

Umatilla-Morrow Head Start Lesson Plan

Classroom:  
Rule Review: **Be Safe**

Theme: All about me  
Drill/Date/Time:

**Individual Goals Addressed**

<u>SCIENCE</u>	<u>MATH</u>	<u>LITERACY</u>
<u>LD/ELD</u>	<u>APP. TO LEARNING</u>	<u>PHYS. HEALTH &amp; DEV.</u>
<u>SOCIAL/EMOTIONAL</u>	<u>TECHNOLOGY</u>	
<u>NUTRITION</u>	<u>PARENT</u>	<u>OTHER (WIC, IFSP, etc.)</u>

**Small Group List**

<p>Group 1: Group 2: Group 3:</p>
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**Plans for the week of:**

Activity 8:30	Monday	Tuesday	Wednesday	Thursday
<p><b>Welcome &amp; Story (follow up to story) take pics for class schedule, TS Gold entries &amp; portfolio.</b></p> <p><b>*Busy students enjoy helper opportunities.</b></p> <p>Transition</p> <p><b>Adult’s models hand washing. Invite returning students to assist TA with table setting.</b></p>		<p>Introduce yourself and students. <b>SE07-Good-Byes.</b> Talk about each learning center &amp; introduce class rules. (Be Safe, Be a Friend, Be a Worker) and class schedule. Use visuals. <b>Read- When I was little</b> (show the front cover and introduce main character)<b>SE06</b>-Talk about feelings. I wonder what the story might be about ? Tell children what they will be eating for breakfast today. Read your class menu.</p> <p>Sing- Head, Shoulders, Knees and Toes! Excuse children by their first names. Children are excused to wash hands. Sing- This is the way we wash our hands during hand washing.</p>	<p>Introduce yourself and students. <b>SE04-Actively listening to children.</b> Talk about each learning center &amp; introduce class rules. (Be Safe, Be a Friend, Be a Worker) and class schedule. Use visuals. <b>Read- The way I feel</b> (show the front cover and introduce main character) <b>SE05</b>-Character feelings. This story is about feelings. I am thinking the main character is going to tell and show us her emotions. Sad, mad, surprised and happy. Look on the front cover of this book and how do you think she might be feeling? Tell children what they will be eating for breakfast today. Read your class menu.</p> <p><b>MM 78 Sing- Hello Friends.</b> Children are excused to wash hands. Sing- This is the way we wash our hands during hand washing.</p>	<p>Introduce yourself and students. <b>SE04- Actively listening to children.</b> Talk about each learning center &amp; introduce class rules. (Be Safe, Be a Friend, Be a Worker) and class schedule. Use visuals. <b>Read- When I was little</b> (show the front cover and introduce main character) <b>SE06</b>-Talk about feelings. I wonder how the main character is feeling? What makes you feel happy? Tell children what they will be eating for breakfast today. Refer to your class menu.</p> <p><b>MM 03- Sing -Purple pants.</b> Children are excused to wash hands. Sing- This is the way we wash our hands during hand washing.</p>
<p><b>8:50 Breakfast &amp; conversations. Children choose where they want to sit. *Write your breakfast count and attendance count.</b></p>		<p><b>Count 1-10 using fingers then sing Open shut them- introduce passing serving bowls from left to right. Encourage children to serve themselves and taste foods. Provided hints to children to name foods served. Talk about where food comes from and how healthy foods</b></p>	<p><b>Count 1-10 using fingers then Open shut them- introduce passing serving bowls from left to right. Encourage children to serve themselves and taste foods. Provided hints to children to name foods served. Talk about where food comes from and how healthy foods</b></p>	<p><b>Count 1-10 using fingers then sing Open shut them- introduce passing serving bowls from left to right. Encourage children to serve themselves and taste foods. Provided hints to children to name foods served.</b></p>

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<p><u>Model passing serving bowls from left to right. Take pics for class schedule</u></p> <p>Transition</p>		<p>help our bodies grow to be strong.</p> <p>Adult models how and where to place breakfast dishes. Students raise their hands to be excused from the table. Remind children to wash their hands.</p>	<p>help our bodies grow to be strong.</p> <p>Adult models how and where to place breakfast dishes. Students raise their hands to be excused from the table. Remind children to wash their hands.</p>	<p>Talk about where food comes from and how healthy foods help our bodies grow to be strong.</p> <p>Adult models how and where to place breakfast dishes. Students raise their hands to be excused from the table. Remind children to wash their hands.</p>
<p><u>9:15 Free Choice</u></p> <p>Take portfolio, TS gold, class schedule pictures.</p> <p>September child observations are due this month. Refer to monthly teacher time lines.</p> <p>Transition</p>		<p>Introduce class management system to you students. Be specific how many children can play at each learning center. <b>Art</b> easels- paper, brushes, assorted paint for color mixing &amp; aprons. <b>Play doh table-</b> assorted rolling pins, plastic cutting tools, dough cutters and numeral stampers. <b>Sensory water table exploration.</b> Use with aprons. Include water wheels, a variety of colored measuring cups &amp; foam alphabet letters.</p> <p><b>SSE20-</b>Give a 10 min verbal clean up reminder to your classroom. Then a 5 minute and 2 minute reminder. Turn lights off and sing a cleanup song.</p>	<p>Introduce class management system to you students. Be specific how many children can play at each learning center. <b>Art</b> easels- paper, brushes, assorted paint for color mixing &amp; aprons. <b>Play doh table-</b> assorted rolling pins, plastic cutting tools, dough cutters and numeral stampers. <b>Sensory water table exploration.</b> Use with aprons. Include water wheels, a variety of colored measuring cups &amp; foam alphabet letters.</p> <p><b>SSE20-</b>Give a 10 min verbal clean up reminder to your classroom. Then a 5 minute and 2 minute reminder. Turn lights off and sing a cleanup song.</p>	<p>Introduce class management system to you students. Be specific how many children can play at each learning center. <b>Art</b> easels- paper, brushes, assorted paint for color mixing &amp; aprons. <b>Play doh table-</b> assorted rolling pins, plastic cutting tools, dough cutters and numeral stampers. <b>Sensory water table exploration.</b> Use with aprons. Include water wheels, a variety of colored measuring cups &amp; foam alphabet letters.</p> <p><b>SSE20-</b>Give a 10 min verbal clean up reminder to your classroom. Then a 5 minute and 2 minute reminder. Turn lights off and sing a cleanup song.</p>
<p><u>10:05 Small group</u></p> <p>Prepare materials needed for small groups in advance.</p> <p>Transition</p> <p>Count children before they go outdoors. Take your attendance and first aid fanny pack outdoors with you.</p>		<p>Follow written and visual recipe for making play doh in small groups. Point out a few vocabulary words and pair with pictures. Give children hints for making predictions.</p> <p><b>SSE20-</b>cleanup time. Give 5 minute verbal reminder and 2 minute reminder.</p> <p>Turn lights off and sing a cleanup song. Quietly transition to door by saying and modeling walking on your tiptoes. Say in a soft voice “Quiet as a mouse.” Quietly and slowly sing Head, Shoulders, Knees and Toes. Review safety rules</p>	<p>Introduce scissors, model how to hold scissors, model how to open and close scissors. Practice tearing and cutting construction paper. Paste pieces on to paper plate using glue sticks.</p> <p><b>SSE20-</b>cleanup time. Give 5 minute verbal reminder and 2 minute reminder.</p> <p>Turn lights off and sing a cleanup song. Quietly transition to door by saying and modeling walking on your tiptoes. Say in a soft voice “Quiet as a mouse.” Quietly and slowly sing Head, Shoulders, Knees and Toes. Review safety rules</p>	<p>Watercolor Art-Use your CD player to play Classical music while painting. Show children how to dip brush into water cup and paint on watercolor paper. Ask “I wonder what happens when colors are mixed together?” “Tell me about your picture”. Use a writing tool to write down their words on their artwork.</p> <p><b>SSE20-</b>cleanup time. Give 5 minute verbal reminder and 2 minute reminder.</p> <p>Turn lights off and sing a cleanup song. Quietly transition to door by saying and modeling walking on your tiptoes. Say in a soft voice “Quiet as a mouse.” Quietly and slowly sing Head, Shoulders, Knees and Toes. Review safety</p>

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		with group before going outdoors.	with group before going outdoors.	rules with group before going outdoors.
<p><u>10:20 Outdoor time</u></p> <p><b>Take pictures</b> <b>Reminder to start September child observations</b></p> <p>Transition <b>Count children before you go indoors and bring in your attendance and first aid kit.</b></p>		<p>Help children explore their environment. Talk about using our eyes for seeing. Offer magnifying glasses to children. Go on a bug hunt. Offer clipboards, paper and writing tools. Offer colored sidewalk chalk for drawing pictures and writing letters. <b>SE14-</b> Offer opportunities for children to play together and take turns. Practice catching and kicking utility balls in small groups. Take turns on trikes and wear bike helmets. Encourage running, walking and dancing.</p> <p>Give 10, 5 and 2 minute clean up reminders. Have children sit down as they line up by door. <b>MM-87</b> Sing: 1, 2 buckle my shoe and ABC song. Give them hints to what happens next with class schedule? Review class schedule with group. Say &amp; model Quiet as mouse and tiptoe to group time area.</p>	<p><b>LL55-MM-</b>Introduce large group activity- Dance &amp; Remember- (will need song chart with the following song) Let’s do a little dance, Let’s do a little dance, Here we go, here we go, Let’s do a little dance. Encourage children to play together, take turns and share. Use large waffle blocks to build your house. Practice bouncing and dribble utility balls in small groups. Take turns on trikes and wear bike helmets. Encourage running, walking and dancing. Use colored wrist ribbons for creativity and movement.</p> <p>Give 10, 5 and 2 minute clean up reminders. Have children sit down as they line up by door.<b>MM-87</b> Sing: 1, 2 buckle my shoe and ABC song. Give them hints to what happens next with class schedule? Review class schedule with group. Say &amp; model Quiet as mouse and tiptoe to group time area.</p>	<p><b>P29-</b>Stop and Go activity. (you will need bells or tambourine). Offer colored sidewalk chalk for drawing pictures and writing letters. <b>SE14</b> - Offer opportunities for children to play together and take turns. Build large interlocking floor puzzles. Sing and play Ring around the rosie. Practice catching and kicking utility balls in small groups. Take turns on trikes and wear bike helmets. Encourage running, walking and dancing.</p> <p>Give 10, 5 and 2 minute clean up reminders. Have children sit down as they line up by door. <b>MM 87</b> Sing: 1, 2 buckle my shoe and ABC song. Give them hints to what happens next with class schedule? Review class schedule with group. Say &amp; model Quiet as mouse and tiptoe to group time area.</p>
<p><u>10:50 Music &amp; movement</u></p> <p><b>Take pictures</b> <b>Use for your class schedule, TS Gold and portfolios.</b></p> <p>Transition <b>Invite returning children to help TA set lunch tables. Adults model hand washing.</b></p> <p><b>11:10 Lunch &amp; conversations</b> <b>Children choose where they want to sit.*Write</b></p>		<p>Cross arms, touch knees, touch toes while singing class rules.(Be safe, be a friend and be a worker) Say to group “I wonder what it means to be safe?” Explain to children they will each have their own open space for movement. Talk about using our ears for hearing. Introduce Hokey Pokey for today’s activity. Sing or use a CD.</p> <p>Excuse children by the color of their clothes. Students sing This is the way we wash our hands while hand washing.</p> <p>Count 1-10 using fingers then sing – Open shut them-introduce passing serving bowls from left to right. Encourage children to serve</p>	<p>Cross arms, touch knees, touch toes while singing class rules.(Be safe, be a friend and be a worker) Say to group “What it means to be safe?” Have a safety discussion with your class. Explain to children they will each have their own open space for movement. Talk about using our ears for hearing. Introduce Hokey Pokey for today’s activity. Sing or use a CD.</p> <p><b>MM36</b> Body Patterns-demonstrate a simple two-part action pattern and name actions as you do them. Students sing This is the way we wash our hands while hand washing.</p> <p>Count 1-10 using fingers then sing – Open shut them-introduce passing serving bowls from left to right. Encourage children to serve</p>	<p>Cross arms, touch knees, touch toes while singing class rules.(Be safe, be a friend and be a worker) Ask class to share their ideas on how to be safe at school. Write their ideas down on teaching easel. Explain to children they will each have their own open space for movement. Talk about using our ears for hearing. Introduce Hokey Pokey for today’s activity. Sing or use a CD.</p> <p><b>MM03</b> Sing- Purple pants. Sing to the tune of “The Farmer in the dell.” [___]wore purple pants.[ He] wore [purple] pants. Pick-a pack-a lick-a lack, He wore[ purple] pants. Students sing This is the way we wash our hands while hand washing.</p> <p>Count 1-10 using fingers then sing – Open shut them-introduce passing</p>

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<p><b>your lunch count on attendance Take pics for schedule</b></p> <p>Transition</p> <p>11:45 <b>Tooth brushing Use tooth brushing visual/poster for tooth brushing. If available use the learn to brush demo kit</b></p> <p>Transition <b>Opportunities for teacher to help children recognize and identify letters, letter sounds and their first names.</b></p> <p>12:00 Home <b>Count children before exiting your classroom and building. Teacher helps teacher assistant load children on bus.</b></p>		<p>themselves and taste foods. Provide hints to children to identify foods served. Talk about where food comes from and how healthy foods help our bodies grow to be strong.</p> <p>Students raise their hands to be excused and are shown where dishes go. Offer children jobs to assist with cleanup. (washing tables, chairs, sweeping and sorting serving bowls and pitchers) Offer different book baskets for children to look at during transition.</p> <p>Students are shown where their names are on the tooth brushing rack. Children reach for their own toothbrush and tooth brushing cups are passed out by adult. Students are asked to pick up their toothbrushes and scoop toothpaste on their toothbrushes. Introduce brushing top and bottom of teeth in a gentle circular motion. Also brush outside and inside of teeth. Children brush their tongues and spit inside their cups.</p> <p>Excuse children by tables- each small group are shown how to stand in line, rinse toothbrush, tap brush, and return brush to individual labeled spot on rack. Student's wash their hands.</p> <p>Children line up sitting down by door. Teacher sings Goodbye song and leads the pedestrian safety walk to bus safety zone outdoors.</p>	<p>themselves and taste foods. Provide hints to children to identify foods served. Talk about where food comes from and how healthy foods help our bodies grow to be strong.</p> <p>Students raise their hands to be excused and are shown where dishes go. Offer children jobs to assist with cleanup. (washing tables, chairs, sweeping and sorting serving bowls and pitchers) Offer different book baskets for children to look at during transition.</p> <p>Students are shown where their names are on the tooth brushing rack. Children reach for their own toothbrush and tooth brushing cups are passed out by adult. Students are asked to pick up their toothbrushes and scoop toothpaste on their toothbrushes. Introduce brushing top and bottom of teeth in a gentle circular motion. Also brush outside and inside of teeth. Children brush their tongues and spit inside their cups.</p> <p>Excuse children by tables- each small group are shown how to stand in line, rinse toothbrush, tap brush and return brush to individual labeled spot on rack. Student's wash their hands.</p> <p>Children line up sitting down by door. Teacher sings Goodbye song and leads the pedestrian safety walk to bus safety zone outdoors.</p>	<p>serving bowls from left to right. Encourage children to serve themselves and taste foods. Provide hints to children to identify foods served. Talk about where food comes from and how healthy foods help our bodies grow to be strong.</p> <p>Students raise their hands to be excused and are shown where dishes go. Offer children jobs to assist with cleanup. (washing tables, chairs, sweeping and sorting serving bowls and pitchers) Offer different book baskets for children to look at during transition.</p> <p>Students are shown where their names are on the tooth brushing rack. Children reach for their own toothbrush and tooth brushing cups are passed out by adult. Students are asked to pick up their toothbrushes and scoop toothpaste on their toothbrushes. Introduce brushing top and bottom of teeth in a gentle circular motion. Also brush outside and inside of teeth. Children brush their tongues and spit inside their cups.</p> <p>Excuse children by tables- each small group are shown how to stand in line, rinse toothbrush, tap brush and return brush to individual labeled spot on rack. Student's wash their hands.</p> <p>Children line up sitting down by door. Teacher sings Goodbye song and leads the pedestrian safety walk to bus safety zone outdoors.</p>
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\*Remember what it was like for you on your first day of school? Were you feeling worried? Did you have a tummy ache? Was it hard for you to separate from your parents and accept your teacher? Did you worry about

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eating different kinds of foods? Were you concerned about the kinds of clothes you were wearing? Who would be your friend? Would you play alone?

All of you have an important role and commitment to your students every year. Be the best you can be towards others. Don't be afraid to open your heart and your thinking.

References are made to Creative Curriculum for Preschool Intentional Teaching cards and Mighty Minutes.

### **Read Teacher timelines**

Consistently document weekly entries in T.S Gold. Don't get comfortable and think you have time to catch up documenting late entries.

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daily plans

Revised/Reviewed 8/19/15