Our theme for the month of November has been Healthy Mind and Body.

Using diverse books, our emphasis has been Healthy Habits, Healthy Activities, and Healthy Food.

We started with “Officer Buckle and Gloria”, which gave us an opportunity to talk about the safe way to ride in a car. We also talked about hygiene habits, like brushing our teeth and using a tissue when we sneeze. We enjoyed taking a closer look at our faces as we gazed in hand mirrors and drew our portraits.

We enjoyed brainstorming about healthy activities in which we partake, such as running on the playground, using the parachute in gym, and practicing fine motor skills by using markers. Some activities we participated in were washing mittens in the water table, finger painting for sensory stimulation, and painting healthy fruit with daubers.

As we began a discussion about healthy foods, we were able to observe how coconut milk is extracted. Using a hammer to break through the hard surface, the inside of this exotic food is chewy and white, with a drinkable liquid. We enjoyed watching our teachers use a hammer to get inside this unusual food.

We all enjoyed creating cornucopia art while thinking ahead toward our Thanksgiving break! We learned so many things about living healthy, and we look forward to putting them into practice as we continue growing throughout this school year!
So many opportunities to learn!

Ellen and Sloan are using the Lego table for dramatic play.

Emiah enjoys being the "patient".

Joaquin practices writing with a pencil and clip board.

In our make shop, Max shows interest in our exploration of lights.

Outside on our playground, Oliver maneuvers this wooden half pipe to rock back and forth. His core will gain strength from this activity!

This funnel apparatus provides wonderful experiences of discovery for Nathan.
MAKING HEALTHY CHOICES

In gym class, Adam and his friends practice following directions.

Ann and her friends enjoy posing in front of a curtain as it is lit with colored lights.

Ellen smiles while waving her ribbon wand.

Cecilia uses apples to create golden prints.

Emiah works hard to complete a puzzle.

Joaquin and Branden enjoy spending time together in woodworking.
HEALTHY CHALLENGES!

Healthy Habits
... Brush your teeth
... Take a bath
... Wear your seat belt

Healthy Activities
... Run on playground
... Build with blocks
... Use colored pencils

Healthy Foods
... Fruits
... Vegetables
... Yogurt

Review of what we learned...

Our next unit will be “building”.

Max is taking a closer look at healthy foods!

Practicing yoga poses in gym.

Working as a team!

Keep up the good work, Ann!

Peek-a-boo! We see you, Oliver!

Mrs. Loomis, Ms. O’Neill, Mr. Salinetro, Mrs. Tomer