

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
31	<p>1. Lesson: Children will learn about the ancient Anasazi pictographs called kokopelli which brings seeds and rain to make the crops grow. Nutrition lesson: Carbohydrates. Children will learn about Carbohydrates. There are 3 types of carbohydrates (sugar, starches and fiber). Good and bad carbohydrates. Name the foods that contain carbohydrate grains: Quinoa, oats, brown rice, buckwheat. Vegetables: sweet potatoes, beets, corn. Fruits: bananas, oranges, apples. Beans: kidney beans, garbanzo beans lentils. Story:</p>	<p>2. Lesson: Children will learn about Inca. They ruled an empire that extended along the Pacific coast and Andean highlands from the northern border of modern Ecuador to the Maule River in central Chile. Their irrigation systems, palaces, temples, and fortifications can still be seen throughout the Andes. The economy was based on agriculture, its staples being corn (maize), white and sweet potatoes, squash, tomatoes, peanuts (groundnuts), chili peppers, coca, cassava, and cotton. They raised guinea pigs, ducks, llamas, alpacas, and dogs. Clothing was made of llama wool and cotton. Houses were of stone or adobe mud. Practically every man was a farmer, producing his own food and clothing. Art: Tracing the Inca. Language Lesson: Introduction of the preposition symbol. Story:</p>	<p>3. Lesson: Maya, Mesoamerican Indians occupying a nearly continuous territory in southern Mexico, Guatemala, and northern Belize. In the early 21st century some 30 Mayan languages were spoken by more than five million people, most of whom were bilingual in Spanish. the Maya possessed one of the greatest civilizations of the Western Hemisphere (see pre-Columbian civilizations: The earliest Maya civilization of the lowlands). They practiced agriculture, built great stone buildings and pyramid temples, worked gold and copper, and used a form of hieroglyphic writing that has now largely been deciphered. Art: Tracing The Maya. The children will learn about Clay Pot which is used in Ancient America. Story:</p>	<p>4. Lesson: The children will learn about The Americas. They will know about the northern and Southern Hemisphere. North America is in Northern Hemisphere and South America is in Southern Hemisphere. They are divided by the Equator . Read A is for Americas (North, Central and South America). Story:</p>	<p>5. Lesson: Central America..find the Central America in globe and map. Geography: Countries in Central America Story:</p>	6
7	<p>8. Lesson: COLONIAL AMERICA . Find North America on the map and globe. Trace the outline of North America. Countries of North America . Nutrition lesson: Protein. Children will learn about protein. The 3 types of proteins are fibrous, globular and membrane. They will learn about what foods are high in protein: eggs, fish, lean beef, beans, milk, cheese, yogurt, soy, Story:</p>	<p>9. Lesson: animals of North America. Wagon train go west. Find the trail of U.S.A in map (Oregon, Santa Fe and California trail). Math: Measure distances in miles and kilometers, Craft : make a story quilt. Story: FIRE DRILL 9:00am</p>	<p>10. Lesson : Mount Rushmore. Faces of George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln carved in the side of a mountain in South Dakota. Discussion: about man made and natural things and places in U.S.A. Art: make U.S.A flag. Story:</p>	<p>11. Lesson: The Statue Of Liberty. The 7 spikes on Liberty's crown stand for the 7 continents. The 25 windows on the crown stand for the 25 gems of the world Art: make a paper torch. Math: count by 7's Story: Parent Education Zoom 8:00 - 8:45pm</p>	<p>12. Lesson: History of St. Valentine's Day. Art: Heart making with salt dough. Make a the flags of North America. Math: Curvy lines figures Story:</p>	13
14	<p>15. MAKE UP DAY OPTIONAL 8:30am -3:00pm Lesson: our first president George Washington. Show Washington's pictures on the one dollar bill and quarter. Discuss about our capitol, Washington, D.C. Our president lives in the White House. Story:</p>	<p>16. Lesson: Thomas Jefferson. Our third president. show Jefferson's picture on nickel. Nutrition Lesson: Unsaturated fats needed for clotting and muscle movement. Our bodies don't make these. Need to get these from foods like fatty fish, soybeans, chia, sunflower seeds, walnuts. Math: Money Work. A Nickel = 5 pennies. Count by five to one hundred. Story:</p>	<p>17. Lesson : Abraham Lincoln. Our 16th president. pass a penny to show Lincoln's picture. Math : Count the pennies five to one hundred. Story:</p>	<p>18. Lesson: Theodore Roosevelt. Our 26th president. Teddy bear day . Discuss the story of "Teddy Bear." Craft : teddy bear craft with paper. Story: Staff Meeting 6:00pm</p>	<p>19. Lesson : The inventors. Benjamin Franklin was an inventor and printer. He discovered Electricity. Thomas Edison also was the inventor of the light bulb. Craft : a bulb with construction paper. Story:</p>	20
21	<p>22. Lesson: children will locate South America in the globe. Trace the outline of South America. Nutrition lesson: Fat. Children will learn fat is a fuel source. Saturated fats: whole milk, butter, palm oils, fatty pieces of meat, cream, shortening, dairy products. Trans fats: fried foods, processed foods, baked goods. Story:</p>	<p>23. Lesson: physical map and key of South America. Geography: Countries of South America. Art : make flags of the countries of South America. Story:</p>	<p>24. Lesson: what is biome? A large environment of similar climate, plants and animals. Example of Biome: Forest, desert, grassland, oceans, fresh water, tundra. https://ucmp.berkeley.edu/exhibits/biomes/index.php Story:</p>	<p>25. Lesson: children will learn about Rain Forests. https://www.nationalgeographic.com/environment/habitats/rain-forests/ Animals and plants of the Amazon Rain Forest. Find the rainforests on the globe. Story:</p>	<p>26. Lesson: The children will learn about mountains. http://www.primaryhomeworkhelp.co.uk/mountains/ranges.htm Find the Andes: 2nd highest mountain range in the world. Science: What is Leap year ? Progress Reports Due</p>	27
28	Notice: Children who choose not to participate are free to choose other age appropriate activities.					