

**Head Start
Sample Lesson Plan**

Please create a lesson plan for a week. Choose a real week at any time during the school year and write the month and date at the top of page one. Your class has 20 children who attend 3 ½ hours each day and are 3-5 years old. Please include appropriate activities including meal times, and outdoor and indoor times. Head Start performance standards ask for a balance of activities including individual, small and large group, and activities in the areas of health, safety, and nutrition. Head Start also encourages developmentally appropriate activities in the areas of language development, literacy, mathematics, science, creative arts, social and emotional development, problem solving, and physical health and development.

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