

# HEALTHY BODIES

## FEBRUARY 13-17



### CREATIVE ART

Q-Tip skeletons  
Fruit and Veggie prints with paint  
Healthy Foods Collages  
Toothbrush and hairbrush painting at the easel



### BOOKS

*Wash Your Hands*  
*Germs Are Not For Sharing*  
*Berenstein Bears Too Much Junk Food*  
*Froggy Goes To The Doctor*

**Mystery reader this week:** Dana Roland

### Small group:

Alphabet Bingo; We will be working on identifying letters from their initial sounds.

### SCIENCE & MATH

What are germs? Glow Germ experiment  
Why exercise is important  
The 4 Food Groups  
Cover Your Sneeze experiment  
Measuring Pasta  
Healthy food sorting  
Teen number food match 15-20  
Healthy Smiles board game  
Healthy Smiles dominoes  
Hand wash sequencing

### LANGUAGE

Alphabet Bingo using Initial Sounds



### Science experiments

We will use glow lotion on our hands and then wash and use a blacklight to see how much glow lotion is still there!  
We will also use a spray bottle to demonstrate how important it is to cover your cough and sneeze!

**The Letter of the Week:** C, K



### Additional Items!

- Our Friendship Parties February 13 and 14! We'll be celebrating by eating ice cream sundaes for snack. If your child would like to bring cards for the party for his/her friends, please bring in at least 15 cards. Your child can sign his/her name on the cards, but it is not necessary to write who the card is for. Thanks!
- Just a reminder, the ELC will be closed next week for midwinter break! Enjoy the week!



