

# Yellow Bee Lesson Plans

MONTH: February

THEME: Feelings

**Family participation:** Enjoy the senses of the season with your child. Please bring a sturdy 16 oz. bottle for your child to use to make a sensory bottle. Please feel free to share any family traditions you have with your children during the holiday times!

**OBJECTIVES/GOALS:** During the month of February, the yellow bees will talk about Feelings, Valentines Day and Community Helpers. We will use our puppets that we met last month to help us with naming and learn how to manage our feelings.

## ACTIVITIES:

- \*counting hearts (2.1.PK.A.1)
- \*show me the emotion (16.1.PK.B)
- \*emotions file folder games
- \*Dressing up like community helpers
- \*Walks around campus/community to look for community helpers
- \*Calm Down Yoga

(3.2.OT.A.3)(2.1.OT.A.1,2.1.OT.A.3, 2.4.OT.A.2, 3.1.OT.B.1, 10.5.OT.B)

## SOCIAL/EMOTIONAL:

- \*recognizing your friends feelings (16.1.PK.A)
- \*reading body language
- \*follow healthy habits (cover cough and or sneeze, wash hands after potty and before and after eating) (10.2.PK.A)
- \*Following directions teacher/caregiver gives to you

(AL.1.OT.C, 3.1.OT.A.2, 5.2.OT.A, 10.3.OT.A, 16.2.OT.A)

## COGNITIVE/PROBLEM SOLVING

- \*matching emotions (how does the emotion look)
- \*placing the correct puzzle pieces in the correct spots
- \*who's smile/frown is that
- \*working on how to get your friends to listen by using your words (16.1.PK.B)
- \*working on solving confrontation by

## LANGUAGE/COMMUNICATION

- \*using our words to describe how we are feeling (happy, sad, mad, ect.)
- \*finding own name when lining up to leave the room
- \*naming the job that you picked
- \*using words with peers (I don't like when, I want to play alone, I want to play with you, I need help.)

(AL.1.OT.A, 1.1 OT.C,)

## FINE MOTOR:

- \* Holding a crayon in a pincer grasp (10.5.OT.A, 10.5.OT.C)
- \*placing bandages on our patient
- \*putting puzzles together

## GROSS MOTOR:

- \*Peddling bikes, climbing yellow ladders, throwing sticky balls (balls with masking tape around them, sticky side out), walks, balancing on stepping stones (10.4.OT.A, 10.4.OT.B, 10.4.OT.B)

## GATHERING TIME:

**BOOKS:** See Monthly Calendar (1.1 OT.A, 1.1 OT.B, 1.2 OT.C)

**MUSIC ACTIVITY:** Learning Station Music Videos (brain breaks, music and movement), Choosey Kids CD, *Marching Song, This is my body*, (9.1.M.OT.A)

**SONGS:** If you're happy and you know it (sad, mad, tired, ect), (See reverse for song lyrics) (3.1.OT.A.5)

**LESSON:** We will explore basic measureable attributes of everyday objects and we will become increasingly purposeful in their exploration of living and non-living things. (3.1 Biological Sciences )

## SELF HELP SKILLS:

- \*washing hands (turning on water, getting soap, scrubbing, rinsing and drying with paper towel.

- \*sitting on the potty, pulling down and pulling up pants

- \*Putting Coats on

(10.2.OT.A)

**Art Activities:** Coloring to different kinds of music, feelings face, valentine cards, valentine collage, valentine bags, center pieces for the pancake breakfast, party hats, Painting with tongue depressors . (9.1.V.OT.A, 9.1.V.OT.B, 9.1.V.OT.J, 10.5.OT.C)

# CALM DOWN YOGA FOR KIDS



**I am strong.**

Use your strength to catch tricky waves.



**I am kind.**

Stretch high and spread kindness all around.



**I am brave.**

Be brave and fearless as you fly down the ski run.



**I am friendly.**

Stretch like a dog wagging its tail.



**I am wise.**

Be a wise owl perched on a tree branch.



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## Emotions Action Song

**If you're happy and you know it  
clap your hands.**

**If you're mad and you know it  
cross your arms.**

**If you're frustrated and you know it  
stomp your feet.**

**If you're excited and you know it  
jump up and down.**

**If you're sad and you know it  
make a frown.**

**If you're scared and you know it  
hide your face.**

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