



My Body and Me A Pre-K Curriculum Unit

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Essential questions and learning objectives?



In this curriculum, students will be engaged in various activities to Think “How my body makes me who I am? And how I can keep my body strong and healthy.” Students will learn how to value and listen to their bodies to articulate their feelings and to explore the world around them. Children will learn how to celebrate their uniqueness and embrace differences and diversity by exploring high-quality, culturally responsive books.

The student will be able to:

- ✓ Identify their body parts and the function of each of these parts.
- ✓ They will learn how to listen to their bodies to identify and articulate their feelings.
- ✓ Be able to recognize their senses and to understand the connection between their senses and the outside world.
- ✓ will learn ways to keep their amazing bodies healthy and strong by moving and eating healthy foods.

My Body and Me curriculum unit is a long-term investigation curriculum that will guide the daily instructions and lessons for several weeks.

Sub-Theme 1: My amazing Body!



Goals: Students will learn about their physical characteristics and how we are similar and different. Students will build vocabulary to describe themselves. Build social, creativity, and imagination skills in the dramatic center. In the art and writing center students will develop their fine motor skills. And most of all student will celebrate their uniqueness. Be proud of who they are and appreciate Diversity.

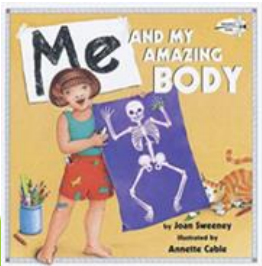


Activities:

- 1) **Dramatic play:** in the dramatic play center a doctor's office will be set up with a doctor kit, Lab coats, dolls, posters of body parts, muscular and skeleton systems. Children will learn new vocabulary to name body parts.
- 2) **Family portrait:** after studying our physical appearance and how we are similar and how we are different. Children will draw their family portrait and share it at circle time and discuss how our families are alike and how they are different.
- 3) **Clay self-portrait ornament and name writing practice:** To celebrate Children's individuality and uniqueness. Children will make a self-portrait ornament out of clay and learn how to be proud of who they are. The ornaments will be displayed in the Art Center along with their name labels.

Book list:

- Me and My Amazing Body by Joan Sweeney.
- what makes us unique: Our first talk about diversity by Dr. Jillian Roberts
- The Colors Of Us By Karen Katz.
- Just Ask: be different, be brave, be you by Sonia Sotomayor.
- The big umbrella by Amy June bates.



Sub-Theme 2: How do I feel today?

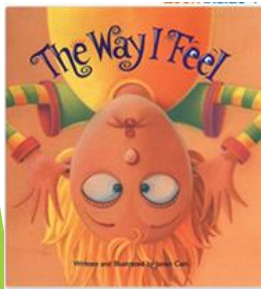


Goals: Students will learn that our feelings are part of who we are. Be aware of their body's reaction to those feelings. Students will learn self-regulation through the ability to notice and articulate their feelings. Perspective taking by understanding of other's feelings through the "Act your feelings" Activity. Will practice fine motor, gross motor, and communication, skills.



Activities:

- 1) **Rock painting:** Based on the book Happy right now By Julie berry. Students will be painting on natural rocks using Acrylic paint to illustrate something that can make them feel happy. It can be a place a thing or someone, whatever comes to their minds when they choose to be happy.
- 2) **Act your feelings:** We learned in this sub-theme how our bodies express our feelings. In the meeting area children will sit in a circle and one child will go inside and Act a "feeling" using his body and facial expressions, the other children get to guess what feeling is being expressed, whoever guesses first will go inside the circle and Act out another feeling.
- 3) **Sensory bottle:** Students will make their own Sensory Bottle to use as a tool to self-regulate when feelings are hard to manage. Using a plastic water bottle, an equal amount of water, and baby oil, food coloring, glitter and confetti. It will provide Children a visual calm when they shake or turn the bottle around.



Book list:

- Listening to My Body, by Gabi Garcia.
- The Way I Feel, by Janan Cain.
- My Blue is Happy, by Jessica Young.
- When Sophie's Feelings are Really, Really Hurt by Molly Bang.
- Happy right now By Julie berry.



Sub-Theme 3: My senses.



Goals: Students will learn about their senses and how they are connected to the outside world through their senses. Will develop new vocabulary. Practice fine motor skills in the art center. Understand that some people need some tools to help them use different senses.

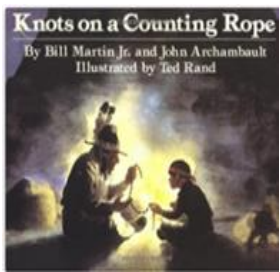


Activities:

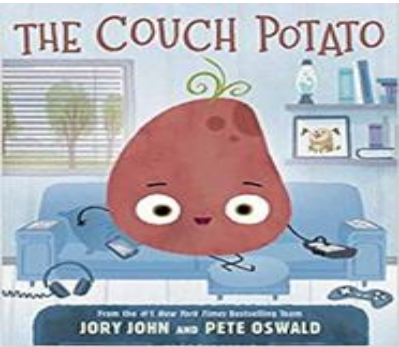
- 1) **Music/Egg Shakers:** Using different color plastic eggs, colored masking tape, and rice, beans, and pebbles (to get different sounds). Students will make Egg shakers and add them to our musical instruments in the music center.
- 2) **Instrument collage:** based on the book *Moses goes to a concert*. Children will make a collage of the instrument we learned about in the book using a selection of pre-cut materials (papers, fabrics...) with different textures and colors.
- 3) **Paint your feelings:** This activity is connected to the book *Knot on a Counting Rope* by Bill Martin Jr. Children will use paint, and paintbrushes to match their feeling with colors, to get a sense of how we can see colors differently, how we can see colors through our feelings and our hearts.

Books:

- Look, Listen, Taste, Touch, and Smell: Learning About Your Five Senses by Pamela Nettleton.
- Knots on a Counting Rope by Bill Martin Jr.
- Moses Goes to a Concert by Isaac Millman.
- Rainbow Joe and Me by Maria Diaz.
- My Big Brother DJ by Shenita Agee



Sub-Theme 4: Let's get moving.



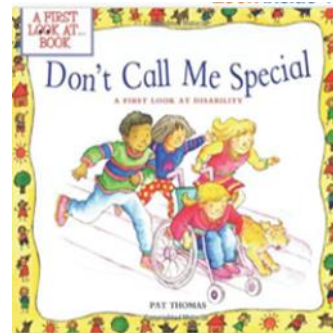
Goals: Students will learn the benefits of exercise. Understand Disability and how “special” Children can also be engaged in physical activities. Practice fine motor and gross motor skills as they draw and dance. Develop communication, language, and literacy as we read aloud.

Activities:

- 1) **Draw your moon:** After reading “Catching the Moon by Crystal Hubbard.” Children will use paint and/or (crayons, colored pencils) and draw something that symbolizes their favorite sport.
- 2) **Read aloud:** Don’t call me special a First Look at Disability by Pat Thomas. the book is about different kinds of disabilities. It shows how children with disabilities can also be interested and participate in games and sports and join other children without being called special.
- 3) **Singing and dancing:** Children will dance and sing “Shake my sillies out” by Raffi. Using the egg shakers, we made in the previous Sub-them.

Books:

- The couch potato by Jory John.
- Move your body: my exercise tips by Gina Bellisario.
- Catching the Moon by Crystal Hubbard.
- Don’t call me special a First Look at Disability by Pat Thomas.
- A Very Special Critter by Gina and Mercer Mayer.



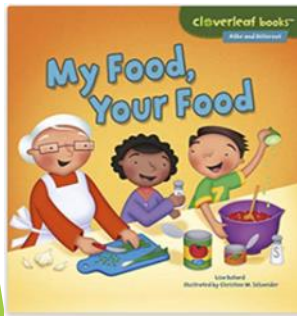
Sub-Theme 5: What is on my plate



Goals: Students will explore foods from all over the world. Learn the benefits of healthy eating on our bodies. Practice fine motor skills through the baking activity. Learn New vocabulary (words and colors).

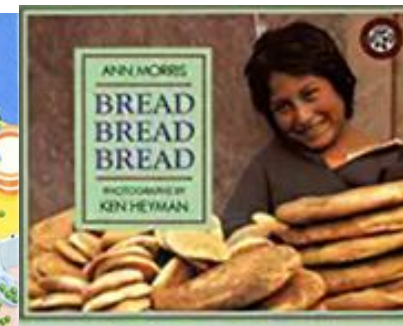
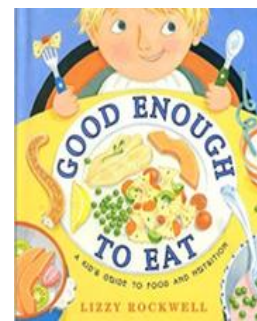
Activities:

- 1) **Eating the rainbow craft:** After reading “Give it a Go, eat a rainbow” by Kathryn Kemp Guylay. The book takes the children on a magical fun journey that educates, inspires, and encourages children to eat healthy foods. Students will make Eating the rainbow collage.
- 2) **Baking:** Student will participate in making our own bread using resealable plastic bags.
- 3) **Class “My Family’s favorite meal” Quilt:** inspired by the book My Food Your Food by Lisa Bullard, each student will bring a picture of his/her “Family’s Favorite Meal” for a Class quilt.



Books:

- Good enough to eat by Lizzy Rockwell.
- My Food, Your Food by Lisa Bullard.
- Jalapeno bagels by Natasha Wing.
- Bread Bread Bread by Ann Morris
- Fry Bread: A Native American Family Story by Kevin Noble Maillard



Bread in a Bag recipe:



- 1-gallon sized resealable plastic bag
- 3 cups flour
- 1/4 cup sugar
- 1 packet yeast (rapid rise or regular)
- 1 cup warm water
- 1/4 cup butter, melted
- 1 teaspoon salt (this can be to taste)

Thank you

