

# SAPPHIRE ROOM'S TOPIC OF THE MONTH

## - January

### Personal, Social & Emotional Development

- What are healthy habits?
- Healthy pyramid
- Group collage "what's on my plate"
- Learning about my body parts
- Explore fruit, veg, grains (touch, smell, taste)

### Physical Development

- Runner beans game
- Happy teeth vs sad teeth
- Floss dance (jack Hartman)
- Cosmic yoga – bear hunt
- Keeping germs away

## Healthy Habits

### Mathematics

- Mathematical teeth
- Hopscotch
- How tall am i?
- How much do I weight?
- Buying our favourite fruit
- Fruit and veg pairs
- Puzzles
- How much sugar in your drink?

### Literacy

- Supertato book
- Name/write fruit and veg labels
- Happy teeth names
- Labelling body parts

### Expressive arts and design

- Role play – shop
- Healthy plates
- Fruit baskets
- Drawing fruit and veg
- Fruit and veg printing
- Supertato craft

### Communication & Language

- Discuss healthy foods – 5 a day
- Mystery box – food
- Share our dentist appointment
- Talking about emotions – emotions box
- Handa's surprise table

### Understanding of the world

- Light board – Zaks bones
- Simon says .....
- Learning about taste buds
- Where dose our food come from?
- Teeth cleaning

### Cooking

1. Frozen yoghurt banana pops
2. Smoothies
3. Rainbow skewers
4. Rainbow pizzas