This unit is all about the wonders of the human body. We will learn about our body parts, our senses, and our beautiful skin. We will explore taking care of our bodies by eating healthy foods, exercising, and taking care of our teeth. The unit wraps up with a study of emotions, where we will practice identifying, understanding, and managing our feelings.

**UNIT THEMES**
- Our Bodies: Body Parts, Five Senses, Skin
- Taking Care of our Bodies: Healthy Eating, Exercise, Taking Care of our Teeth
- Understanding and Managing Feelings

**PROJECT READY!**

**UNIT 6:**
**MY AMAZING BODY**

**BOOKS WE WILL READ**

**UNIT OVERVIEW**

**CONNECT WITH US**

Direct questions here

parentsaskprojectready@msj.edu

Learn more about the curriculum

https://www.readingscience.org/preschool
**VOCABULARY WORDS**

- **body** - all of the different parts that make up a person
- **x-ray** - a picture of the bones inside a body
- **senses** - special ways the body gathers information (hearing, sight, touch, taste, smell)
- **same** - a match
- **different** - not the same, unique
- **shades** - varieties of the same color
- **splendid** - amazing, magnificent
- **clever** - smart, skilled
- **plucked** - picked
- **dentist** - doctor who takes care of teeth
- **gentle** - soft, kind
- **eager** - excited to do something
- **cranky** - grumpy, unhappy
- **peaceful** - calm

**PRACTICE TOGETHER**

Academically rich vocabulary words are chosen and taught from books read aloud in the unit. Words are defined in language that is familiar to students and discussed within the read aloud routine. Words are also revisited throughout the day. The words above are a sampling of the words introduced in this unit. Use them in conversation with your student.

**HEAD, SHOULDERS, KNEES, AND TOES**

(Start standing)

Head, shoulders, knees and toes,

(Point to each body part as you sing)

Head, shoulders, knees and toes,

Eyes and ears and mouth and nose.

(Point to each body part as you sing)

Head, shoulders, knees and toes,

(Point to each body part as you sing)

**PLAY**

The dramatic play area transforms into a healthy restaurant. Students will take turns playing the role of chef, server, and guest. They will use their new vocabulary and knowledge of healthy foods when pretending to order, prepare, serve, and eat delicious, healthy meals.