



## All About Me

September 24-28

- 9:00AM Gross Motor Play in Room 106:  
Connecting stepping stones, train table, Lego blocks  
**Sand Table:** pine cons, recycle yogurt bottles, shovels
- 9:40AM Clean-up time, morning circle stretch, line-up
- 10:00AM Bathroom break/Diaper check/Wash hands
- 10:15AM Snack-time in Room 105
- 10:30AM Free Play and Centres:  
**Art Centre:** Here are my hands (Hands print with paint)  
**Sensory Table:** B.Day party items and little wooden houses  
**Puzzle Table:** multicultural, diversity, puzzles related to the theme  
**Drama:** CDO House and baby crib  
**Dress-up Clothes:** Multicultural dress, community helper
- 11:30AM Clean-up time & hand washing
- 11:45AM Lunch in Room 105
- 12:15PM **Story:** Talk about feeling, "When Sophie gets Angry..." by Molly Bang
- 12:30PM Bathroom break/Diaper check/Wash hands
- 12:45PM Younger children go to Room 106 for naps or quiet boxes  
Afternoon Activities in Room 105:  
A selection of the following based on interest:  
calendar, weather, news, free play/centres  
**Fine Motor Practice:** I can Trace my hand  
**Free Art:** Finger paint, finger print  
**Science:** I can smell...  
**Math:** Measure your hands and your foot (All about Me book)
- 2:30PM Clean-Up Time, Centres are Closed
- 2:45PM Music (in Room 106)  
**Song :** If you're Happy and you know it...  
**Musical instruments :** clappers  
Dancing- Children's Choice
- 2:55PM Birthdays, Thank-You and Goodbyes  
Gross motor Play until Parent Pick Up  
**Nature elements:** Pine cons, leaves

Sources: <https://www.youtube.com/watch?v=78XnCJx8g9s>,  
<https://nourishingourchildren.org/2013/02/16/nourish-the-whole-child-with-finger-painting/>