced the Polka by Karen Beaumont

Baby Signs for Bedtime by Linda Acredolo

Baby Faces by Margaret Miller

What Baby Needs by William & Martha Sears

Where is Baby's Belly Button? by Karen Katz

## Dramatic Play:

- ✓ Include costumes, kitchen utensils, and examples of things your group of children like to do so they can "be themselves"
- ✓ Point out to children that they can make choices in their dramatic play activities; they can pretend to cook lunch and choose the menu from their "food book"

## Art:

1. Let children paint paper plates yellow; once the plates dry, give the kids markers to decorate their faces—self-portrait style!
2. Make silhouettes of each child to display around the room, then let the children identify themselves. Print smaller copies for children to "frame" with paper frames they decorate themselves from cardstock. Sometimes you can get local frame shops to donate scrap mat board; this would be great for the kids to decorate. Children place a small magnet strip on the back so parents can hang this on their fridge!
3. Print a picture (or glue on) onto the center of a piece of construction paper—children choose their own color paper, then draw or glue pictures of things they like to do around the border.
4. Make a growth chart for the activity above and spread it out on the floor. Give the children crayons to decorate the growth chart before hanging it.
5. Make a "food book" from a spiral bound notebook. Children glue pictures of food – one picture per page – of foods they love. Write the name of the food item on the page. Children can look through the book to choose the lunch menu for the day.

## Circle Time Activities:

- **I can move!** – Ask children what kinds of movements they can make. For an activity, place a 1x8" board on the floor and play some fun music. Children can walk the length of the board with both feet on the board, one foot on/one foot off, etc. Do an activity where children can dance, exercise, etc., to music. Talk about muscles and what muscles do for us.
- **I can sing!** – Sing songs as a group. Let children choose their favorites, and introduce new songs! Discuss the scientific explanation about how your voice works. What makes the sound? (Give the appropriate amount of detail depending on the age(s) of the children.
- **I can choose!** – Ask children: How many choices do you get to make during the day? Discuss choices and why it's important to be able to make choices. Give children opportunities to make choices for snacks (ie, apple or banana?).
- **I can dress myself!** – How do you get dressed? Pants first, or shirt? Socks or shoes? Coat, hat and/or mittens?
- **I have favorites!** – This could be a show-and-tell day!