The Extended Morning Program has a weekly Focus Book that expands on the Pre-School theme of the month. The teachers support the stories through related activities that include experiences in each of the Developmental Domains. The story is further enhanced by experiences in our make shop, with wood working, and cooking activities in the kitchen. We also enjoy daily music with Mrs. Bird. A brief description of the focus book is included in each Monday’s email, and a list of available activities each day. The newsletter for each theme recaps the related activities through text and photographs, with captions highlighting the developmental emphasis.

February Pre-School Theme:
Healthy Mind and Body

A picture is worth a thousand words. These photos tell the story of our Healthy Mind and Body theme at the Children’s School and express just how much we learn from our explorations!

Focus Books

Extended Morning Teachers: Mrs. Bird, Miss Dzina, Mrs. Loomis, and Mrs. Opferman
Felix and Will are happily playing with a toy they’ve made themselves.

We can make our own lemonade using our strong hand muscles!

Creating original work boosts children’s self-esteem.

Squeezing lemons improves our fine motor strength.

Projects that require several steps build fine motor skills and the ability to follow directions.

Tossing a ball takes hand-eye coordination.

After reading, Dr. DeSoto, the children enjoyed playing “Pin the Tooth on the Mouth.”

Using markers, teachers can model writing letters.

We have lots of opportunities to practice writing, like this invisible ink board.
A toothbrush is a tool that helps make the job of cleaning teeth an easier task.

Adding ingredients to a water bottle makes it a fascinating toy to twirl!

This concoction is sticky and stretchy. What could we add to change how it feels?

How tall can this stack of tree cookies get before it falls down?

How many times must the handle be turned until the “germ” is catapulted at this friend?

How high can I toss this ball?

Our Korean friend, Miss Lee, brought a fun activity to make. We used it to make music!

Taking a rest in the library is like napping in our own beds.

Yoga is a peaceful practice. It helps our minds and bodies to be calm.
A board and a wooden cylinder can be used to make a simple machine.

We stepped on the foot pedal to operate the sewing machine. The resulting project was a meditation cushion.

In the kitchen we prepare food and bake it in the oven.

Watercolors are a kind of paint that we like to use in school. We use our imaginations to create original art work.

We make our own choice of colors and art materials to add to our water bottles.

Stringing beads and foam shapes, we produced tooth necklaces!

We learned about the spreading of germs.

We make healthy food choices when we cook in the kitchen. We practice safe ways to prepare our snacks.

Washing toys helps us prevent the spread of sick germs.