All About Me & My Family
Curriculum Supplement

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Five Senses
Sight

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Five Senses
Smell

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Five Senses
Touch

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Five Senses
Taste

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Five Senses
Hearing

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ABC Sign Language

A

B

C

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5 Little Friends

Five little friends that I once knew.
Little ones, big ones, skinny ones too.

I had a little friend with a knapsack on his back.
He led the others with a clap clap clap.

Clap clap clap, he led the others with a
clap clap clap.

Hokie Polkey

You put your right foot in. You put your right foot out. You put your right foot in and you shake it all about. You do the Hokey-Pokey and you turn yourself around. That's what it's all about!

You put your left foot in. You put your left foot out. You put your left foot in and you shake it all about. You do the Hokey-Pokey and you turn yourself around. That's what it's all about!

You put your right hand in. You put your right hand out. You put your right hand in and you shake it all about. You do the Hokey-Pokey and you turn yourself around. That's what it's all about!

You put your left hand in, You put your left hand out; You put your left hand in, And you shake it all about. You do the Hokey-Pokey, And you turn yourself around. That's what it's all about!

You put your right side in. You put your right side out. You put your right side in and you shake it all about. You do the Hokey-Pokey and you turn yourself around. That's what it's all about!

You put your left side in. You put your left side out. You put your left side in and you shake it all about. You do the Hokey-Pokey and you turn yourself around. That's what it's all about!

You put your nose in. You put your nose out. You put your nose in and you shake it all about. You do the Hokey-Pokey and you turn yourself around. That's what it's all about!

You put your head in. You put your head out. You put your head in and you shake it all about. You do the Hokey-Pokey and you turn yourself around. That's what it's all about!

You put your whole self in. You put your whole self out. You put your whole self in and you shake it all about. You do the Hokey-Pokey and you turn yourself around. That's what it's all about!

See What I Can Do

My eye can see.

My mouth can talk.

My ears can hear.

My feet can walk.

My nose can sniff.

My teeth can chew.

My lids can blink.

My arms hug you.

I Measure Myself

I measure myself from my head to my toes,

I measure my arms, starting right by my nose.

I measure my legs and I measure me all,

I measure to see if I'm growing tall.

This is Me

Illustrate your own storybook

Fold 1

Fold 2

Healthy Food, Healthy Body

Skill Builder Preschool Curriculum

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This is me, I like to play.

This is me, I love my family.

This is me, I have two ears.

This is me, I have two feet.

Fold 1

Fold 2

This is me, I like big hugs.

This is me, I have two hands.

Just for Me - Preschool Menu

Day 1	Day 2	Day 3	Day 4	Day 5
-Easy Spaghetti & Cheese -Corn Niblets -Fresh Fruit -Chilled Milk	-Chicken n Cheese on Toast -Cucumbers & Dip -Fruit Cup -Chilled Milk	-My Little Pizza -Carrot Sticks & Dip -Fresh Fruit -Chilled Milk	-Mac & Cheese -Vegetable Dip'n Platter -Fresh Fruit -Chilled Milk	-Peanutbutter Cutter Sandwiches -Tossed Salad -Fresh Fruit -Chilled Milk
-Easy Spaghetti & Cheese -Corn Niblets -Fresh Fruit -Chilled Milk	-Chicken n Cheese on Toast -Cucumbers & Dip -Fruit Cup -Chilled Milk	-My Little Pizza -Carrot Sticks & Dip -Fresh Fruit -Chilled Milk	-Mac & Cheese -Vegetable Dip'n Platter -Fresh Fruit -Chilled Milk	-Peanutbutter Cutter Sandwiches -Tossed Salad -Fresh Fruit -Chilled Milk
-Easy Spaghetti & Cheese -Corn Niblets -Fresh Fruit -Chilled Milk	-Chicken n Cheese on Toast -Cucumbers & Dip -Fruit Cup -Chilled Milk	-My Little Pizza -Carrot Sticks & Dip -Fresh Fruit -Chilled Milk	-Mac & Cheese -Vegetable Dip'n Platter -Fresh Fruit -Chilled Milk	-Peanutbutter Cutter Sandwiches -Tossed Salad -Fresh Fruit -Chilled Milk

Easy Spaghetti & Cheese

Easy Spaghetti & Cheese

Ingredients:

Angel Hair Pasta
Ragu Pasta Sauce
Mild Shredded Cheese

Prepare:

1. Prepare the pasta according to the package directions.
2. Mix in the pasta sauce until you desired consistency.
3. Put the pasta and sauce in a bowl then sprinkle on the cheese.

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Chicken 'n Cheese on a Toasted Bun

Chicken 'n Cheese on a Toasted Bun

Ingredients:

Hamburger Buns
Canned Chicken Breast Meat
Shredded Mild Cheese

Prepare:

1. Split the bun and sprinkle on some cheese.
2. Drain the canned chicken and place your desired amount on top of the cheese.
3. Top with more cheese.
4. Bake at 350 c until sides are golden.

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My Little Pizza

My Little Pizza

Ingredients:

Prepared Pizza Dough

Pizza Sauce

Shredded Mozzarella Cheese

(Optional) Chopped Vegetables

Prepare:

1. Un-roll the prepared pizza dough then use a bowl to cut out little circular pizzas.
2. Spread on the pizza sauce.
3. Optional: Add chopped vegetables.
4. Sprinkle on the cheese.
5. Bake the pizza according to the dough package directions or until the edges are golden.

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Peanutbutter Cutter Sandwiches

Peanutbutter Cutter Sandwiches

Ingredients:

Brown Bread

Peanutbutter

Cookie Cutter Shapes

Prepare:

1. Prepare the peanutbutter sandwich as usual.

2. Use the cookie cutters to cut fun shapes out of the sandwiches.

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Skill Builder - All About Me & My Family
Reading List

All Bout Me
by: Barbara Allman

Excuse Me
by: Karen Katz

Who Loves Me?
by: Patricia MacLachlan

Who's in My Family
by: Loreen Leedy

Families are Different
by: Nina Pellegrini

Best Friends Think Alike
by: Lynn Reiser

My Best Friend
by: Pat Hutchins

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Name: _____

Karate Exercise

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Name: _____

Washing Hands

Stay Healthy

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Name: _____

Recycle

Help Protect The Earth

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Name: _____

Plant A Tree

Help Save The Earth

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Name: _____

My Face

Draw in your hair and face then color the picture.

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Name: _____

My Favorite Thing

Draw a picture of your favorite thing then color it.

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