



BIG TIPS FOR TINY TOTS:

5 POINTERS FOR PRE K CLASSES



1

Prepare Site Contacts

- Ensure the teachers in the classroom are fully aware of their role prior to class beginning.
- ALWAYS ensure at least 2 staff members will be present. You are not permitted to be alone with children.

2

Engage All 5 Senses

- Throughout the lesson and all activities, engage as many senses as possible.
 - I.e. show students an image of a grain, say its name and have them repeat it, let them feel the grain in their hands, taste that grain

3

Be Animated & Energetic

- Match your facial expressions and body movements to your words.
- Have students model the behavior you are showing or explaining.
- Incorporate more movement and engaging activities rather than passive, independent work.

4

Repetition, Repetition...

- Repeat lesson themes frequently.
- Review learning objectives at the beginning and end of each class.
- Have students repeat words, phrases, and actions.
- Clearly state and repeat instructions frequently.

5

Recipes and Taste Tests

- Take the time to read 2 Bite Club and reinforce that message each class. Use the online version on a projector for a larger size.
- Lead mindfulness taste tests and engage all senses while trying foods.
- Be mindful of choking hazards and appropriate sized foods for small mouths.
 - I.e. chop grapes, nothing too big/hard to chew
- Hands on recipes where students can build or decorate increases engagement.
 - I.e. Sticks and Bricks, Butterfly Bites, Fruit or Savory Pizzas
- Keep recipes quick, simple, and limit use of knives. Pre prep ingredients.
- Offer small taste tests and portion sizes.

