



PREK WELLNESS LESSONS

Area Three Communication, Language, & Literacy Development	Area Four Health and Physical Development	Area Five Cognitive Development
CLLD1.2q • Adjective Activities  CLLD2.3i • Rhyming Routine  • Fall Rhyming Fitness  • Autumn Rhyming Aerobics  • Rhythm & Rhyme  • Rock and Roll With Rhymes  CLLD2.3l • Beginning Letter Bounce  • Beginning Sound Fitness  • Beginning Sound Sweat  • Ending Exercising  • Ending Sound Exercise  • Ending Sounds Exercises  • Matching End Sound Exercising  • Same Sound Fitness  • Sounds Sock Hop  • Super Beginning Sounds 	HPD4.3l • Healthy Red Light, Green Light	CD3.1q • Count those Feathers  • Healthy Heart Hop  • Counting Hot Coco  • What Comes Next Workout  • Counting in the Garden  CD.3.1t • Do You Want to Count a Snowman  CD.3.1u • Counting 10 Cardio  • Spooky Counting & Matching  CD3.1z • More or Less Exercising  • More or Less Aerobics  • Comparing Diner  CD3.3m • Shape Dance 

• Sweating to Shared Beginning Sounds  CLLD2.4f • Letter Limbo (A-F)  • Lunging Letters (G-J)  • Let's Move with Letters (K-N)  • ABC Aerobics (O-R)  • Boo Beginning Sounds  • Let's Get Moving With Letters  • Matching Sounds Mania  CLLD2.4h • Upper & Lower ABCs 		• Counting Shapes and Colors  • Sweating with Shapes  • Squatting with Shapes  CD3.4j • September Patterns  CD3.5h • A Lengthy Workout  • Tall or Short Snowmen  • A Weighted Workout 
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Key: T=Task Card C= Computer