

# WEEKLY ROUTINES & MORE

Nutrition  
Health  
Safety  
Mental Health  
Multi Cultural  
Pre-Literacy  
Sensory Table

Here are a few ideas you can use on your  
Lesson Plan Cover Sheet.

# Nutrition

1. Encourage children to try new foods
2. Remind children to eat a well balanced meal
3. Encourage children to drink their milk
4. Encourage children to eat fruits and drink juices
5. Encourage children to eat vegetables
6. Children will name food from different food groups
7. Remind children of eating 3 meals a day
8. Remind children not to eat a lot of junk food
9. Introduce children to healthy snacks
10. Encourage children to ask for fruit for snack
11. Reinforce the importance of eating breakfast
12. List foods that help build calcium in teeth and bones
13. Encourage children to chew with mouth closed
14. Reinforce eating dessert last
15. Reinforce children that food comes from plants and animals
16. Reinforce children to eat clean foods
17. Involve children in tasting party
18. Encourage children to eat from their own plate, not others
19. Discuss how farm products get to the store for us
20. Encourage acceptable mealtime behavior
21. Encourage children to drink plenty of water
22. Reinforce children to set table
23. Let children practice spreading soft substance on toast
24. Let children help prepare foods
25. Let children name fruit and tell colors of each
26. Encourage using correct utensils, spoon and fork
27. Teach children proper way to chew, drink, and cut food
28. Identify parts of plants that we eat
29. Encourage children to name foods they like
30. Encourage children to prepare own cereal
31. Discuss different ways milk helps our body
32. Discuss fresh seasonal fruit when it comes in
33. Encourage children to eat a variety of foods

# Health

1. Reinforce washing hands and face
2. Reinforce wiping nose when reminded
3. Encourage brushing teeth
4. Encourage children to wash and dry hands
5. Remind children to cover mouth when coughing or sneezing
6. Remind children to wash hands after use of toilet
7. Reinforce importance of taking a bath
8. Remind children to blow nose as needed
9. Remind children to flush toilet
10. Remind children to wipe after use of toilet
11. Encourage children to exercise for good health
12. Encourage children to drink plenty of water
13. Encourage children to get plenty of sleep
14. Remind children not to stay in sun too long
15. Reinforce dressing proper for weather
16. Encourage children to wash hands after petting animals
17. Encourage children to get outside in fresh air and sunshine
18. Encourage children to brush teeth at home
19. Remind children to brush hair
20. Reinforce the importance of wearing coats, hats and mittens when cold
21. Discuss the importance of not using other peoples hair brush

# Safety

1. Reinforce taking turns
2. Encourage children to walk in classroom
3. Remind children to buckle seat belts
4. Remind children to look both ways before crossing streets
5. Remind children to stay with group or adults
6. Reinforce loading and unloading buses correctly
7. Remind children not to go close to heaters or fireplaces
8. Reinforce children to have candy checked before eating (Halloween)
9. Reinforce children to stay clear of swings in motion
10. Remind children not to put objects other than food in their mouth
11. Reinforce children to stay with adults while around water
12. Reinforce children to turn off lights when leaving the room
13. Reinforce practicing fire drill
14. Reinforce practicing tornado drill
15. Reinforce and practice STOP, LOOK and LISTEN
16. Reinforce sitting in chairs properly
17. Remind children not to throw objects that could hurt others
18. Discuss safe and unsafe climbing objects
19. Encourage children not to push while in line
20. Reinforce safety of tying shoes
21. Encourage children not to pet strange animals
22. Remind children not to use sharp objects
23. Reinforce and practice using 911
24. Encourage children not to talk to strangers
25. Reinforce children to walk from bus to school building
26. Encourage children to hold scissors correctly and walk with them
27. Encourage children to slide correctly
28. Encourage children to watch for bees while picking flowers
29. Reinforce avoiding hazards such as sharp furniture corners etc.
30. Discuss inside/outside rules
31. Discuss bus rules
32. Discuss classroom rules
33. Discuss and go over playground rules
34. Discuss water safety
35. Discuss safety around light sockets
36. Discuss importance of not walking on ice

# Mental Health

1. Reinforce children to feel secure and loved
2. Discuss missing parents
3. Discuss making new friends
4. Encourage children to be kind to others
5. Encourage children to share
6. Encourage children to talk to other children
7. Praise children for work and daily routine done correctly
8. Encourage children to share feelings
9. Encourage children to ask questions
10. Encourage children to say please and thank you
11. Discuss real and unreal
12. Let each child have own time to talk at group time
13. Encourage children to hug people they love
14. Talk one-on-one with each child
15. Encourage self-esteem through creative art
16. Build confidence in making correct choices
17. Practice and reinforce writing name
18. Reinforce "I am me, I am special"
19. Encourage children to do self help skills
20. Encourage children to recognize their name by sight
21. Reinforce children the good of having our senses
22. Encourage children to tell something they like about themselves
23. Encourage children to talk about their families
24. Reinforce socialization skills
25. Encourage children to request wants and needs
26. Reinforce that it is O.K. to play make believe
27. Discuss importance of knowing address and phone number

# Multi Cultural

1. Discuss different types of jobs we have
2. Discuss how people farm around the world
3. Discuss the different weather climates
4. Introduce children to different foods
5. Look at pictures from different cultures
6. Listen to music from different cultures
7. Discuss different clothing worn by other people
8. Discuss the different color of skin people have
9. Discuss how other countries celebrate Easter
10. Discuss leaders in our country and other countries
11. Discuss and show different writing in the countries
12. Discus and show different kinds of money
13. Talk about how we are alike and also different
14. Discuss how Christmas is celebrated in other countries
15. Discuss travel in other countries and cultures
16. Discuss and prepare foods from different cultures
17. How Jamaican celebrate Christmas
18. Discuss different ways to eat food
19. Discuss different types of house we live in

# Pre-Writing (Literacy)

1. Practice holding a pencil.
2. Practice tracing letters
3. Practice tracing name
4. Practice writing name
5. Look for name in classroom
6. Practice drawing/writing lines
7. Scribble on paper
8. Use art stencils
9. Trace hand prints
10. Trace letters and/or words in the air with finger or pencil
11. Name Feelings pictures
12. Talk about the ABC's
13. Make up rhymes
14. Play "I spy"
15. Write a note to someone
16. Point out letters
17. Make up two word rhymes
18. Describe things you see
19. Look for Illustrations in books
20. Look for authors in books
21. Work on holding book correctly
22. Work on turning the pages of books properly
23. Make a book together
24. Act out a storybook
25. Ask children "wh" questions
26. Make a list of what you are studying
27. Recite a nursery rhyme
28. Write letters in shaving cream
29. Letter matching game
30. Play with foam letters
31. Make a story with the puppets
32. Play with magnetic letters
33. Story sequencing cards and photographs
34. Make a recipe card for children to follow during nutritional activity
35. Have children take orders for lunch
36. Children will use stamps to stamp their name
37. Use telephone book to look up names and phone numbers
38. Teach sign language to children

## **Sensory and Water Table**

**\*\*Sensory Table is to be accessible and available each and every day.**

**\*\*Change materials a minimal of every 2 weeks.**

- 1.Sand-Colored, Sandtastik (ABC), Jurassic Sand(Kaplan), Space Sand(Kaplan)
- 2.Moon Sand(Lakeshore-ABC), White Sand(Kaplan)
- 3.Dino Fossil Dig (Discount School Supply)
- 4.Cotton Balls
- 5.Pom Pom Balls (EHS Large Only)
- 6.Dirt
- 7.Feathers (HS Only)
- 8.Grass-Real with potting soil (Non-Toxic)
- 9.Easter Grass (HS Only)
- 10.Plastic Easter Eggs
- 11.Shredded Paper
- 12.Krazy Krinkle Paper (Discount School Supply)
- 13.Tissue Paper Grass
- 14.Tissue Paper Shapes
- 15.Mixed Yarn
- 16.Confetti (HS Only)
- 17.Big Buttons (HS Only)
- 18.Sea Shells (Large)
- 19.Construction Paper/Newspaper to Tear
- 20.Packing Noodles (HS Only)
- 21.Oodles of Noodles (HS Only)
- 22.Rocks (Med)
- 23.Foam Letters & Shapes
- 24.Jewel Beads (Large Assorted)(HS Only)
- 25.Stringing Straws
- 26.Insta/Super Snow
- 27.Bubbles
- 28.IncredibleFoam Dough (HS Only)
- 29.Silk Flower
- 30.Fabric Craft Petals (HS Only)
- 31.Assorted Corks (HS Only)
- 32.Wood Craft Shapes
- 33.Wood Curls (Discount School Supply)
- 34.Wood Colored Spools
- 35.Colored Craft Matchsticks (HS Only)
- 36.Toilet Paper Rolls
- 37.Stress Squeeze balls
- 38.PVC Pipes connectors
- 39.Clear Mud (Toilet Paper, Ivory Soap, Borax) (HS Only)
- 40.Playdough (Keep cover after use)
- 41.Silly Puddy (Glue & Liquid Starch) (HS Only)