



| Weekly Theme and Word of the Week | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Special Notes |
|---|--------------------------------|---|---|---|---|---|
| Healthy Body Run, Hike, Play & Bike! Word of the Week: X-Ray Letter: Xx | 6 Feeling Freeze Tag (SE) | 7 Movement Words (LAN) | 8 Chinese New Year Sparklers (ST) | 9 Head, Shoulders, Knees and Toes Dance (ART) | 10 Friendship Words (LIT) | We are Exploring how to take great care of our hearts this month. For our Tea Party, February 14th at 10:00 am , please send in a healthy snack to share! Families are invited to join us! <hr/> Yoga, Mondays: 13 th & 20 th Music, EVERY Tuesday Stretch & Grow, Wednesdays: 8 th & 22 nd Literature, Thursdays: 16 th & 1 st Spanish, Fridays : 17 th & 2 nd |
| | Healthy Food Bingo (LIT) | Washing Hands Step by Step (ST) | Mountain, Rivers and Caves Obstacle Course (SS) | Bicycle Challenge (PH) | Nutritious Smoothie Dance and Snack (MA) | |
| Healthy Heart My Foddie ABC A Little Goumets Guide Word of the Week: Yoga Letter: Yy | 13 Healthy Food Patterns (COG) | 14 Valentine's Tea Party bring healthy foods please! | 15 Healthy Cooking Stir Fry (MA) | 16 Friendship Letters (LAN) | 17 Field Trip Special presentation at Council Library (LIT) | |
| | Grocery Store Set Up (SE) | Fruit and Veggie People (SS) | Pump Your Heart (ST) | Food Rainbow (ART) | Stethoscope Heart Beats (PH) | |
| Healthy Teeth Brush, Brush, Brush Word of the Week: Zero Letter: Zz | 20 Toothbrush Painting (ART) | 21 What Makes You Smile? (SE) | 22 This is the Way We Brush Our Teeth (COG) | 23 Apple Smiles (ST) | 24 Dentist Guest Speaker (SS) | |
| | Teeth Cleaning Practice (PH) | <u>I Brushed My Teeth Today</u> (LIT) | Dentist Office Words (LAN) | Counting Our Teeth (MA) | How Do Taste Buds Work (ST) | |
| A Healthy Mind The Feeling Book Word of the Week: Affectionate Letter: Aa | 27 Emotion Match Up (LIT) | 28 Steps for Calming Down (COG) | 29 Special Me Song (ART) | 1 Laughing Makes Us Happy (ST) | 2 Field Trip To Flower Shop! | |
| | Feelings Cube Toss (SE) | Feeling Face Shape Mobile (MA) | Habits that Keep Us Healthy (LAN) | Huggathon (MA) | Happy Hopping Hearts (PH) | |



Learning Objective Key: **Social-Emotional (SE), Physical (PH), Language (LAN), Cognitive (COG), Literacy (LIT), Mathematics (MA), Science and Technology (ST), Social Studies (SS),and Arts (ART)**