



### Essential Questions

- 1) What foods give you natural energy?
- 2) What types of exercise are there?
- 3) When does my brain enter the REM cycle of sleep?

### Vocabulary

fitness, nutrition, hydrate, cardiovascular

### Spanish Vocabulary

la aptitud física, la nutrición, hidratar, cardiovascular

### Educational Curriculum Calendar Guide



The first day of each month the KWL (K-Know, W-Want to know, L-Learned) Chart is created. This assesses the students' knowledge on the monthly idea and is updated throughout the month.



Two exploration days are planned each month to explore the students' interests based on discussion of the KWL Chart.



The third Wednesday of this month is dedicated to anti-bullying activities, using the Teaching Tolerance curriculum.



The last Friday of this month will incorporate a STEAM (Science, Technology, Engineering, Art & Math) activity.

# January 2022

## Big Idea: Learning to Lead a Healthy Lifestyle

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Comparing & contrasting our daily routines	5 Discovering what our basic needs really are	6 Researching what makes up a healthy lifestyle	7
10 What are ways we can "take a break" to destress?	11 Participating in children's yoga	12 Exploring different ways we can exercise	13 How do physical activities effect your heart rate?	14 Who was Martin Luther King, Jr.? 
<b>Closed MLK Day</b> 17	18 How can you stay hydrated?	19 How can we boost others' self-esteem?	20 Examining food groups for our plates	21 Experimenting with the amounts of sugar in different foods
24 What are the six essential nutrients?	25	26 Designing our own dream journals	27 Analyzing our sleep patterns	28 Building dreamcatchers
31 Setting goals to be healthier this new year				