**Yellow group - What we did in May 2020**

**Month topic: healthy living, healthy food**

**What we did:**

* We had every day our morning ritual, activities, workout, stretching, calendar and weather.
* We talked about healthy food, unhealthy food, food pyramid.
* We talked about lifestyle, healthy living, good and bad habits.
* We talked about hygiene, good personal hygiene habits, cleanliness.
* We made a food pyramid puzzle.
* We made salad and smoothie.
* We spend long time in nature for exercising, playing and training.
* We had a fun experimental activity with glitters for showing how the germs can easily spread around.
* We talked about germs.

**Art activities:**

* We made pineapple by cutting, sticking and coloring the paper and by stumping our hand.
* We made 3D strawberry by cutting, sticking and coloring the paper.
* We made an eaten apple by mixing different medias like paper, wood stick and cardboard.
* We colored healthy food worksheets.
* We made ugly germ by abstract technique.
* We made pinwheel ( gig ) by cutting shapes and attaching shapes to end of a pencil.
* We made happy and sad tooth.

**Books and media:**

**We read :**

* + - There was an old lady who swallowed a fly
    - Just go to bed
    - The summer ball
    - Clever rabbit and the lion
    - Bee make tea
    - Just say please
    - Bruce Lee

We watched video on YouTube about germs.

**Songs:**

* Freeze dance
* Walking in the jungle
* Walk around the circle
* If you’re happy and you know it
* Wash wash wash your hands
* Do you like broccoli? Yes, I do..
* Brush your teeth

**Vocabulary:**

Vegetable, Fruit, Meat, Dairy, Grains, food pyramid, washing hands, taking shower, brushing teeth, breakfast, lunch, dinner, vitamin, virus, bacteria, germ, combing hair, cutting nails, always, sometimes, occasionally, yes I do.. no I don’t, healthy, unhealthy, hygiene, food from the farm, fast food, cooking, baking.