



**YMCA OF METROPOLITAN LOS ANGELES
EARLY LEARNING READINESS**

2022-23 Monthly Lesson Themes

Month	Theme	YMCA Value	Weekly Health Topics/Caregiver Education
<p>September 2022 Program begins the week of September 12, 2022</p>	<p>Theme: Family and Friends Number: Four (4) Shape: Square</p> <p>Family Event: Picnic at the Park</p>	Caring	<ul style="list-style-type: none"> September 12 – September 16 (Developmental Milestones) September 19 – September 23 (Toilet Teaching without Tears) September 26 – September 30 (Safe Sleep)
<p>October 2022</p>	<p>Theme: Community Helpers Number: Two (2) Shape: Lines</p> <p>Family Event: Visit to Local Fire Station</p>	Citizenship	<p>Family Health Month National Child Health Day</p> <ul style="list-style-type: none"> October 3 – October 7 (Staying Healthy) October 10 – October 14 (Oral Health) October 17 – October 21 (CPR/First Aid) October 24 – October 28 (Basic Car Safety)
<p>November 2022</p>	<p>Theme: Alphabet Soup Number: One (1) Shape: Circle</p> <p>Family Event: Visit to the Library Friendsgiving</p>	Responsibility	<ul style="list-style-type: none"> October 31 – November 4 (Separation) November 7 – November 11 (Choosing Child Care) November 14 – November 18 (School Readiness) Closed November 21 – November 25 November 28 – December 2 (Healthy Recipe)

<p>December 2022</p>	<p>Theme: Seasons Number: Five (5) Shape: Diamond</p> <p>Family Event: Holiday Celebration</p>	<p>Respect</p>	<ul style="list-style-type: none"> • December 5 – December 9 (Childhood Mental Health) • December 12 – December 16 (Managing Anger) • December 19 – December 23 (Healthy Recipe) • Closed December 26 – December 30
<p>January 2023</p>	<p>Theme: Healthy Hearts Number: Six (6) Shape: Heart</p> <p>Family Event: Visit to Farmer’s Market</p>	<p>Caring</p>	<ul style="list-style-type: none"> • Closed January 2 – January 6 • January 9 – January 13 (Stress) • January 16 – January 20 (Closed Monday) (Self-Esteem) • January 23 – January 27 (Communication) • January 30 – February 3 (Talking is Teaching)
<p>February 2023</p>	<p>Theme: Adventures with Animals Number: Eight (8) Shape: Rectangle</p> <p>Family Event: Petting Zoo</p>	<p>Fairness</p>	<ul style="list-style-type: none"> • February 6 – February 10 (Fun Literacy and Reading Activities) • February 13 – February 17 (Speech Therapy) • February 20 – February 24 (closed Monday) (Special Needs) • February 27 – March 3 (Healthy Recipe)
<p>March 2023</p>	<p>Theme: Little Explorers Number: Ten (10) Shape: Star</p> <p>Family Event: California Science Center</p>	<p>Respect</p>	<p>National Nutrition Month</p> <ul style="list-style-type: none"> • March 6 – March 10 (Breastfeeding) • March 13 – March 17 (Food for Your Baby’s First Year) • March 20 – March 24 (Nutrition) • March 27 – March 31 (May Plate Information)
<p>April 2023</p>	<p>Theme: Five Senses Number: Nine (9) Shape: Semicircle</p> <p>Family Event: Healthy Kids Day</p>	<p>Citizenship</p>	<p>National Child Abuse Prevention Month</p> <ul style="list-style-type: none"> • Closed April 3 – April 7 • April 10 – April 14 (Good Touch, Bad Touch) • April 17 – April 21 (Stranger Danger) • April 24 – April 28 (Positive Discipline)

<p>May 2023</p>	<p>Theme: Summertime Fun Number: Three (3) Shape: Triangle</p> <p>Family Event: All ELR Field Trip (TBA)</p>	<p>Trustworthine ss</p>	<p>National H2O Safety Month National Physical Fitness/Sports Month</p> <ul style="list-style-type: none"> • May 1 – May 5 (Safety) • May 8 – May 12 (Exercise) • May 15 – May 19 (Routines/Chore Chart) • May 22 – May 26 (Planning Summer Fun) • May 29 – June 2 (closed Monday) (Healthy Recipe)
<p>June 2023 Program ends Friday, June 9, 2023.</p>	<p>Theme: Graduation</p> <p>Family Event: ELR Graduation</p>	<p>All 6 Pillars</p>	<ul style="list-style-type: none"> • June 5 – June 9 <p>Coming soon:</p> <ul style="list-style-type: none"> • Summer 2023 Family Field Trip • 2023-24 Orientation/Meeting & Greet • Details for First Day of 2023