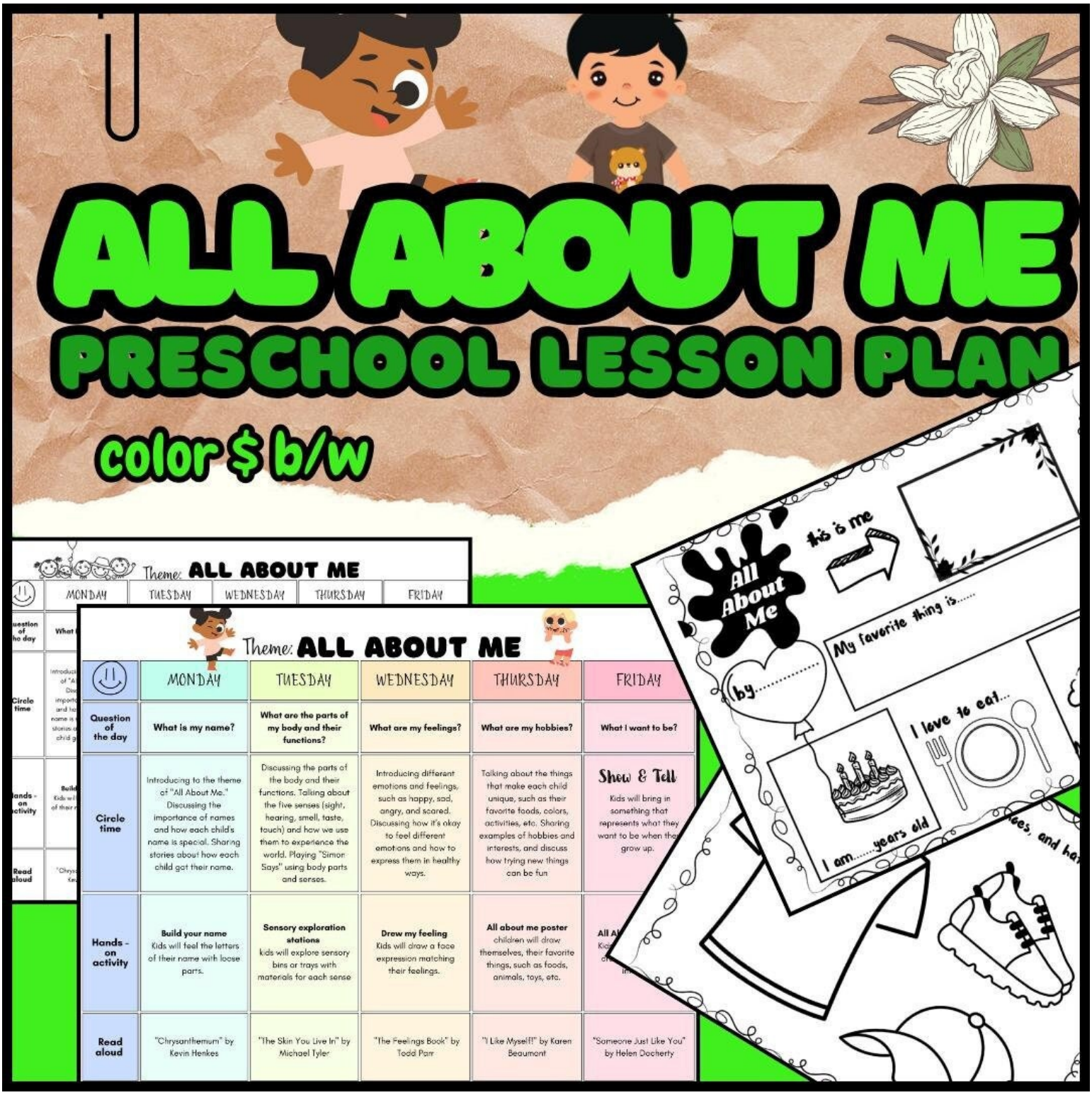

ALL ABOUT ME
PRESCHOOL LESSON PLAN
color $ b/w
Theme: ALL ABOUT ME
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
Question of the day
What is my name?
What are the parts of my body and their functions?
What are my feelings?
What are my hobbies?
What I want to be?
Circle time
Introducing to the theme of "All About Me." Discussing the importance of names and how each child's name is special. Sharing stories about how each child got their name.
Discussing the parts of the body and their functions. Talking about the five senses (sight, hearing, smell, taste, touch) and how we use them to experience the world. Playing "Simon Says" using body parts and senses.
Introducing different emotions and feelings, such as happy, sad, angry, and scared. Discussing how it's okay to feel different emotions and how to express them in healthy ways.
Talking about the things that make each child unique, such as their favorite foods, colors, activities, etc. Sharing examples of hobbies and interests, and discuss how trying new things can be fun
Show & Tell
Kids will bring in something that represents what they want to be when they grow up.
Hands - on activity
Build your name
Kids will feel the letters of their name with loose parts.
Sensory exploration stations
kids will explore sensory bins or trays with materials for each sense
Draw my feeling
Kids will draw a face expression matching their feelings.
All about me poster
children will draw themselves, their favorite things, such as foods, animals, toys, etc.
Read aloud
"Chrysanthemum" by Kevin Henkes
"The Skin You Live In" by Michael Tyler
"The Feelings Book" by Todd Parr
"I Like Myself!" by Karen Beaumont
"Someone Just Like You" by Helen Docherty
All About Me
this is me
My favorite thing is.....
by.....
I love to eat...
I am.....years old