Week 2

Healthy Lifestyle

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| 8:00 - 8:30  | Arrival Activities  | Arrival Activities | Arrival Activities  | Arrival Activities  | Arrival Activities  |
| 8:30 - 9:00 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 9:00 - 10:00 | Learn fruits and vegetable | Learn routines activities | Making cookies | Art and Craft (fruit and vegetable) | Fruit & Vegetable building |
| 10:00 - 11:00 | Outdoor play  | Outdoor play  | Outdoor play  | Outdoor play  | Outdoor play  |
| 11:00 - 12:00 | Cooking class (fruit salad) | Making Lemonade | Food Challenge Game | Cooking class (ice cream) | Movie Day/ popcorn |
| 12:00 - 12:30 | Lunch | Lunch | Lunch | Lunch | Lunch |
| 12:30 - 13:30 | Rest time/ Nap time | Rest time/ Nap time | Rest time/ Nap time | Rest time/ Nap time | Rest time/ Nap time |
| 13:30 - 14:00 | Snack | Snack | Snack | Snack | Snack |
| 14:00 - 15:00 | Motor skills activities (cutting/ pulling) | Handmade Playdough | Grocery store | DIY circle lollipop | Fruit Stamp Art |
| 15:00 - 15:30 | Read Aloud  | Read Aloud  | Read Aloud  | Read Aloud  | Read Aloud  |
| 15:30 - 17:00 | Free choice play  | Free choice play  | Free choice play  | Free choice play  | Free choice play  |