

# Weekly Lesson Plan – Preschool

**Theme:** Community Helpers

**Developmental Domains:**

- **Cognitive:** Children will identify different community helpers and understand their roles.
- **Language:** Children will learn new vocabulary related to community helpers and practice expressing their ideas.
- **Motor:** Children will strengthen large motor skills (running, hopping, climbing) and fine motor skills (cutting, drawing, lacing).
- **Social-Emotional:** Children will learn teamwork, respect for others, and confidence through dramatic play and role modeling.

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Large group</b>	Read <i>Clothesline Clues to Jobs People Do</i> ; discuss roles.	Sing “People in Your Neighborhood”; identify community helpers.	Invite a local helper (parent or staff) to speak about their job.	Play a matching game with helper tools and uniforms.	Review all helpers; graph favorite community helper jobs.
<b>Small group</b>	Sort helper tools by category (medical, construction, safety).	Make name badges and role-play as helpers.	Puzzle play: Match jobs with places (fire station, library, etc.).	Write/draw thank-you notes to helpers.	Create a simple map of neighborhood helpers.



**Outdoor activity**

Practice “fire drill” movements: crawling, lining up, safe exits.

Ride bikes/scooters; talk about traffic safety.

Relay race: Carry “mail” to mailboxes.

Sandbox: Build a “construction site” with cones and blocks.

Pretend to direct traffic using signs and chalked “roads.”

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**Accommodations**

- **Hearing Impairments:** Use picture cards, gestures, and sign language for vocabulary.
  - **Vision Impairments:** Provide tactile props and descriptive storytelling.
  - **Motor Delays:** Offer adapted scissors, chunky crayons, and ride-on toys with back support.
  - **Cognitive Delays:** Simplify tasks into smaller steps and provide peer modeling.
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**Dramatic Play**

Set up a “Community Helper Station” with hats, uniforms, clipboards, stethoscopes, and toy mailbags for role play.

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**Fine/Gross Motor**

Offer lacing cards, scissors practice, block stacking, climbing structures, bike riding, ball play, and chalk drawing.

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**Library**

Include books about community helpers: firefighters, doctors, police officers, librarians, and mail carriers.

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## **Sand/Water Table**

Add toy construction vehicles, measuring cups, and pretend medical kits for exploration.

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## **Art**

Create hats or vests for different helpers, paint with brushes and rollers, and make handprint thank-you cards for local workers.

