




















Health & Fitness










WEEK 1 FOOD GROUPS

STEAM STATION	YOUR SUPPLIES	BIG QUESTION AND INSPIRATION PHOTOS	TEACHER TIPS
LESSON 1 Bakery SS 2 Civics & Economics PD 5 Nutrition	Baking tins Rolling pins Cookie cutters Playdough Play money	 	Set up a pretend bakery with playdough and baking items like tins, cookie cutters and rolling pins. Use play money and take turns buying and selling items.
LESSON 2 Vegetable Stand SS 2 Civics & Economics PD 5 Nutrition	Scale Blocks or toy vegetables Bags	 	Fill bags with blocks or toy vegetables and weigh them on the scale. Role-play buying and selling.
LESSON 3 Fruity Playdough SCI 1 Investigation & Inquiry SCI 3 Physical Science	Scented playdough (see recipe) Nature items Fruit photos or toy fruit	 	Use the recipe to make fruity playdough, then explore making fruit shapes.
LESSON 4 Milk the Cow SCI 2 Natural & Earth Science PD 2 Fine Motor	Vinyl glove Bucket or bin Bottle of water Towel Funnels, syringes & turkey basters	 	Poke a small hole in one finger of a vinyl glove and fill it with water. Explore different ways to squeeze out the water.
LESSON 5 Egg Hunt MR 7 Logic & Reasoning CA 4 Drama	Toy eggs Small items (pompoms, beads, etc.)	 	Fill toy eggs with small items (pompoms, beads, etc.) and hide them outside. Work together to find them and carry them to a safe place.









WEEK 2 IN THE KITCHEN

LESSON 6 Washing Dishes SED 4 Social Relationships PD 4 Personal Care	Bin of soapy water Sponges Towels Drying racks Dishes Cups Forks & spoons	 	Set out a bin of soapy water with sponges, towels and drying racks. Give the children cups, dishes, forks and spoons to explore washing and drying.
LESSON 7 Loose Parts in the Kitchen SCI 1 Investigation & Inquiry SCI 4 Technology	Muffin tin Measuring cups Spoons Bowls Small items (pompoms, beads, etc.)	 	Gather various kitchen items, then encourage the children to explore measuring and sorting small items.
LESSON 8 Chop & Cut PD 3 Safety SCI 4 Technology	Cutting boards Playdough Child-safe cutting utensils	 	Set out cutting boards and child-safe cutting utensils. Explore rolling dough and cutting it into pieces.
LESSON 9 Block Cakes CA 4 Drama LLD 2 Communication	Cardboard box Foil Cookie sheets Pie & muffin tins Cupcake liners Oven mitts Blocks Scissors		Cut a door in the side of a box, then cover it with foil to look like an oven. Set out baking items and explore using the oven mitts to practice kitchen safety rules.
LESSON 10 Packing for a Picnic PD 5 Nutrition CA 4 Drama	Basket Play food Plates Cups Spoons Blanket	 	Spread out a blanket. Fill a basket with play food, plates, cups and spoons and pretend to have a picnic.

WEEK 3 FITNESS

STEAM STATION	YOUR SUPPLIES	BIG QUESTION AND INSPIRATION PHOTOS	TEACHER TIPS
LESSON 11 Ready-Set-Race! <small>SED 4 Social Relationships SCI 3 Physical Science</small>	Strips of paper Plush toys Toy cars Animal figurines	 	Set out strips of paper end-to-end and pretend it is a road. Explore different ways to race.
LESSON 12 Hoop Jumping <small>PD 1 Gross Motor MR 2 Spatial Awareness</small>	Toy hoops Chalk	 	Set out toy hoops or draw them with chalk. Arrange them in different ways to get from start to finish.
LESSON 13 Ramp Construction <small>MR 7 Logic & Reasoning SED 4 Social Relationships</small>	Cardboard tubes Boxes Canisters Balls or marbles	 	Set out a variety of building materials and explore building ramps. Experiment with rolling items from different heights.
LESSON 14 Flying Objects <small>SCI 3 Physical Science SCI 4 Technology</small>	Toy hoop Yarn Items to throw	 	Use yarn to hang a toy hoop from the ceiling. Encourage the children to explore tossing different items through it.
LESSON 15 Stretchy Rubber Bands <small>PD 2 Fine Motor MR 7 Logic & Reasoning</small>	Rubber bands Containers Kitchen Items		Set out a variety of containers/cooking items. Explore stretching rubber bands around them in different ways.

WEEK 4 HEALTH

LESSON 16 Doctor's Office <small>CA 4 Drama SS 1 Culture & Community</small>	Toy stethoscope Gauze Bandages Blankets Plush toys or dolls	 	Set out a variety of medical items. Role-play being doctors or patients.
LESSON 17 Building Your Body <small>SCI 2 Natural & Earth Science MR 2 Spatial Awareness</small>	Blocks Paper Scissors Masking tape or chalk Tape	 	Make a chalk outline (or use masking tape) of a person or animal. Roll paper into tubes of different lengths and tape to secure. Pretend the tubes and blocks are bones. Place them in the outline with blocks and make a life-sized skeleton.
LESSON 18 Heavy Hauling <small>SCI 3 Physical Science SED 4 Social Relationships</small>	Laundry baskets Rope Objects with varying weights		Tie ropes to laundry baskets. Fill them with various objects and explore pulling.
LESSON 19 Simple Scale <small>SCI 4 Technology MR 4 Measurement</small>	Long ruler Block Different-weighted objects	 	Make a simple balance scale with a long ruler and a block. Explore making items balance.
LESSON 20 Soft Pillows <small>SCI 3 Physical Science SCI 1 Investigation & Inquiry</small>	Pillow cases Stuffing material: cotton balls, crumpled paper, feathers, toys, blocks		Set out pillow cases and a variety of stuffing materials. Explore what makes the softest pillow.

These open-ended STEAM stations invite children to investigate, problem-solve and create.

- ## ROTATING YOUR STATIONS

- 
- How does fresh fruit smell?
- experience



STEAM stations integrate perfectly with the monthly Experience Preschool Curriculum kits for a comprehensive research-based early learning system. Learn more and start your research-based curriculum today.

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**What do
bakers make?**



**What do you
want to buy?**



**How does
fresh fruit smell?**



**Can you
milk a cow?**



**Where are
the eggs?**



**Can you clean
the dishes?**



**How many
scoops fill
the container?**



**What can
you cut?**




What is baking?



**What will you
put out
for a picnic?**



**Can you build
a racetrack?**



**How fast can
you go from
start to finish?**



**Can you build
a ramp?**



**What helps
an object fly?**



What stretches?



**How do
you feel?**



**What skeleton
can you build?**



**How can you
pull with a rope?**



**What weighs
more?**



**Can you make
a pillow?**



OPEN



CLOSED



Early
Learning
Center

At the Bakery



Cupcake
magdalena



Bread
pan



Donut
rosquilla



Bagel
rosca



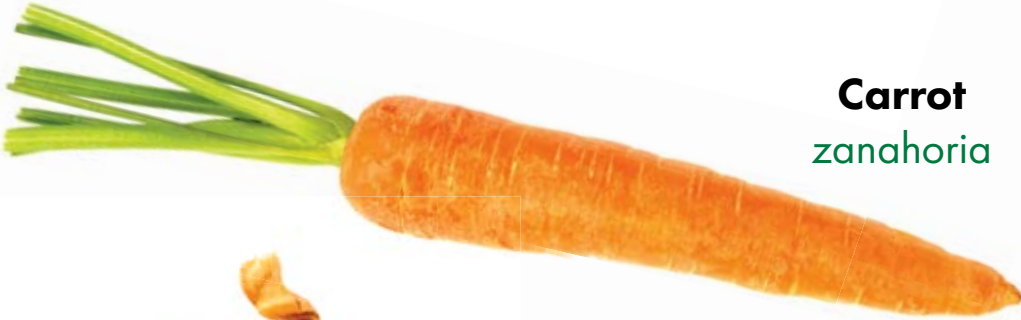
Cookie
galleta



Pie
tarta

VEGGIE STAND

VEGETABLES



Carrot
zanahoria



Onion
cebolla



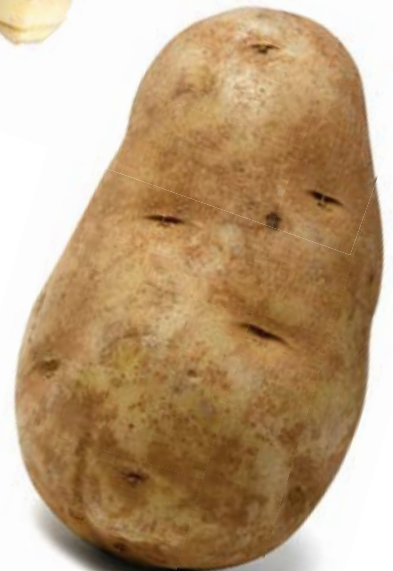
Green Pepper
pimiento verde



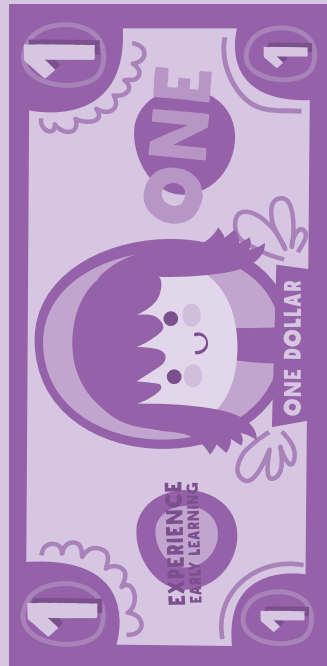
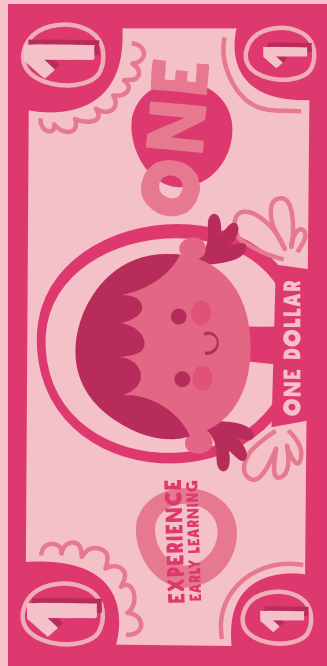
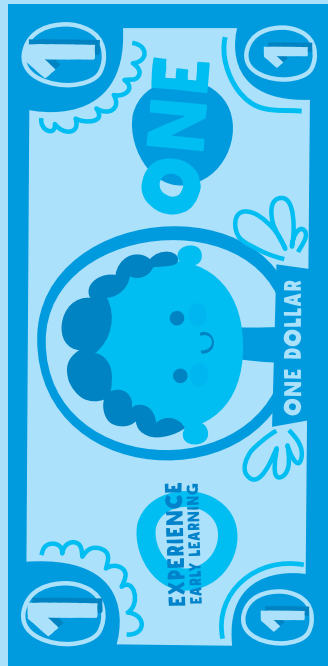
Corn
maíz



Tomato
tomate



Potato
patata





fruit dough

1 c. of flour

$\frac{1}{4}$ c. of salt

$\frac{1}{2}$ c. of hot water

Unsweetened fruit drink powder

Food coloring (optional)



fruits



Pear
pera



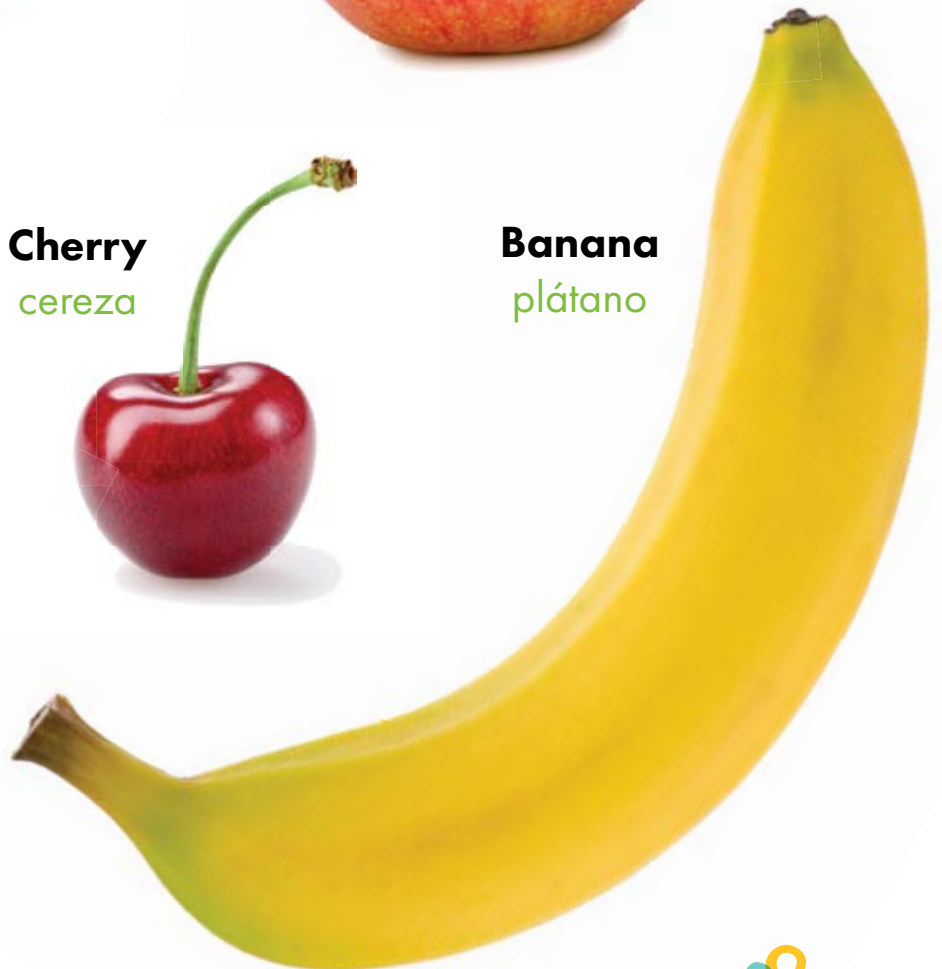
Apple
manzana



Lemon
limón



Cherry
cereza



Banana
plátano




experience
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On the Table



Glass
copa



Napkin
servilleta

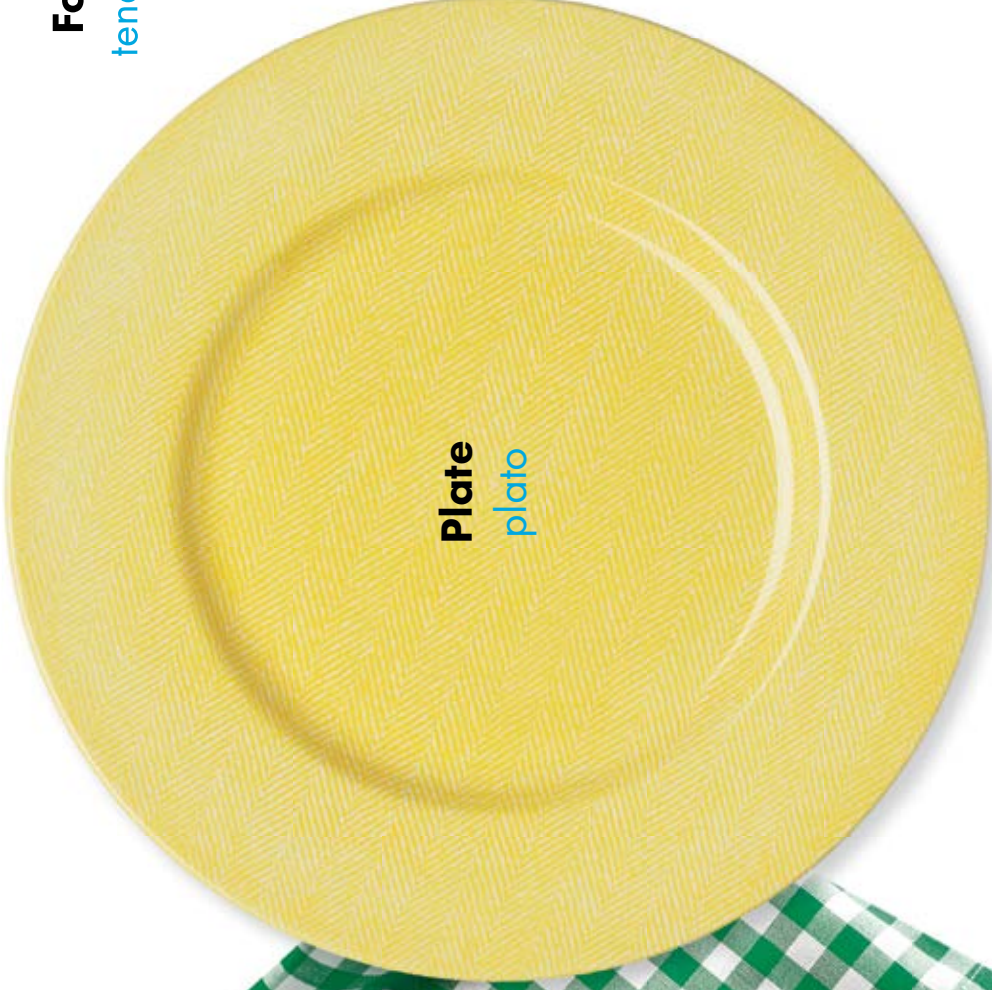


Plate
plato



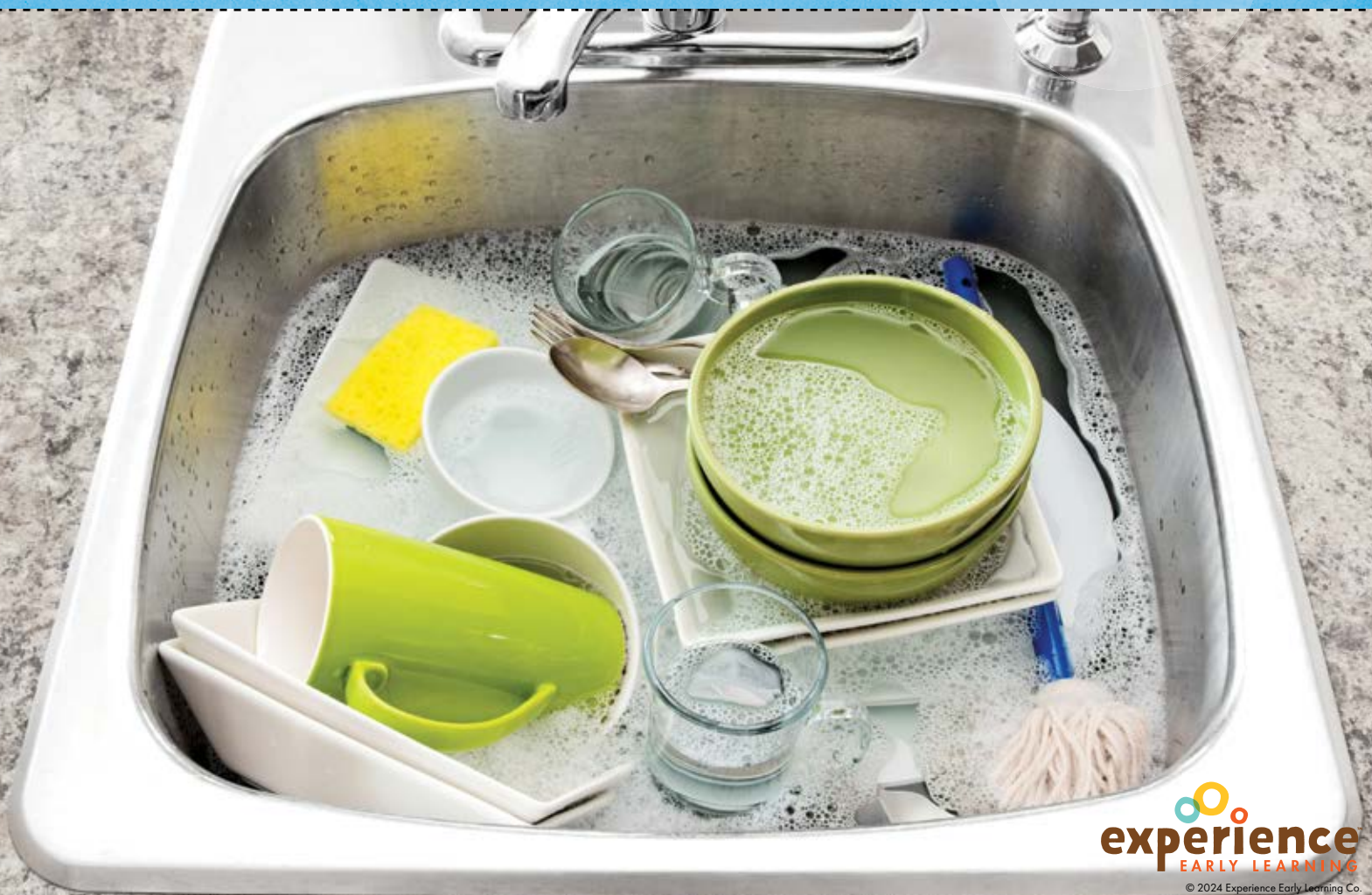
Fork
tenedor



Knife
cuchillo

WASHING STATION

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Scooping Station



Scooping Utensils

Sieve
tamiz



Spoon
cuchara



Measuring Spoons
cucharas medidoras



Scoop
cucharón



Measuring Cup
taza medidora



Cutting Station

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Picnic Area

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START

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FINISH

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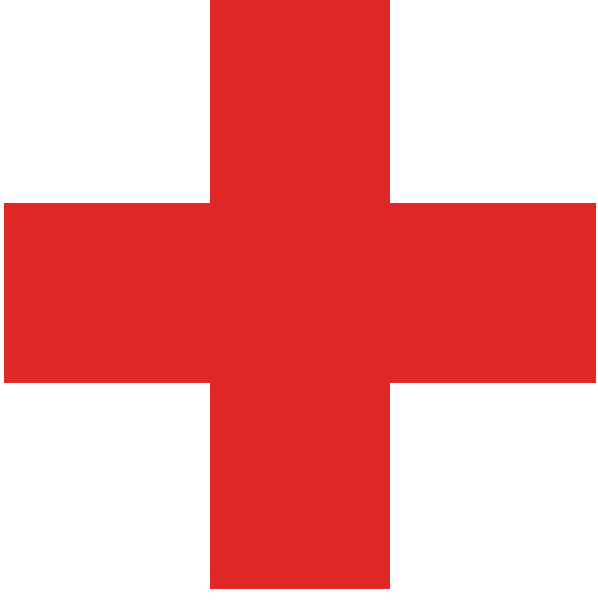

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HOSPITAL

What hurts?

