

## What do we know about exercise? What do we want to find out?

**Vocabulary—English:** exercise, safari, Tanzania, practice, athletes, competition, sports

**Spanish:** ejercicios, safari, Tanzania, práctica, atletas, competencia, deportes

	Day 1	Day 2	Day 3	Day 4	Day 5
Interest Areas	Library: fiction and nonfiction books about exercise; a collection of images of people exercising in different ways	Music and Movement: collection of images of people exercising in different ways	Music and Movement: collection of images of people exercising in different ways	Discovery: collection of sports balls	Library: fiction and nonfiction books about exercise
Question of the Day	Do you like to move your body?	Which exercise do you like best? (Provide three picture choices, e.g., run, swim, dance.)	What sport can we play with this? (basketball, tennis ball, baseball, etc.)	What sport can we play with this? (basketball, football, golf ball, etc.)	What do you want to know about exercise?
Large Group	<b>Movement:</b> Counting Calisthenics  <b>Discussion and Shared Writing:</b> Exercising  <b>Materials:</b> Mighty Minutes 28, “Counting Calisthenics”; a collection of images of people exercising in different ways	<b>Game:</b> 1, 2, 3, What Do I See?  <b>Discussion and Shared Writing:</b> What Different Kinds of Exercise Are There?  <b>Materials:</b> Mighty Minutes 50, “1, 2, 3, What Do I See?”; a collection of several items related to the exercise study; a scarf or piece of fabric	<b>Movement:</b> Are You Ready?  <b>Discussion and Shared Writing:</b> Where Do People Exercise?  <b>Materials:</b> Mighty Minutes 73, “Are You Ready?”	<b>Movement:</b> Move to the Beat  <b>Discussion and Shared Writing:</b> What Do We Know About Exercise?  <b>Materials:</b> Mighty Minutes 91, “Move to the Beat”; a drum or other instrument to keep a rhythmic beat	<b>Movement:</b> Freeze  <b>Discussion and Shared Writing:</b> What Do We Want to Find Out About Exercise?  <b>Materials:</b> Mighty Minutes 25, “Freeze”; dance music
Read-Aloud	<i>The Happiest Tree: A Yoga Story</i> Book Discussion Card 25 (first read-aloud)	<i>We All Went on Safari</i>	<i>The Happiest Tree: A Yoga Story</i> Book Discussion Card 25 (second read-aloud)	<i>We All Went on Safari</i>	<i>The Happiest Tree: A Yoga Story</i> Book Discussion Card 25 (third read-aloud)
Small Group	<b>Option 1: Rhyming Riddles</b> Intentional Teaching Card LL11, “Rhyming Riddles”; chart paper; markers; pictures or props of words that rhyme  <b>Option 2: Same Sound Sort</b> Intentional Teaching Card LL12, “Same Sound Sort”; objects that begin with the same sound; a cardboard box or bag	<b>Option 1: Huff &amp; Puff</b> Intentional Teaching Card M26, “Huff & Puff”; small, lightweight balls; standard and nonstandard measuring tools  <b>Option 2: Lining It Up</b> Intentional Teaching Card M31, “Lining It Up”; collection of objects to be arranged by size	<b>Option 1: Making My Name</b> Intentional Teaching Card LL29, “Making My Name”; markers; small sturdy envelopes; letter manipulatives  <b>Option 2: Knowing Our Friends</b> Intentional Teaching Card LL30, “Knowing Our Friends”; children’s name cards; markers; feltboard or tagboard; large paper clip or Velcro®	<b>Option 1: Sorting &amp; Classifying</b> Intentional Teaching Card M05, “Sorting & Classifying”; sorting containers; objects related to the exercise study to classify and sort  <b>Option 2: Show Me Five</b> Intentional Teaching Card M16, “Show Me Five”; a collection of objects to count	<b>Option 1: Exploring Pathways</b> Intentional Teaching Card P12, “Exploring Pathways”; a scarf or tape; music CD; large space in which to move; a roll of ribbon or crepe paper streamer  <b>Option 2: Obstacle Course</b> Intentional Teaching Card P33, “Obstacle Course”; materials to designate obstacle course areas (e.g., masking tape, hoops); obstacle course equipment (e.g., tunnels, orange cones)
Mighty Minutes™	Mighty Minutes 75, “Busy Bees”	Mighty Minutes 49, “A Tree My Size”	Mighty Minutes 81, “Humpty Dumpty”	Mighty Minutes 18, “I’m Thinking Of…”	Mighty Minutes 55, “Mr. Forgetful”

### Make Time for...

#### Outdoor Experiences

- Take photos of children exercising to display in the classroom.
- Add exercise equipment to your outdoor area. Demonstrate how to use the equipment and review safety rules with children.

#### Physical Fun

- Review Intentional Teaching Card P24, “Swing & Jump Rope,” or P11, “Jump the River.” Follow the guidance on the card.

#### Family Partnerships

- Send home a letter to families that introduces the study.
- Invite families to contribute photos of family members exercising.
- Invite children to interview a family member about their favorite types of exercise.

#### Wow! Experiences

- Consider inviting a high school athlete to join in any of the investigations by talking about his/her sport, demonstrating his/her sports routines, or playing with children outdoors.

During this study, make extra time to be outdoors as the weather permits. Exercising is a natural outdoor activity. With lots of room to move their bodies, children will be able to actively participate more in the investigations.

## What are different kinds of exercise?

**Vocabulary—English:** exercise equipment words; marigold, heron, fitness stations

**Spanish:** palabras relacionadas con equipo de ejercicios; caléndula, garza, estaciones de ejercicios

	Day 1	Day 2	Day 3	Day 4	Day 5
Interest Areas	Dramatic Play: new pieces of exercise equipment (e.g., balls, hula hoops, resistance bands)	Art: magazines with pictures of people exercising; scissors; glue	Toys and Games: Twister® games; beanbag game	Dramatic Play: collection of exercise equipment, clothing, and shoes; examples of exercise journals; masking tape for fitness stations	Discovery: a variety of empty and clean plastic water bottles with lids; scale; markers; tape; sand; scoops; funnels
Question of the Day	What can we do with this? (Show a paper towel roll.)	What types of exercise will we see on our site visit?	How can you exercise with this? (Display a hula hoop or other piece of exercise equipment.)	Do you have a question for our visitor? (Provide sticky notes to record questions.)	Which of these exercises do you like to do with a partner? (Show pictures of people dancing, running, lifting weights, etc.)
Large Group	Song: “Paper Towel Rap” Discussion and Shared Writing: Moving Our Bodies From Place to Place Materials: Mighty Minutes 64, “Paper Towel Rap”; paper towel rolls (one for each child); Mighty Minutes 99, “Let’s All Follow”	Song: “Hi-Ho, the Derry-O” Discussion and Shared Writing: Site Visit Materials: Mighty Minutes 23 “Hi-Ho, the Derry-O”	Movement: Let’s Pretend Discussion and Shared Writing: Fitness Stations Materials: Mighty Minutes 39, “Let’s Pretend”	Movement: Listening Story Discussion and Shared Writing: Exercise Visitor Materials: Mighty Minutes 86, “Listening Story”	Movement: Let’s Stick Together Discussion and Shared Writing: Exercise Charts Materials: Mighty Minutes 67, “Let’s Stick Together”
Read-Aloud	<i>Soccer Counts;/El fútbol cuenta!</i>	<i>Bear on a Bike</i>	<i>Soccer Counts;/El fútbol cuenta!</i>	<i>Bear on a Bike</i>	<i>Soccer Counts;/El fútbol cuenta!</i>
Small Group	Option 1: Tallying Intentional Teaching Card M06, “Tallying”; clipboard; paper; pencils or crayons Option 2: Nursery Rhyme Count Intentional Teaching Card M13, “Nursery Rhyme Count”; manipulatives; construction paper; numeral cards	Option 1: Stick Letters Intentional Teaching Card LL28, “Stick Letters”; sticks Option 2: What Was for Breakfast? Intentional Teaching Card LL40, “What Was for Breakfast?”; paper; pencils	Option 1: My Shadow and I Intentional Teaching Card M47, “My Shadow and I”; overhead projector or flashlights; construction paper or transparencies; shapes Option 2: Putting Puzzles Together Intentional Teaching Card M23, “Putting Puzzles Together”; puzzles or puzzle cards	Option 1: Bookmaking Intentional Teaching Card LL04, “Bookmaking”; supplies for making an exercise journal; stopwatch Option 2: Digital Exercise Journal Intentional Teaching Card LL02, “Desktop Publishing”; digital camera; computer with word-processing software; printer and bookmaking supplies; stopwatch	Option 1: Graphing Intentional Teaching Card M11, “Graphing”; large graph paper or chart paper; markers; pictures Option 2: Which Has More? Intentional Teaching Card M19, “Which Has More?”; trays, bowls, or baggies; a collection of objects that are similar in size
Mighty Minutes™	Mighty Minutes 70, “The Kids Go Marching In”	Mighty Minutes 32, “Walk the Line”	Mighty Minutes 12, “Ticky Ricky”	Mighty Minutes 04, “Riddle Dee Dee”	Mighty Minutes 10, “Words in Motion”

### Make Time for...

#### Outdoor Experiences

- Invite the classroom visitor on Day 4 to join the children outdoors as they try various types of exercise.

#### Physical Fun

- Intentional Teaching Card P21, “Hopping”; Intentional Teaching Card P16, “Body Part Balance”

#### Family Partnerships

- Invite families to teach their children the types of exercise they enjoy.

#### Wow! Experiences

- Day 2: Site visit somewhere around the school or neighborhood where children can see others exercising in some way.
- Day 4: Classroom visitor who shares information about an exercise he/she likes.

#### How to Make Handweights

Use small plastic water bottles that are empty and dry. Add varying amounts of sand to each. Secure the caps on the bottles with tape.

## How do our bodies work when we exercise?

**Vocabulary—English:** pulse, heart, lungs, muscle, joint, bone, orthopedist, ligament, stethoscope; the names of various bones and muscles

**Spanish:** pulso, corazón, pulmones, músculo, coyuntura, hueso, ortopeda, ligamento, estetoscopio; nombres de varios huesos y músculos

	Day 1	Day 2	Day 3	Day 4	Day 5
Interest Areas	Computer: websites that show how body parts work during exercise	Discovery: X-rays, pictures, or models of human bones	Dramatic Play: doctor’s office props (e.g., stethoscope, X-ray images, appointment book, scales)	Music and Movement: add props for Mighty Minutes 92, “Name Cheer”; mirror  Computer: video clips of simple exercises performed by fitness experts	Music and Movement: add props for Mighty Minutes 92, “Name Cheer”  Dramatic Play: doctor’s office props (e.g., stethoscope, X-ray images, appointment book, scales)
Question of the Day	What can you do with this part of your body? (Display a photo of a knee, an elbow, a shoulder, etc.)	Are all muscles strong?	What do you think this tool is used for? (Show an image of or display an actual stethoscope.)	How many (arm circles, jumping jacks, lunges, etc.) can you do in 10 seconds? (Provide a stopwatch.)	What happens to your heart when you exercise? (Provide the choices “Beats fast” or “Beats slowly.”)
Large Group	Song: “Spatial Patterns”  Discussion and Shared Writing: What Parts of Our Bodies Work Harder When We Exercise?  Materials: Mighty Minutes 38, “Spatial Patterns”	Game: Nothing, Nothing, Something  Discussion and Shared Writing: Our Muscles, Joints, and Bones  Materials: Mighty Minutes 16, “Nothing, Nothing, Something”	Movement: Name Cheer  Discussion and Shared Writing: Our Hearts  Materials: Mighty Minutes 92, “Name Cheer”; letter cards; real or teacher-made stethoscope	Song: “Two Plump Armadillos”  Discussion and Shared Writing: Exercises to Help Our Bones and Joints  Materials: Mighty Minutes 44, “Two Plump Armadillos”	Movement: Let’s All Follow  Discussion and Shared Writing: Disappearing Rhymes  Materials: Mighty Minutes 99, “Let’s All Follow”; Mighty Minutes 88, “Disappearing Rhymes”
Read-Aloud	<i>JoJo’s Flying Side Kick</i> Book Discussion Card 24 (first read-aloud)	<i>Hop, Hop, Jump!</i>	<i>JoJo’s Flying Side Kick</i> Book Discussion Card 24 (second read-aloud)	<i>Hop, Hop, Jump!</i>	<i>JoJo’s Flying Side Kick</i> Book Discussion Card 24 (third read-aloud)
Small Group	Option 1: Rhyming Chart Intentional Teaching Card LL10, “Rhyming Chart”; chart paper; marker; poem; prop to illustrate the poem  Option 2: Rhyming Tubs Intentional Teaching Card LL44, “Rhyming Tubs”; plastic tub, bag, or box; pairs of objects that rhyme	Option 1: Story Problems Intentional Teaching Card M22, “Story Problems”; a collection of manipulatives  Option 2: Secret Numbers Intentional Teaching Card M37, “Secret Numbers”; two sets of quantity or numeral cards	Option 1: Storyboard Intentional Teaching Card LL46, “Storyboard”; collection of exercise-related photos, drawings, or pictures from magazines; tape; cards; markers  Option 2: Lemonade Intentional Teaching Card LL24, “Lemonade” (See card for equipment, ingredients, and recipe.)	Option 1: Nursery Rhyme Count Intentional Teaching Card M13, “Nursery Rhyme Count”; manipulatives; construction paper; numeral cards  Option 2: Guessing Jar Intentional Teaching Card M17, “Guessing Jar”; large plastic jar; collection of objects to put in the jar; chart paper	Option 1: Describing Art Intentional Teaching Card LL32, “Describing Art”; paper; pencils, crayons, or markers  Option 2: Describing Art Intentional Teaching Card LL32, “Describing Art”; sculpting clay or play dough
Mighty Minutes™	Mighty Minutes 34, “The Wave”	Mighty Minutes 08, “Clap the Missing Word”	Mighty Minutes 05, “Silly Willy Walking”	Mighty Minutes 97, “Shape Hunt”	Mighty Minutes 26, “Echo Clapping”

### Make Time for...

#### Outdoor Experiences

##### Physical Fun

- Intentional Teaching Card P29, “Stop & Go”; exercise equipment to add to the outdoor area

#### Family Partnerships

- Invite family members to come to school and exercise with the children.

#### Wow! Experiences

- Invite someone who works in the field of exercise or nutrition to visit the class next week.

#### How to Make a Stethoscope

Use a funnel of any size and a cardboard paper towel roll. Insert the small end of the funnel into one end of the paper towel roll. Secure the funnel to the paper towel roll with duct or masking tape.

## What do our bodies need in order to move and exercise?

**Vocabulary—English:** energy, palate, perspiration, nutrition, healthy, flexible, guacamole, cookbook; words that describe the visitor’s job (nutritionist, dietician, physician, etc.).

**Spanish:** energía, paladar, transpiración, nutrición, saludable, flexible, guacamole, libro de cocina; palabras que describen el trabajo de un visitante (p. ej., nutricionista, dietista, médico)

	Day 1	Day 2	Day 3	Day 4	Day 5
Interest Areas	Dramatic Play: pretend healthy foods, food-preparation supplies	Sand and Water: water wheel, other water toys	Music and Movement: pictures of yoga positions	Art: collage materials	Dramatic Play: cookbooks or cooking magazines
Question of the Day	How is this used? (Display a photo or an example of a battery.)	Have you eaten this before? (e.g., avocado, snow pea, papaya)	How many cups of water do you drink each day? (Provide sticky notes to write answers.)	Have you ever eaten this food? (e.g., unusual fruit or vegetable such as starfruit, bean sprouts, papaya)	What is your favorite fruit? (Include sticky notes for children to write or draw their responses.)
Large Group	Song: “Clap the Missing Word”  Discussion and Shared Writing: Energy for Exercise  Materials: Mighty Minutes 08, “Clap the Missing Word”	Movement: Leaping Sounds  Discussion and Shared Writing: Perspiration  Materials: Mighty Minutes 17, “Leaping Sounds”; Intentional Teaching Card LL55, “Dance & Remember”; song written on chart paper	Game: Sorting Syllables  Discussion and Shared Writing: The Colors We Eat  Materials: Mighty Minutes 95, “Sorting Syllables”; pictures or props of colorful fruits and vegetables	Game: Say It, Show It  Discussion and Shared Writing: Interviewing an Expert  Materials: Mighty Minutes 15, “Say It, Show It”; numeral cards	Movement: Here Is the Beehive  Discussion and Shared Writing: Healthy and Strong  Materials: Mighty Minutes 79, “Here Is the Beehive”
Read-Aloud	<i>Rah, Rah, Radishes!</i>	<i>Guacamole</i>	<i>Rah, Rah, Radishes!</i>	<i>Guacamole</i>	<i>Rah, Rah, Radishes!</i>
Small Group	Option 1: Hummus Intentional Teaching Card LL38, “Hummus” (See card for equipment, ingredients, and recipe.)  Option 2: Pizza Intentional Teaching Card LL51, “Pizza” (See card for equipment, ingredients, and recipe.)	Option 1: Five-Layer Dip Intentional Teaching Card M64, “Five-Layer Dip” (See card for equipment, ingredients, and recipe.)  Option 2: Vegetable Stir Fry Intentional Teaching Card M74, “Vegetable Stir Fry” (See card for equipment, ingredients, and recipe.)	Option 1: Action Patterns Intentional Teaching Card M35, “Action Patterns”; action cards; pocket chart  Option 2: Action Patterns Intentional Teaching Card M35, “Action Patterns”; <i>The Happiest Tree: A Yoga Story</i>	Option 1: Seek & Find Intentional Teaching Card M03, “Seek & Find”; a collection of objects or pictures to be categorized  Option 2: Sorting & Classifying Intentional Teaching Card M05, “Sorting & Classifying”; sorting containers; objects related to the exercise study to classify and sort	Option 1: Action Patterns Intentional Teaching Card M35, “Action Patterns”; action cards; pocket chart  Option 2: Picture Patterns Intentional Teaching Card M45, “Picture Patterns”; book or collection of photos of objects and foods that have patterns; digital camera; paper and writing materials
Mighty Minutes™	Mighty Minutes 68, “I Have a Secret”	Mighty Minutes 48, “Feely Box”	Mighty Minutes 70, “The Kids Go Marching In”	Mighty Minutes 16, “Nothing, Nothing, Something”	Mighty Minutes 76, “Describing Things”

### Make Time for...

#### Outdoor Experiences

##### Physical Fun

- Intentional Teaching Card P23, “Ways to Travel”

#### Family Partnerships

- Encourage families to talk with their children about food labels and healthy food choices. Invite families to join the class on next week’s site visit.

#### Wow! Experiences

- Day 4: Classroom visitor who will talk about nutrition or exercise

## What jobs are related to exercise?

**Vocabulary—English:** *physical education, physical therapy*; words related to the site visit (i.e., *sauna, massage, sporting goods*); names of footwear (*cleats, skates, flippers, etc.*)

**Spanish:** *educación física, terapia física*; palabras relacionadas con una visita a un lugar (p. ej., *sauna, masajes, artículos deportivos*); nombres de calzado (p. ej., *zapatos para fútbol, chapaletas, zapatillas de ballet*)

	Day 1	Day 2	Day 3	Day 4
Interest Areas	Library: images and books about people whose work involves exercise	Dramatic Play: equipment used in jobs related to exercise (whistle, stopwatch, foam rollers, calendar, appointment book, etc.)	Library: images and books that show shoes worn in various sports, etc.	Discovery: a mirror and a collection of sports footwear
Question of the Day	Which of these jobs involves exercise? (Provide pictures of various jobs familiar to children, e.g., coach, office worker)	Which of these is best for exercising? (Show images of a variety of shoes, e.g., sneakers, boots, dress shoes, slippers.)	What questions do you want to ask during our site visit today?	Do you know what sport these are used for? (Show pictures of one of the types of footwear in the Discovery area.)
Large Group	Song: “Dinky Doo”  Discussion and Shared Writing: Reading About Exercise  Materials: Mighty Minutes 24, “Dinky Doo”	Movement: Sorting Syllables  Discussion and Shared Writing: Visitor  Materials: Mighty Minutes 95, “Sorting Syllables”; three hula hoops labeled 1, 2, and 3	Movement: My Body Jumps  Discussion and Shared Writing: Site Visit  Materials: Mighty Minutes 72, “My Body Jumps”; Intentional Teaching Cards SE01, “Site Visits,” or LL45, “Observational Drawing,” if necessary	Game: Thumbs Up  Discussion and Shared Writing: What We Learned on Our Site Visit  Materials: Mighty Minutes 33, “Thumbs Up”
Read-Aloud	<i>Bear Feels Sick</i> Book Discussion Card 23 (first read-aloud)	<i>Max</i>	<i>Bear Feels Sick</i> Book Discussion Card 23 (second read-aloud)	<i>Max</i>
Small Group	Option 1: Writing Poems Intentional Teaching Card LL27, “Writing Poems”; paper; pencils or markers; chart paper; audio recorder  Option 2: Color Hunt Intentional Teaching Card LL61, “Color Hunt”; small cards that show and name a color; color paddles	Option 1: More or Fewer Towers Intentional Teaching Card M59, “More or Fewer Towers”; interlocking cubes; spinner; numeral-quantity cards or die  Option 2: Bounce & Count Intentional Teaching Card M18, “Bounce & Count”; variety of bouncy balls; numeral cards	Option 1: We’re Going on a Trip Intentional Teaching Card LL53, “We’re Going on a Trip”; supplies or photos of supplies for a trip  Option 2: Writing Poems Intentional Teaching Card LL27, “Writing Poems”; paper; pencils or markers; chart paper; audio recorder	Option 1: More or Fewer Towers Intentional Teaching Card M59, “More or Fewer Towers”; interlocking cubes; spinner; numeral-quantity cards or die  Option 2: Dinnertime Intentional Teaching Card M01, “Dinnertime”; plastic or paper dishes; napkins; utensils; cups; placemats
Mighty Minutes™	Mighty Minutes 30, “Bounce, Bounce, Bounce”	Mighty Minutes 11, “What Is My Job?”	Mighty Minutes 17, “Leaping Sounds”	Mighty Minutes 52, “Walk Around the Shapes”

### Make Time for...

#### Outdoor Experiences

##### Physical Fun

- Intentional Teaching Card P20, “Body Shapes & Sizes”; Encourage children to act out the role of the person (or people) they met at the site visit. Explain that it is their job to help the other children exercise.

#### Family Partnerships

- Invite families to join the class on the site visit.

#### Wow! Experiences

- Day 2: Invite an exercise expert, family member, or someone who has to exercise at work to visit the class.
- Day 3: Site visit to learn about jobs related to exercise (physical therapist, physical trainer, coach, physical education teacher, or yoga teacher)

## How do people stay safe when they exercise?

**Vocabulary—English:** safety equipment, protection, first aid, injury, emergency, safety hazard

**Spanish:** equipo de protección, protección, primeros auxilios, lesión, emergencia, riesgos de seguridad

	Day 1	Day 2	Day 3	Day 4	Make Time for...
Interest Areas	Dramatic Play: collection of exercise safety equipment	Library: bookmaking materials, magazines	Dramatic Play: first-aid materials	Library: images of people exercising using safety equipment	<p><b>Outdoor Experiences</b></p> <p><b>Physical Fun</b></p> <ul style="list-style-type: none"> <li>Intentional Teaching Card P19, “Bounce &amp; Catch”</li> </ul> <p><b>Family Partnerships</b></p> <ul style="list-style-type: none"> <li>Ask families to talk with their children about how to stay safe while exercising. Encourage them to think of ways to exercise together as a family.</li> <li>Invite families to an end-of-study celebration.</li> </ul> <p><b>Wow! Experiences</b></p> <ul style="list-style-type: none"> <li>Day 1: Take a walk around the building and think about the safety rules we can follow when we play and exercise outside (taking turns, crossing the street at the crosswalk when indicated, riding bicycles in the designated area, etc.).</li> </ul>
Question of the Day	What is this for? (Show images or examples of a bike helmet or knee pads.)	What is this for? (Show images or examples of exercise safety equipment such as knee pads, shin guards, or a mouth guard.)	What number should you call in an emergency?	Do you think we will find safety hazards on our walk around school?	
Large Group	<p><b>Game:</b> Find the Letter Sound</p> <p><b>Discussion and Shared Writing:</b> Safety Equipment</p> <p><b>Materials:</b> Mighty Minutes 57, “Find the Letter Sound”; letter cards</p>	<p><b>Game:</b> I Spy With My Little Eye</p> <p><b>Discussion and Shared Writing:</b> Staying Safe While Exercising</p> <p><b>Materials:</b> Mighty Minutes 19, “I Spy With My Little Eye”; Intentional Teaching Card P07, “Balloon Catch,” and balloons; or Intentional Teaching Card P29, “Stop and Go,” and stop-and-go signal; or Mighty Minutes 91, “Move to the Beat”</p>	<p><b>Poem:</b> “Humpty Dumpty”</p> <p><b>Discussion and Shared Writing:</b> First Aid</p> <p><b>Materials:</b> Mighty Minutes 81, “Humpty Dumpty”</p>	<p><b>Movement:</b> Game: Name Dance</p> <p><b>Discussion and Shared Writing:</b> Safety Inspectors</p> <p><b>Materials:</b> Mighty Minutes 60, “The Name Dance”</p>	
Read-Aloud	<i>Bear Feels Sick</i> Book Discussion Card 23 (third read-aloud)	<i>Max</i>	<i>My Steps</i>	<i>Soccer Counts</i> ; <i>El fútbol cuenta!</i>	
Small Group	<p><b>Option 1: Math Collage</b> Intentional Teaching Card M78, “Math Collage”; construction paper; glue; collection of collage materials; pencils or crayons; numeral-quantity cards</p> <p><b>Option 2: Vegetable Soup</b> Intentional Teaching Card LL49, “Vegetable Soup” (See card for equipment, ingredients, and recipe.)</p>	<p><b>Option 1: Playing With Environmental Print</b> Intentional Teaching Card LL23, “Playing With Environmental Print”; variety of environmental print</p> <p><b>Option 2: Using Cyclists’ Hand Signals for Safety</b> Use Intentional Teaching Card LL04, “Bookmaking,” to create a book; images of people demonstrating cyclists’ hand signals</p>	<p><b>Option 1: We’re Going on an Adventure</b> Intentional Teaching Card M36, “We’re Going on an Adventure”; a box; sheet; stool; tunnel; large plant; large cardboard box; photos with geographic features</p> <p><b>Option 2: Where’s the Beanbag?</b> Intentional Teaching Card M56, “Where’s the Beanbag?”; beanbags; basket or tub; masking tape; chart paper; markers</p>	<p><b>Option 1: Shaving Cream Letters</b> Intentional Teaching Card LL13, “Shaving Cream Letters”; shaving cream; art smocks</p> <p><b>Option 2: Our Super Duper Writing Box</b> Intentional Teaching Card LL58, “Our Super Duper Writing Box”; different types of paper; variety of writing tools; unusual writing tools; large box to store materials</p>	
Mighty Minutes™	Mighty Minutes 07, “Hippity, Hoppity, How Many?”	Mighty Minutes 25, “Freeze”	Mighty Minutes 77, “Hello Bingo”	Mighty Minutes 91, “Move to the Beat”	