

Day	Theme Focus	Learning Objectives
Monday	My Body – Introduction	Children recognize and name main body parts.
Tuesday	My Body – Movement & Function	Children understand what different body parts do.
		Reinforce awareness

<b>Wednesday</b>	<b>My Body – Review &amp; Art</b>	of body parts through art.
<b>Thursday</b>	<b>Colors – Exploration</b>	Children identify basic colors.
<b>Friday</b>	<b>Colors – Mixing &amp; Expression</b>	Children explore color mixing and express creativity.

Main Activities	Materials Needed
<ul style="list-style-type: none"> <li>• Mirror time: “Who do you see?”</li> </ul>	Mirror, body part cards, music player
<ul style="list-style-type: none"> <li>• Game: Touch your head, nose, toes.</li> </ul>	
<ul style="list-style-type: none"> <li>• Sing <i>Head, Shoulders, Knees, and Toes</i>.</li> </ul>	
<ul style="list-style-type: none"> <li>• Action game: “We use our legs to jump!”</li> </ul>	Large paper, crayons, music
<ul style="list-style-type: none"> <li>• Draw or trace hands and feet.</li> </ul>	
<ul style="list-style-type: none"> <li>• Paint body outlines or handprints.</li> </ul>	

<ul style="list-style-type: none"><li>• Talk about what each part helps us do.</li></ul>	Washable paint, aprons, paper
<ul style="list-style-type: none"><li>• Paint or color sorting activity.</li></ul>	
<ul style="list-style-type: none"><li>• Match colored objects around the room.</li></ul>	Red, blue, yellow paint; color cards; toys
<ul style="list-style-type: none"><li>• Mix paints (red+yellow=orange).</li></ul>	
<ul style="list-style-type: none"><li>• Free painting session.</li></ul>	Washable paints, brushes, paper, wipes
<ul style="list-style-type: none"><li>• Group reflection: “What colors did you make?”</li></ul>	

Assessment / Observation
Can the child identify or point to body parts when named?
Can the child follow movement instructions?

Does the child participate and name body parts?

Can the child name or match colors?

Does the child notice or comment on color changes?