

Building Children's Skills: The FUN Way!

FUNDAMENTALS

Preschool Curriculum

COMPLETE
CURRICULUM
PACKAGE

For:
2- or 3-Day
Programs

Astronomy

Baking

Caterpillars

Dragons

Earth

Flags

Luau

Me!

Kangaroos

Jets

If You Give A... Books

Homes

Queens and kings

Rainbows

Gooney Goo

Ocean

Pets

Nursery rhymes

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FOREWORD

Ask any preschool teacher what the best thing is about her job, and she'll tell you: **Seeing children's eyes light up when they finally grasp a concept!** And with that in mind, we began our journey to create a curriculum that encourages children's success in a learning environment. And we succeeded! To date, our curriculum has been used and reviewed by *thousands* of mothers, child care providers, and preschool teachers across the world who love our fun, activity-based approach to teaching. After using our curriculum, educators have reported the following positive changes in their students:

- Increased participation and interest in the activities
- Increased letter, sound, number, shape and color retention
- Decreased signs of aggression or hyper-activity

In addition, educators told us they loved having all the lesson plans, supply lists, and printables right there at their fingertips so they didn't have to spend hours upon hours scouring the internet for ideas! Our curriculum saved them loads of preparation time and helped them get back to what they *really* enjoyed doing: TEACHING!

The most important concept you can gain from reading this foreword is that our curriculum is only as good as you allow it to be. If you let this manual sit on your desk tomorrow and never open it again, you'll have no way of knowing how it could improve your teaching or enhance your students' learning.

But, if you commit yourself to using our curriculum for your program, you'll no doubt find the same success that the other thousands of educators have found above. So whether you're a brand new teacher and need to follow the lesson plans word for word, or whether you're going to use our curriculum as a guide and add your own thoughts, tips and adaptations to the lesson plans, we welcome you to the Preschool Fundamentals family and know that you'll enjoy our curriculum as much as we've enjoyed creating it!

All the best,

Joy Anderson

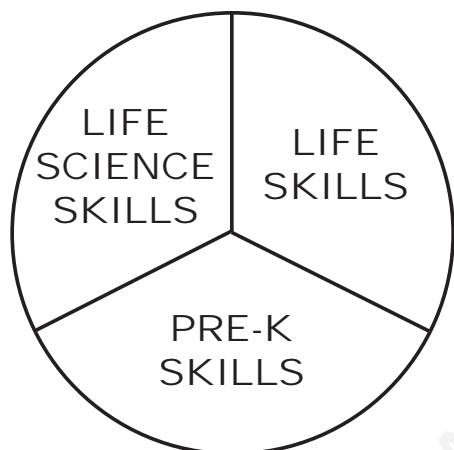
Joy Anderson
Owner, Start A Preschool.com

INTRODUCTION

So what exactly is FUNDAMENTALS Preschool Curriculum?

FUNDAMENTALS Preschool Curriculum is a developmentally appropriate, activity-based curriculum for children ages 3-5 that focuses on the FUNDAMENTAL skills children not only need to learn but are also excited to learn!

Our curriculum features 3 core components:



LIFE SCIENCE SKILLS: Each weekly life science theme, such as Vehicles, Astronomy, Baking, or Ocean, offers fun activities to expand children's knowledge of the world so they can feel confident with their place in it.

LIFE SKILLS: Each day the children engage in a lesson with puppets or games, helping them practice vital life skills like Hygiene, Health, Sharing, Time and Safety.

PRE-K SKILLS: Each activity aims to teach children the critical Pre-K skills needed to succeed in school later on, such as learning to write, understanding simple math, and also knowing their letters, sounds, numbers, shapes and colors among other things.

In this curriculum manual, you'll find 36 themes, organized into 26 A-Z themes and 10 holiday themes. Each theme has 3 days of lesson plans, perfect for a 2- or 3-day/week preschool program (For instance, you can use the lesson plans for Day 1 and 2 for your T_TH class, and you can use Days 1-3 for your M_W_F class.)

Inside each theme, you'll find the following materials:

- Activity Outline
- Enrichment Ideas
- Days 1-3 Lesson Plans

On the accompanying CD, you will find PDF files of each of the materials mentioned above for your convenience, as well as printables for:

- Each theme's activities that require printables
- A-Z Letter Pals
- A-Z Letter Cards

And now, let's turn the page and learn more about each of these materials.

INTRODUCTION

ACTIVITY OUTLINE

The first page of each weekly theme is the Activity Outline. We have illustrated how you can use the outline for your weekly planning with the graphic on the right. After reading through the lesson plans, write in what activities you'll be doing each day for easy reference while teaching. The NOTES section offers space to write down field trip plans or other fun activities for the week's lesson.

ENRICHMENT IDEAS


The next pages are the Weekly Enrichment Ideas sheets. On these, you'll find multiple snack ideas as well as a Talk Time section that gives you discussion questions to help expand your students' learning about the theme. You may even want to include the questions on the weekly newsletter so parents can continue the discussion at home. You will also find a Did You Know section that lists a few fun facts, as well as a field trip idea. The exploration video can be used if your students have a computer with Internet access in the classroom.

Lastly, you'll find various fine motor and gross motor activities that correspond with the theme. These are perfect for enriching your center time activities! You can also use the space to write down your own activities as you come across them as well.

DAYS 1-3 LESSON PLANS

Our lesson plans are structured to accommodate a 2-3 hr. daily preschool class. However, they can easily be adapted to fit child care settings with the activities spread throughout the day. Feel free to adapt the curriculum to meet your program's needs. Also, use the NOTES/SUPPLIES area to write down the supplies you need and any notes about things that went well or should be improved on for the next class. You'll find that the lesson plans follow a familiar format each day to help the children learn structure and consistency in a classroom setting, as well as learn FUNDAMENTAL skills, as seen here:

ACTIVITY OUTLINE



	DAY 1	DAY 2	DAY 3
<i>Circle Time</i>	<i>Show & Tell</i>	<i>Weekend Review</i>	<i>Compliments</i>
<i>School Time</i>	<i>Writing "A"</i>	<i>Andrew Alligator</i>	<i>"A" Box Sounds</i>
<i>Discovery Time</i>	<i>Centers</i>	<i>Centers</i>	<i>Centers</i>
<i>Activity Time</i>	<i>Moon Rock Toss</i>	<i>Astronomy Books</i>	<i>AstronomyVideo</i>
<i>Music Time</i>	<i>Orbiting 'Round</i>	<i>Star Light/Bright</i>	<i>8 Planets</i>
<i>Arts & Crafts</i>	<i>Moon Mobile</i>	<i>Magic Star Skies</i>	<i>Spray Bottle</i>
<i>Snack Time</i>	<i>N/A</i>	<i>N/A</i>	<i>N/A</i>
<i>Reading Time</i>	<i>Moon Changes</i>	<i>Stars! Stars!</i>	<i>No Place Like</i>
<i>Play Time</i>	<i>Centers</i>	<i>Centers</i>	<i>Centers</i>

NOTES _____
*Field Trip on Tuesday to the planetarium. Cost: \$3/child. Parents free.
Call the day before we come.* _____

Fun Center Idea: Let the kids make Ants on a Log (Celery with peanut butter or cheese whiz, and raisins on top.) Take pictures! _____

INTRODUCTION

- **CIRCLE TIME:** Helps children respect others, take turns, listen and tell stories. Pledge of Allegiance and weather chart help children learn repetition and prediction.
- **SCHOOL TIME:** Helps children write letters, learn letter sounds, recognize the letters on signs, and understand that letters are used to communicate.
- **DISCOVERY TIME:** Helps children sort manipulatives, count groupings, feel through sensory activities, and develop fine motor skills.
- **ACTIVITY TIME:** Helps children learn movement, rhythm, instruments, beats, and finger plays. Arts & Crafts help children cut, glue, write their name, learn shapes and colors, follow directions, work with art materials, and clean up.
- **SNACK TIME:** Helps children learn how to use good manners, talk nicely to friends, help the teacher, and clean up.
- **READING TIME:** Helps children “read” to each other, develop a love for favorite books, take care of books, and spend time independently. Life Skills help children learn how to eat healthy, safely cross the street, share toys, not talk to strangers, and more.
- **PLAY TIME:** Helps children share toys, respect other people’s property, treat others kindly, exercise, pretend, obey rules, and develop gross motor skills.

A-Z LETTER PALS & LETTER CARDS

Available on the CD for you to print out, you’ll find 26 alphabet letter pals with the corresponding letter card that will help your students learn each letter, its sound, and the proper way to write it with silly songs, letter chants, and fun animal characters!

RECOMMENDED OUTLINE

On the next pages, you’ll find a Recommended Outline where we’ve assembled all the 36 themes into 9 convenient units for you to use over a 9 month period. While you’re certainly free to teach the curriculum in alphabetical order, we prefer to teach it out of order so students gain individual letter recognition, not just letter recognition within the alphabet sequence. We’ve also included a blank outline if you’d like to adjust the sequence of the themes to work better with your program.

* The (R) inside the letter column stands for Review during holiday themes.

RECOMMENDED OUTLINE

	Letter	Life Science Theme		Life Skills	Letter Pal	Shape	Color
September	C	Caterpillars	SCHOOL SKILLS	Let's Learn Names	Caleb Cat	CIRCLE	BLUE
	L	Luau		Let's Obey Rules	Larry Lion		
	N	Nursery Rhymes		Let's Share	Noah Newt		
	(R)	Columbus Day		Let's Raise Hands			
October	P	Pets	PERSONAL SKILLS	Let's Know Our Names	Peggy Pig	DIAMOND	ORANGE
	T	Trees		Let's Write our Name	Thomas Tiger		
	A	Astronomy		Let's Get Dressed	Andrew Alligator		
	(R)	Halloween		Let's Name Body Parts			
November	B	Baking	HYGIENE SKILLS	Let's Brush Teeth	Becky Bird	SQUARE	BROWN
	H	Homes		Let's Wash Hands	Hailey Horse		
	M	Me!		Let's Take Baths	Michael Monkey		
	(R)	Thanksgiv		Let's Cover Mouths			
December	R	Rainbows	FAMILY SKILLS	Let's Go To Bed	Riley Rabbit	TRIANGLE	RED
	D	Dragons		Let's Talk Nice	Daniel Dog		
	I	If You Give A... Books		Let's Know Our Family	Izzy Impala		
	(R)	Christmas		Let's Clean Up			
January	F	Flags	TIME SKILLS	Let's Learn Our Birthday	Fanny Frog	RECTANGLE	B & W
	V	Vehicles		Let's Learn Times of the Day	Vincent Vulture		
	W	Wind		Let's Learn Days of the Week	Walter Wolf		
	(R)	Martin Luther King Jr. Day		Let's Learn Months of the Year			
February	S	Sharing	HEALTH SKILLS	Let's Eat Healthy	Sally Snake	HEART	PINK
	Z	Zoo		Let's Stretch	Zoe Zebra		
	E	Earth		Let's Exercise	Evan Elephant		
	(R)	Valentine's Day		Let's Be Happy			
March	G	Goody-Goo	MEASURING SKILLS	Let's Measure Food	Garrett Gorilla	OCTAGON	GREEN
	J	Jets		Let's Count Money	Joseph Jaguar		
	X	X-rays		Let's Measure Items	Xavier Fox		
	(R)	St. Patrick's Day		Let's Tell Time			
April	Q	Queens & Kings	SAFETY SKILLS	Let's Wear Helmets	Quintyn Quail	OVAL	YELLOW
	O	Ocean		Let's Wear Seatbelts	Oscar Otter		
	Y	Yo-yos		Let's Look Both Ways	Yoko Yak		
	(R)	Easter		Let's Learn Address/Phone #			
May	K	Kangaroos	EMERGENCY SKILLS	Let's Call 911	Katie Koala	REVIEW	PURPLE
	U	Umbrellas		Let's Not Talk To Strangers	Uni Unicorn		
	(R)	Cinco de Mayo		Let's Not Play With Guns			
	(R)	Parent Appreciation		Let's Get Out of Fire			

YOUR OUTLINE

	Letter	Life Science Theme	Life Skills	Letter Pal	Shape	Color
September						
October						
November						
December						
January						
February						
March						
April						
May						

PLANNING CALENDAR

To help you plan your next year of curriculum themes, we've included this convenient planning calendar for you to use. If you follow a School District schedule, be sure to cross out all the days you should be out of school and plan your curriculum accordingly.

January							
Su	M	Tu	W	Th	F	Sa	Theme

February							
Su	M	Tu	W	Th	F	Sa	Theme

March							
Su	M	Tu	W	Th	F	Sa	Theme

April							
Su	M	Tu	W	Th	F	Sa	Theme

May							
Su	M	Tu	W	Th	F	Sa	Theme

June							
Su	M	Tu	W	Th	F	Sa	Theme

July							
Su	M	Tu	W	Th	F	Sa	Theme

August							
Su	M	Tu	W	Th	F	Sa	Theme

September							
Su	M	Tu	W	Th	F	Sa	Theme

October							
Su	M	Tu	W	Th	F	Sa	Theme

November							
Su	M	Tu	W	Th	F	Sa	Theme

December							
Su	M	Tu	W	Th	F	Sa	Theme

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Preschool Curriculum

BAKING



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ENRICHMENT IDEAS

SNACKS

- Bananas
- Blueberries
- Bears (Teddy Grahams, Gummy Bears)
- Bob the Builder Snacks
- Butter on Bread
- Brownies
- Biscuits

TALK TIME

- Where does flour come from?
- What is your favorite kind of bread?
- If you were going to make a pie, what would you put in it?
- How many kinds of sugars can you name?
- Should we eat raw eggs?

DID YOU KNOW

- The Egyptians baked the first known cakes, which were honey cakes with fruit and nuts.
- Eclairs got their name from the French word for lightning, because their long, thin shape is supposed to resemble lightning.

VIDEO CLIP

Click on the Baking link at: <http://www.preschoolfundamentals.com/videos>

FIELD TRIP

Tour a bakery or your local supermarket.

ENRICHMENT IDEAS



FINE MOTOR SKILL ACTIVITIES

- Line a muffin/cupcake pan with liners and write numbers 1-10 on the bottom of the liners. Let the children count the right number of beans into each tin.
- Put measuring cups and spoons in a container full of wheat so the children can see how many tablespoons are in $\frac{1}{4}$ cup, how many $\frac{1}{3}$ cups are in a cup, etc.
- Glue a picture of a pizza or pie onto cardboard and cut it into slices so the children can count the slices, take it apart, and put it back together again.

GROSS MOTOR SKILL ACTIVITIES

- Create a dramatic play bakery area with muffin, cake, and bread pans, pie plates, cookie sheets, bowls, measuring cups, rolling pins, aprons, etc.
- Make chef hats with strips of poster board and tissue paper.
- Make a large batch of play dough and divide it into four parts. Leave one part white, mix cocoa powder into one part, mix ginger and cinnamon into one part, and vanilla into one part. Then watch the children's senses come alive as they play with all the scented dough!



DAY 1 LESSON PLAN

NOTES/SUPPLIES

*This is the way we shape the dough
Shape the dough, shape the dough
This is the way we shape the dough
So we can make bread for you*

*This is the way we bake the dough
Bake the dough, bake the dough
This is the way we bake the dough
So we can make bread for you*

*This is the way we eat the bread
Eat the bread, eat the bread
This is the way we eat the bread
Don't worry! There's some left for you.*

Prepwork - Put a tablespoon of yeast in a bowl. Just before you sing this song, mix a few cups of very warm water (110 degrees when you begin the song would be preferable, so get it hotter than that to begin with as it will cool some before you use it) with 1/3 cup of sugar.

Gather - bread recipe, bowl and mixing spoon (in addition to the bowl for the yeast), cutting board, bread pan, oven mitts, plate

Arts & Crafts: Make Sponge Painted Aprons. Give each child an apron, and let them dip sponges into paint to sponge onto their apron.

Prepwork - Purchase a solid colored apron for each child. Cut kitchen sponges into shapes. Put different colors of paint (acrylic craft paint works well) on paper plates with a sponge in each one.

Gather - aprons, sponges, scissors, paint, paper plates

SNACK TIME

Remind everyone to use good manners. Let the children unwind from their activities as they talk to each other.

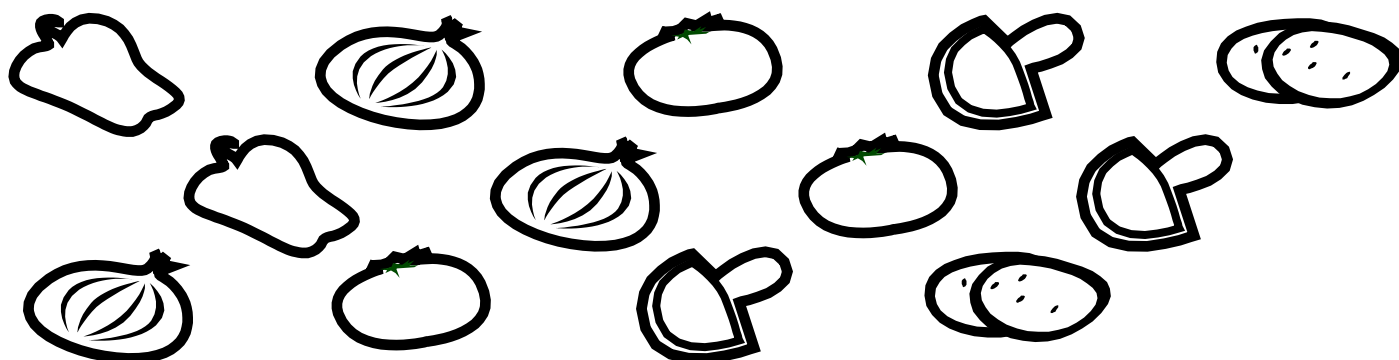
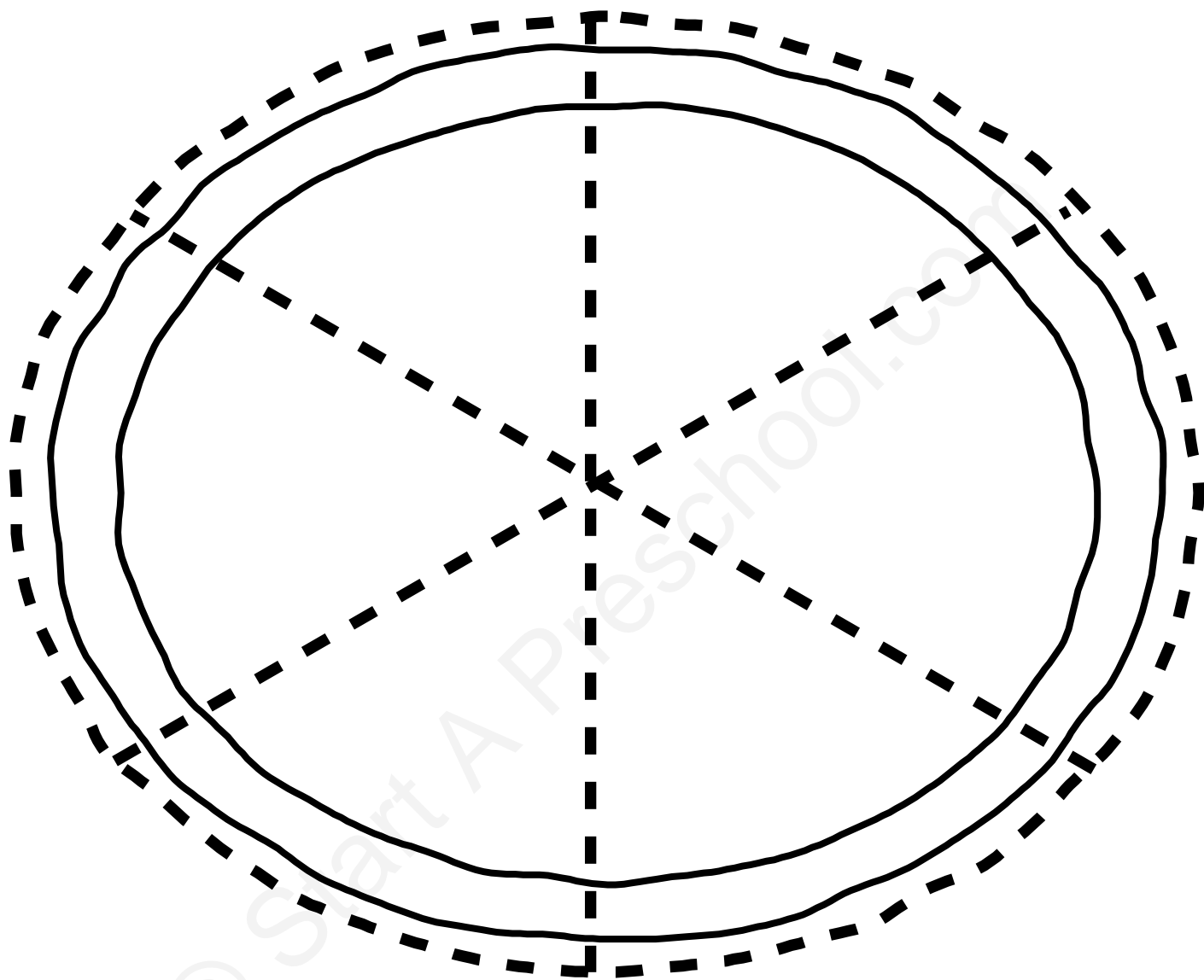
Pizza Song

Directions: Print one copy on cardstock paper and cut out the images.



Paper Plate Pizza

Directions: Print one copy for each child. Let the children color their pizza and toppings, then let them cut out the pizza (or the individual slices if the children are older) and glue their pizza onto a paper plate. When they are finished, they can cut out and glue their toppings onto their pizza.



Crunchy Munchy Honey Cakes



From The Wiggles!

3 cups muesli flakes
½ cup sugar
1 cup self-rising flour
1 cup coconut
1 cup butter
2 tsp honey
3 T milk

Combine muesli flakes, sugar, coconut and sifted flour in a bowl and mix well. Heat butter, honey, and milk. Pour over dry ingredients and mix well. Roll into balls the size of walnuts and place on a greased baking tray. Bake in a preheated oven at 325 degrees for 15-20 minutes or until golden brown.

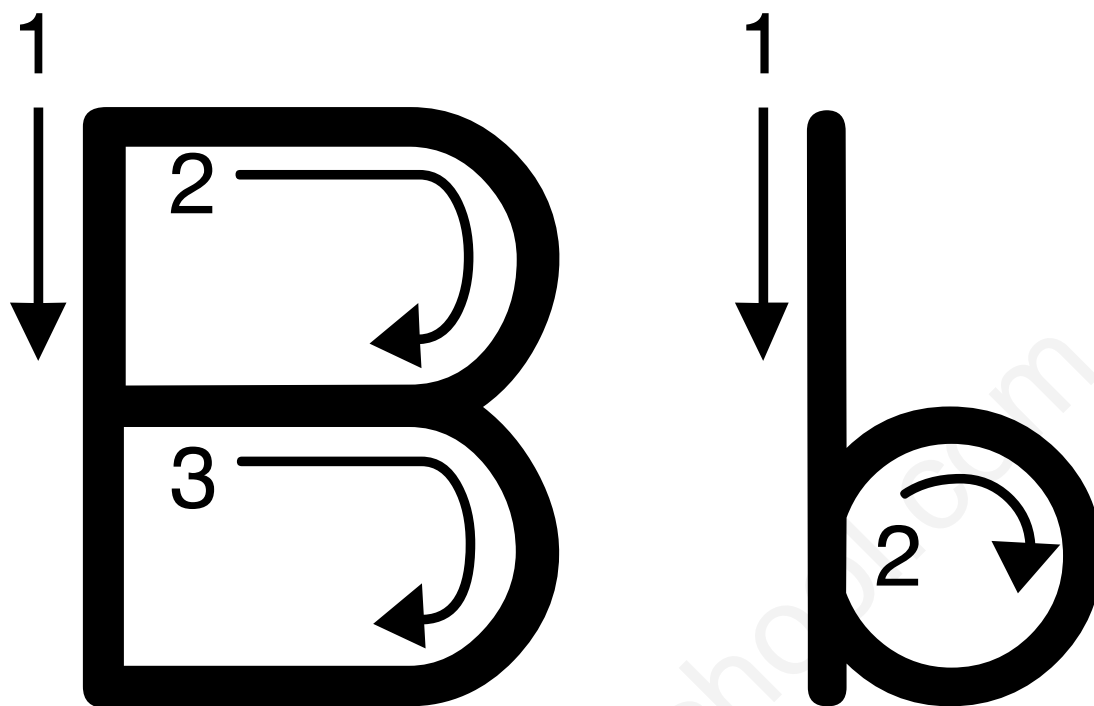
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Start at the top, top, top,

Go straight down,

Start at the top,

Loop to the right to connect

In the middle, then do it again,

And then stop, stop, stop!

Becky the bird

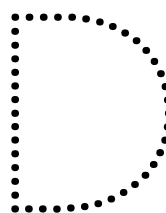
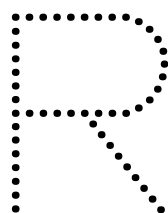
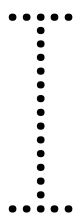
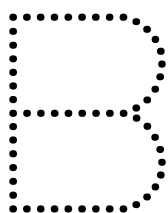
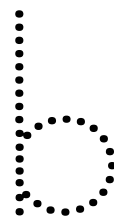
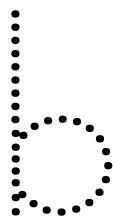
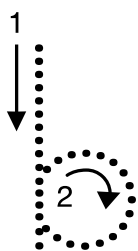
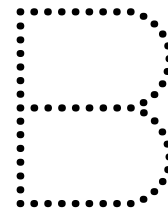
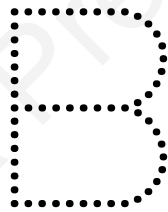
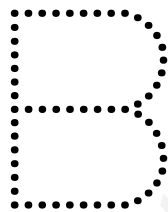
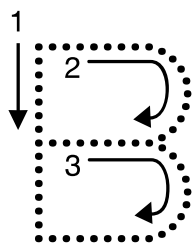
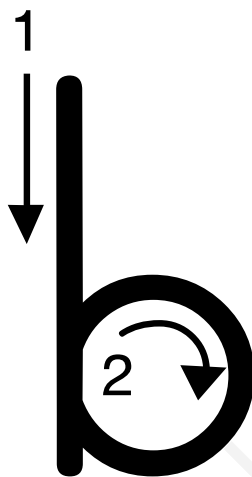
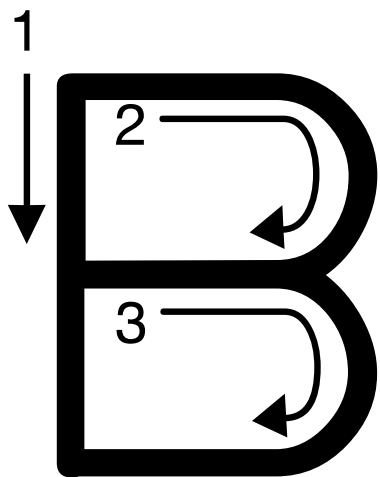


Becky the bird, bird, bird,
Lived in a house, house, house.
She thought she heard, heard, heard,
A little mouse, mouse, mouse!

Name: _____

Writing Letter B

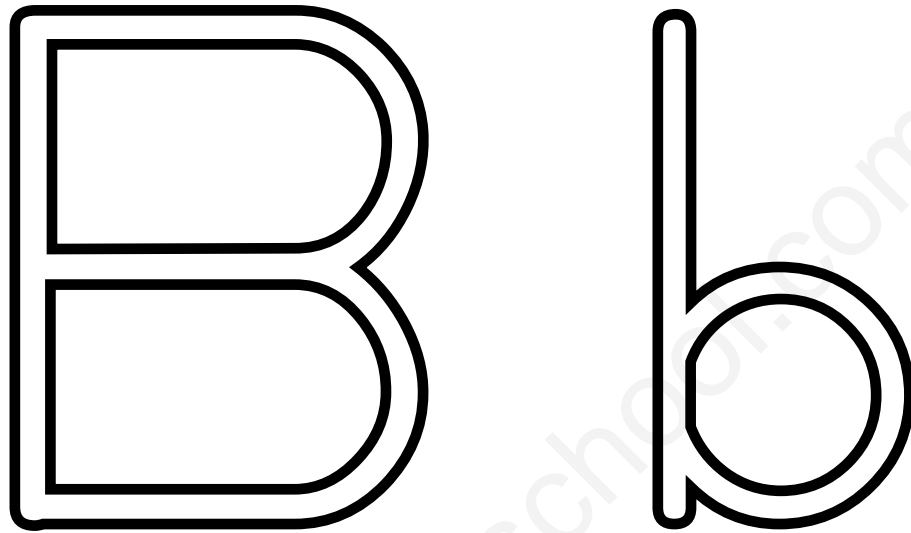
Directions: First, trace the letter with your finger to learn how to write it. Next, trace the uppercase & lowercase letters. Last, trace the word.



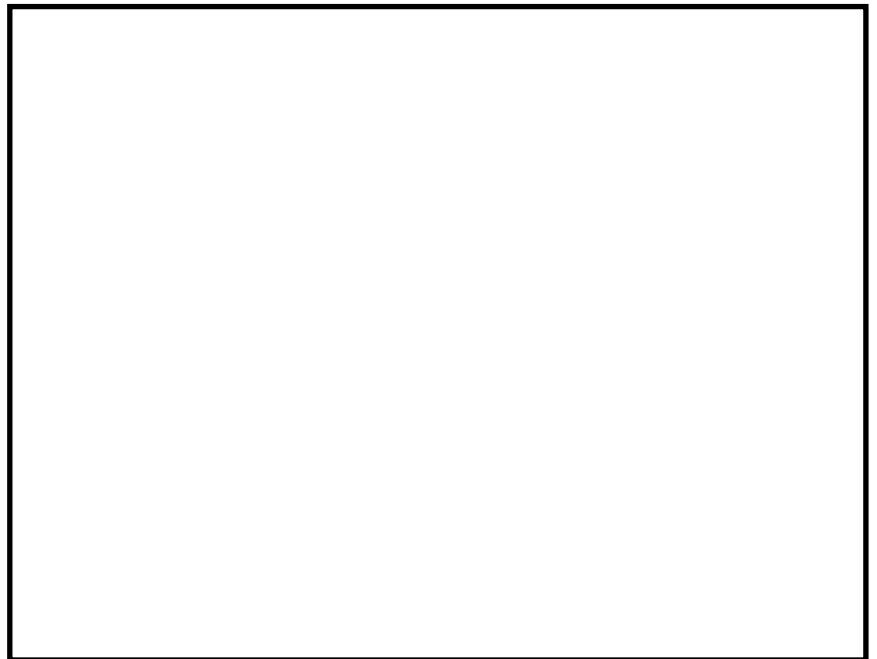
Name: _____

Writing Letter B

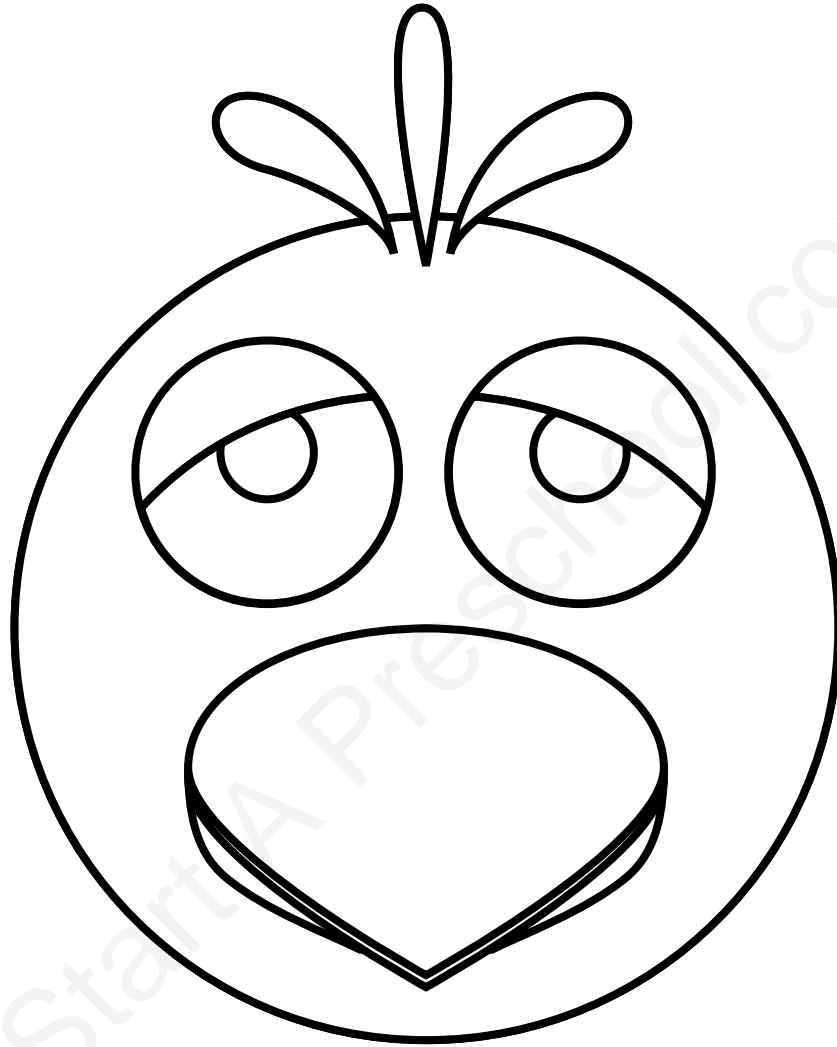
Directions: First, trace the letter with your finger to learn how to write it. Next, color the uppercase & lowercase letters. Last, draw an animal in the box.



I see a bird.



Becky the bird



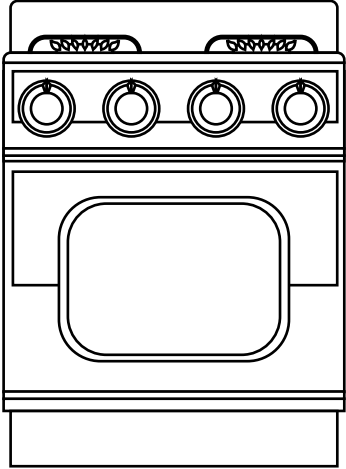
Becky the bird, bird, bird,
Lived in a house, house, house.
She thought she heard, heard, heard,
A little mouse, mouse, mouse!

Name: _____

Name: _____

Storytelling

Directions: Read the sentence below to the child and have them think of their answer. Let them draw out their story, and afterwards help them write in their answer. They can finish by coloring the theme's picture.



Baking

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My favorite food is: _____