



Month: February Week: 2 Subject: Social Studies

Day 1	Topic(s) Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	Foundation(s) SS1.1: Demonstrate development of self. SS5.1: Demonstrate awareness of citizenship.
Indicators	Younger Preschool Identify basic self-care activities (washing hands, brushing teeth).	Older Preschool Explain why self-care is important for keeping our bodies healthy.
	Activities: The teacher will begin by asking, " What do we do to take care of our bodies? " Children will discuss daily self-care routines, such as brushing their teeth, taking a bath, washing hands, and getting enough sleep. The teacher will create a morning and bedtime routine chart with the class, where children will place picture cards in the correct order of activities (e.g., wake up, brush teeth, eat breakfast, etc.). Older preschoolers will be encouraged to talk about how self-care helps keep us healthy and discuss their own routines at home.	
Resources/Materials - Picture cards of self-care activities - Velcro or magnetic chart for sequencing routines	Key Vocabulary: Clean, Healthy, Care, Routine, Wash, Brush	Support:  shutterstock.com • 1273753672

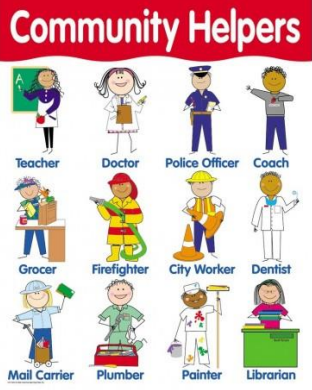
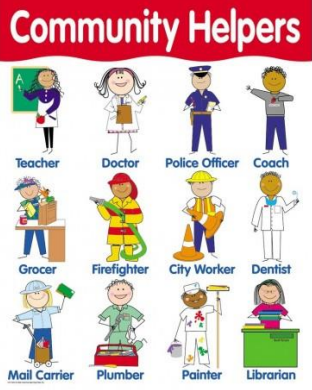
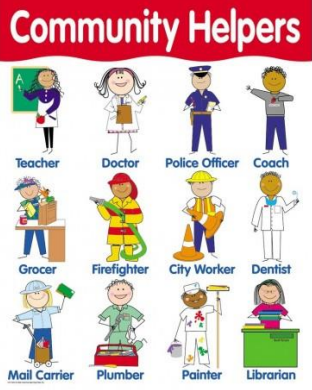


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Day 2	Topic(s)	Foundation(s)
	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	SS5.1: Demonstrate awareness of citizenship. SS1.1: Demonstrate development of self.
Indicators	Younger Preschool	Older Preschool
	Identify ways to be kind through pictures or examples.	Verbally express and write/draw a kind action they have done.
Activities: The teacher will introduce the concept of kindness by asking, “What does it mean to be kind?” and “How can we show kindness to our friends?” After brainstorming examples, children will create a Kindness Chain using strips of paper. Each child will write (or dictate to the teacher) a kind act they have done or will do, then loop their strip into a paper chain. The chain will continue growing throughout the week, reinforcing positive actions and friendships.		
Resources/Materials	Key Vocabulary:	Support:
- Colored paper strips - Markers or crayons - Tape or glue	Kindness, Help, Share, Friend, Nice	

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Day 3	<table> <tr> <th data-bbox="362 300 893 342">Topic(s)</th><th data-bbox="893 300 1421 342">Foundation(s)</th></tr> <tr> <td data-bbox="362 342 893 541"> Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart </td><td data-bbox="893 342 1421 541"> SS2.3: Demonstrate awareness of the foundations of government or authority. SS5.1: Demonstrate awareness of citizenship. </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	SS2.3: Demonstrate awareness of the foundations of government or authority. SS5.1: Demonstrate awareness of citizenship.
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Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	SS2.3: Demonstrate awareness of the foundations of government or authority. SS5.1: Demonstrate awareness of citizenship.				
Indicators	<table> <tr> <th data-bbox="362 604 893 667">Younger Preschool</th><th data-bbox="893 604 1421 667">Older Preschool</th></tr> <tr> <td data-bbox="362 667 893 772">Identify and name different community helpers.</td><td data-bbox="893 667 1421 772">Describe what community helpers do and how they help us.</td></tr> </table>	Younger Preschool	Older Preschool	Identify and name different community helpers.	Describe what community helpers do and how they help us.
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Identify and name different community helpers.	Describe what community helpers do and how they help us.				
Activities: The teacher will start by showing pictures of different community helpers (e.g., doctors, firefighters, police officers, teachers, mail carriers) and ask, "Who helps keep us safe and healthy?" Children will take turns matching community helper pictures with the tools they use (e.g., a firefighter with a hose, a doctor with a stethoscope). Older preschoolers will discuss how these workers help us stay safe and healthy and share which helper they would like to be when they grow up.					
Resources/Materials - Community helper picture cards - Matching tool cards	<table> <tr> <td data-bbox="548 1066 881 1505"> Key Vocabulary: Helper, Firefighter, Doctor, Teacher, Safe </td><td data-bbox="881 1066 1421 1505"> Support:  </td></tr> </table>	Key Vocabulary: Helper, Firefighter, Doctor, Teacher, Safe	Support: 		
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	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	SS5.1: Demonstrate awareness of citizenship.
Indicators	Younger Preschool	Older Preschool
	Identify and name friends in the classroom.	Describe how they can be a good friend.
Activities: The teacher will introduce the Friendship Tree by explaining that just like trees grow with water and sunlight, friendships grow when we are kind and caring . Each child will receive a heart-shaped leaf where they will write (or dictate) the name of a friend and a kind action they have done together (e.g., "I play with Alex," or "I share toys with Mia"). The teacher will attach the hearts to a tree display, showing how kindness helps our classroom community grow .		
Resources/Materials • Large tree cutout • Heart-shaped paper leaves • Markers or crayons	Key Vocabulary: Friend, Kind, Grow, Share, Love	Support: 

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Day 5	Topic(s)	Foundation(s)
	Theme: Happy Healthy Me!	SS1.1: Demonstrate development of self.



	Number: 5 Letter: Hh Color: Pink Shape: Heart	SS3.1: Demonstrate awareness of the world in spatial terms.
Indicators	Younger Preschool	Older Preschool
	Identify different emotions using picture cards.	Describe how emotions affect themselves and others.
Activities: The teacher will introduce different emotions (happy, sad, angry, excited) by showing emotion picture cards and asking children to make matching facial expressions. The teacher will then ask, “How do we feel when someone is kind to us? How do we feel when someone is not kind?” Older preschoolers will discuss how to express emotions in a healthy way (e.g., “When I am sad, I talk to my teacher,” or “When I am angry, I take deep breaths.”).		
Resources/Materials - Emotion picture cards - Classroom mirror for facial expression practice	Key Vocabulary: Happy, Sad, Mad, Feelings, Emotions	Support:  shutterstock IMAGE ID: 230872227 www.shutterstock.com