

Class: Big Sprouts

Week of: 2/17/24

Focus: Alaska, Cold Places

Feeling of the Month: Calm

Kind Act of the Month: Taking Deep Breaths

	Activities	Skills
Morning Meeting <i>(Feelings/ Cognitive Skills/ Literacy)</i>	<ul style="list-style-type: none">● Talking about Scandinavia● Practicing Deep Breaths and Gentle Hands● Read Am I Small?● Reviewing Numbers 1-10	<ul style="list-style-type: none">● Understanding world cultures● Self-Soothing techniques
Kindness and Caring <i>(Self-help/ SEL)</i>	<ul style="list-style-type: none">● Saying Sorry● Cleaning the Tables	<ul style="list-style-type: none">● Empathy & Compassion● Helping & Cleaning
Outdoor Explorations <i>(Outdoor learning)</i>	<ul style="list-style-type: none">● Stick Ladder● Rowing the Boat	<ul style="list-style-type: none">● Walking on All Fours● Imaginative Play
Questioning <i>(Science/Tech./ Engineering/Math)</i>	<ul style="list-style-type: none">● Milk Carton Viking Ship● Catapult	<ul style="list-style-type: none">● Fine Motor (Seeing What Floats)● Fine Motor & Sensory (Watching & Doing)
Discovery <i>(Art/Sensory)</i>	<ul style="list-style-type: none">● Viking Shields● Dragon Toilet Paper Roll● Viking Helmet	<ul style="list-style-type: none">● Painting & Decorating● Glueing & Blowing● Coloring & Decorating
Moving and Grooving <i>(Gross Motor)</i>	<ul style="list-style-type: none">● Sheep Toss● Viking Run	<ul style="list-style-type: none">● Throwing● Obstacle Course

