

Health, Wellness, & Tower Garden Class Newsletter **(class #11 & 12)**

Hello Montessori Preschool families!

Week # 11

This week was all about:

“What’s the difference between Fruits & Vegetables?”

We watched this little video on the topic from Scishow Kids:

https://www.youtube.com/watch?v=DTK-uWx_VQo

We then used our kids toy “brown grocery bag” & plastic Fruits & veggies to play the game of which is a veggie & which is really a fruit.

Week #12

This week was all about:

**“How do our bodies Heal themselves from
Physical injuries?”**

We watched this little video from Scishow Kids :

“How do cuts heal?”

<https://www.youtube.com/watch?v=cLEdznnTT8s>

They Loved this topic & all had stories they wanted to share
Of a time when they got hurt & how they were helped to get it healed.
It was too cute!

We talked about how different types of “ouchies” need different things
at times to heal, such as band-aides for cuts, Natural Arnica for bruises,
and bigger things like casts or slings for broken bones.