

Preschool Weekly Plan | Plan | Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday
Coming in Activity Fine Motor 7:30 – 8:30	Threading	Puzzles	Hand-eye Co-ordination	Shape and Space Does it fit?	Colours and categories Pots and Sorting
Craft Skills 7:30 – 8:30	Cutting	Sticking	Glitter	Cutting	Sticking
Activity 1 <i>PAINTING</i> 8:45 – 9:45	Painting on newspaper	Painting on (dry/uncooked) pasta pieces	Painting with fingers	Painting with cars	Painting with corks (printing)
Activity 2 <i>Morning Rotation</i>	Glitter Playdough Making Glitter playdough; mix glitter (black food colouring) in with the dough	Messy Play: Cooked Spaghetti with food colouring, on trays at the table	Cooking: Banana Bread	Messy Play: Play with with straws in Shaving foam on trays	Cooking Challah
Activity 3 <i>Morning Rotation</i>	Making Musical Instruments: Shakers, Pots, paper towel rolls, drums	Using Felt Pens Encourage use of lids, and feel the pens glide across the paper	Making sock puppets – with odd/single socks. Sticking eyes, cutting holes, adding hair	Making Musical Instruments: Shakers, Pots, paper towel rolls, drums	Using Chalk boards Making marks with chalks feeling the chalk scratch across the boards
Activity 4 <i>Yellow and Green</i> 11:15 – 11:35	Bubbles! Fill up a green bucket with bubbles and wash things, play with bubbles, and blow bubbles!	Shaving foam and food colouring On large trays with variety of animals or other small world play items	Sorting Beans and Rice Separating mixture of beans and rice, into sections of egg cartons	Digging in the Leaves Fill the frog with leaves, and hide things in side for the children to find as they play in the leaves	Puppets and Feelings Use puppets to talk about different feelings (sad, happy, Frustrated...) and have the puppet read a story on the theme
Activity 5 2:40 – 3:45	Ribbon and Fabric Dancing Clear the space and play classic music, children dance/move with ribbons and fabrics	Messy Play – GLOOP! Mixture of flour and water, can add in food colouring – on trays at a table	Oil and Ice Play On large trays on the floor	Pine cone/Nature bottles Create 'explore' bottles from nature items. <small>https://www.pinterest.com/pin/179581103868057328/</small>	Heuristic Play
Activity 6 2:40 – 3:45	Balancing	Rolling	Climbing	Jumping	Kicking, rolling and throwing