



# Free Preschool Curriculum For Entire Year



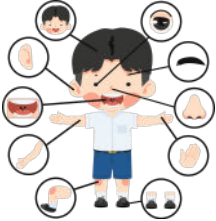


# September

## Week 1: My Body and Senses

Explore body parts and five senses to build body awareness.

Activity: Senses Scavenger Hunt – children use sight, touch, sound, smell, and taste to find objects.



## Week 2: My Family and Home

Talk about family members, homes, and what makes each family unique.

Activity: Family Portrait Collage – kids draw or paste pictures of their family.



## Week 3: My Feelings and Emotions

Help children identify and express feelings with visuals and stories.

Activity: Emotion Masks – make happy, sad, angry, and silly masks to act out feelings.



## Week 4: My School and Friends

Introduce classroom routines and social skills like sharing and helping.

Activity: Friendship Handprint Mural – kids add their handprints and names to a class mural.





# October

## Week 1: Community Helpers

Learn about roles like firefighters, police officers, and doctors.

Activity: Dress Like a Helper Day- children come dressed as a community helper.



## Week 2: Fall Leaves and Trees

Explore seasonal changes and colors in nature.

Activity: Leaf Rubbing Art – use crayons and real leaves to make rubbings.



## Week 3: Pumpkins and Apples

Investigate textures, tastes, and sizes of pumpkins and apples.

Activity: Apple Taste Test – try red, green, and yellow apples and graph favorites.



## Week 4: Halloween and Pretend Play

Enjoy safe Halloween fun and dress-up games.

Activity: Pumpkin Sensory Bin – fill with orange rice, mini pumpkins, and Halloween toys.





# November

## Week 1: Healthy Foods and Nutrition

Teach food groups and healthy eating habits.

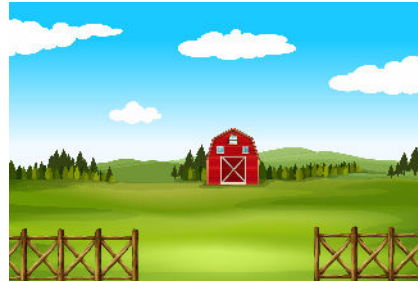
Activity: My Healthy Plate – children build a paper plate of balanced foods.



## Week 2: Farms and Harvest

Discover where food comes from and harvest traditions.

Activity: Corn Kernel Sensory Tray – scoop, pour, and sort with dried corn.



## Week 3: Family Traditions

Celebrate family differences through cooking, songs, and rituals.

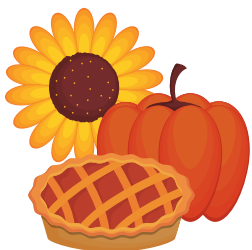
Activity: Family Recipe Book – children draw a favorite dish from home.



## Week 4: Thankfulness and Thanksgiving

Practice gratitude and learn about Thanksgiving history.

Activity: Thankful Turkey Craft – kids write or draw things they're thankful for on feathers.





# December

## Week 1: Snow and Winter Weather

Explore snow, cold weather, and ice through experiments.

Activity: Melting Ice Cubes – compare how ice melts in different temperatures.



## Week 2: Hibernation and Winter Animals

Learn how animals adapt to winter.

Activity: Animal Cave Sorting – sort animals that hibernate vs. stay active.



## Week 3: Celebrations Around the World

Celebrate diversity through Hanukkah, Kwanzaa, and more.

Activity: Holiday Lights Art – finger paint colorful lights on black paper.



## Week 4: Christmas and Giving

Focus on kindness, generosity, and Christmas fun.

Activity: Gift Wrap Station – wrap pretend gifts with recycled paper and bows.





# January.

## Week 1: New Year and Time

Talk about calendars, clocks, and setting goals.

Activity: Countdown Chain – create a paper chain to count down to a class goal.



## Week 2: Arctic Animals

Learn about polar bears, seals, and penguins.

Activity: Penguin Waddle Game – race with a ball between knees like penguins.



## Week 3: Ice and Snow Science

Explore freezing, melting, and winter weather effects.

Activity: Salt and Ice Experiment – sprinkle salt on ice and observe melting.



## Week 4: Shapes and Patterns

Practice identifying and creating shapes and patterns.

Activity: Shape Snowflakes – use pattern blocks or paper shapes to build snowflakes.





# February.

## Week 1: Valentine's Day and Kindness

Build empathy and celebrate friendships.

Activity: Kindness Heart Chain – add a heart every time someone is kind.



## Week 2: Black History Month

Introduce important Black leaders and achievements.

Activity: MLK Handprint Unity Wreath – handprints joined in a circle for peace.



## Week 3: Emotions and Self-Regulation

Use visuals and role-play to manage emotions.

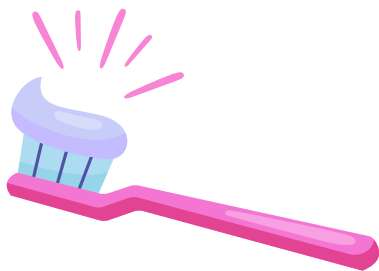
Activity: Calm Down Bottles – make glitter jars for quiet reflection time.



## Week 4: Dental Health

Teach about brushing, flossing, and dentist visits.

Activity: Toothbrush Painting – paint teeth shapes using toothbrushes.





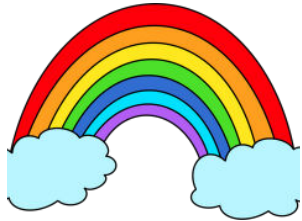
# March



## Week 1: Weather and Rainbows

Observe clouds, sun, wind, and rainbows.

Activity: Rainbow Science Walk – find all the rainbow colors outdoors.



## Week 2: Plants and Seeds

Plant seeds and learn plant life cycles.

Activity: Bean Jar Garden – sprout beans in a plastic bag on a window.



## Week 3: St. Patrick's Day and Green Week

Celebrate Irish culture and color green.

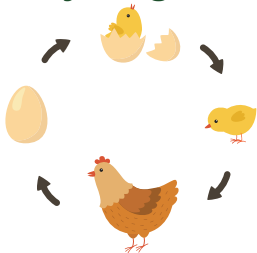
Activity: Leprechaun Footprints Hunt – tiny green footprints around the room.



## Week 4: Baby Animals and Life Cycles

Explore chicks, lambs, frogs, and more.

Activity: Frog Life Cycle Puzzle – match tadpole, froglet, and frog images.



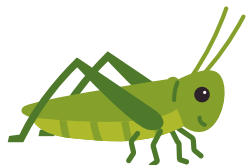


# April

## Week 1: Bugs and Insects

Learn about ants, bees, butterflies, and bugs.

Activity: Bug Counting Tray – count and sort plastic bugs.



## Week 2: Earth Day and Recycling

Encourage care for Earth and reuse habits.

Activity: Recycle Sorting Game – separate paper, plastic, and trash items.



## Week 3: Gardens and Flowers

Discover flower parts, growth, and colors.

Activity: Tissue Paper Flower Craft – scrunch and glue colored tissue to make blooms.



## Week 4: Trees and Nature Walks

Study tree parts and take nature walks.

Activity: Tree Bark Rubbings – use crayons to capture textures.



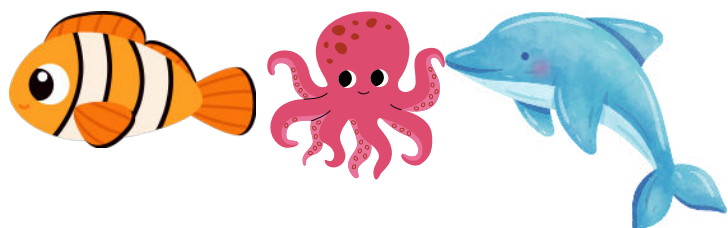


# May

## Week 1: Ocean Animals

Meet fish, whales, jellyfish, and dolphins.

Activity: Ocean Bottle Sensory Craft – blue water, glitter, and sea toys in a bottle.



## Week 2: Boats and Water Safety

Understand safe practices near water.

Activity: Sink or Float Water Bin – test items for buoyancy.



## Week 3: Pirates and Mermaids

Encourage dramatic and pretend play.

Activity: Treasure Map Adventure – create maps and hunt for treasures.



## Week 4: Summer Safety

Learn about sun, water, and bug safety.

Activity: Sunscreen Science – test how UV beads change color with protection.



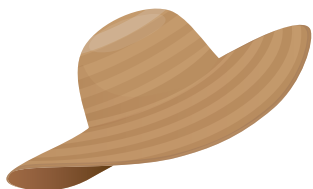


# June

## Week 1: Summer Weather

Talk about hot temperatures and fun summer symbols.

Activity: Sun Hat Decorating – decorate paper hats with stickers.



## Week 2: Camping and Nature

Enjoy pretend camping indoors or out.

Activity: Build a Blanket Tent – read books or snack inside.



## Week 3: Sports and Movement

Try different sports and games.

Activity: Mini Olympics – set up balance beam, ball toss, and jumping.



## Week 4: Ice Cream and Picnic Week

Celebrate with pretend or real picnic fun.

Activity: Ice Cream Counting Game – scoop pom-poms into cones.



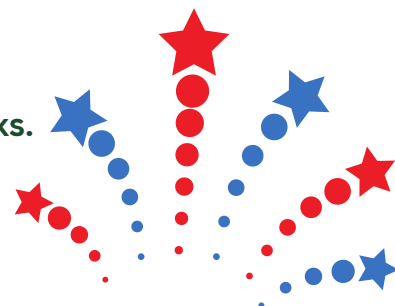


# July

## Week 1: Independence Day

Celebrate 4th of July with flags and red, white, and blue.

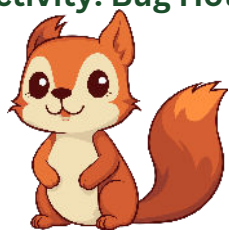
Activity: Firework Painting with Straws – blow paint to make fireworks.



## Week 2: Backyard Critters

Observe bugs, birds, and squirrels.

Activity: Bug Hotel Craft – fill a box with natural materials for bugs.



## Week 3: Fire Safety

Learn about stop-drop-roll, smoke detectors, and fire trucks.

Activity: Firefighter Role Play Station – with hats and hoses.



## Week 4: Outdoor Science Fun

Mix science and summer fun outside.

Activity: Exploding Sidewalk Chalk – vinegar + baking soda in zip bags with color.



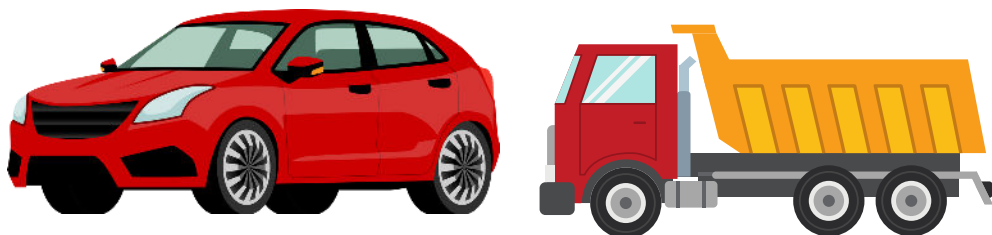


# August

## Week 1: Cars, Trucks, and Trains

Discover different vehicles and their sounds.

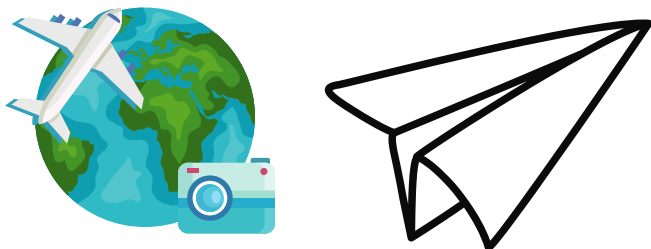
Activity: Build a Car Wash Sensory Bin – soapy water, toy cars, and sponges.



## Week 2: Boats, Planes, and Travel

Explore how people travel.

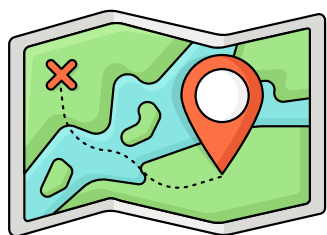
Activity: Paper Plane Races – fold and fly.



## Week 3: Maps and Journeys

Create maps and follow simple routes.

Activity: Treasure Map Drawing – kids draw a path with symbols.



## Week 4: Getting Ready for School

Practice routines and talk about kindergarten or returning.

Activity: Morning Routine Sequencing Cards – order cards of brushing teeth, getting dressed, etc.

