

## Getting Ready for Health Week

### Suggested Books:

The Going to Bed Book by Sandra Boynton  
Healthy Sleep Habits, Happy Child by Marc Weissbluth  
The No-Cry Sleep Solution: Gentle Ways by Elizabeth Pantley  
My Amazing Body: A First Look At Health by Pat Thomas  
My First Yoga: Animal Poses by Abbie Davies  
All About Scabs (My Body Science Series) by Amanda Mayer  
Pooh Plays Doctor (My First Winnie the Pooh) by Kathleen W. Zoehfeld  
Good Enough to Eat: A Kid's Guide by Lizzy Rockwell  
Oh the Things You Can Do that Are Good For You by Tish Rabe

### Vocabulary Words:

Health, Nutrition, rest, whole grains, yoga, exercise, cleanliness, vitamins, junk food, healthy food

### Calendar Time:

Decorate your calendar wall with this week's concepts. Put up a picture of something green, or just a green shape cut from construction paper. Cut out a large number 2, a circle, and a W. Also, write this week's vocabulary words in large print on 4x6 index cards. Go over these things when you do your calendar routine with your child every day. You can start to stretch your calendar time from fifteen minutes to half an hour, depending on your child's skill level.

### Songs and Fingerplays:

Are you sleeping, are you sleeping,  
Brother John? Brother John?  
Morning bells are ringing,  
Morning bells are ringing,  
Ding, ding, dong!  
Ding, ding, dong!

### Vegetables are Good for Me

(Tune: Twinkle, Twinkle)  
Carrots, peas, and broccoli,  
Vegetables are good for me.  
For my snack and in my lunch,  
Veggie sticks are great to munch.

Carrots, peas, and broccoli,  
Vegetables are good for me.

### Washing Hands

This little hand is a good little hand (wave)  
This little hand is its brother (wave other)  
Together they wash and wash and wash (pretend)  
One hand washes the other.

### Hokey Pokey

You put your right hand in, you take your right hand out, you put your right hand in and you shake it all about- you do the hokey pokey and you turn yourself around- that's what it's all about! Etc...

### Right Hand, Left Hand

This is my right hand (raise hand)  
I raise it up high (lift up over head)  
This is my left hand (raise hand)  
I touch the sky (lift up over head)  
Right hand, left hand (raise one then other)

Roll them round and round (Roll hands)  
Right hand, left hand (raise one then other)  
Let's all sit down (sit down)  
Five Little Fingers

### Materials to Gather:

#### Dramatic Play:

Toy dishes, toy foods. Doll beds, or child-size tent and bedroll. Put out a green table cloth, green doll blankets, or a small green rug for toy kitchen.

#### Blocks:

Add small green plants for the block creations, or John Deere toy tractors.

#### Music:

Relaxation CDs, baby bedtime music. I love "Sleep Sound In Jesus".  
"Being Green" on many Sesame Street records, or for free on youtube.com  
Baby Songs – ABC, 123, Colors and Shapes by Hap Palmer

**Projects:**

1. Set up a tent in the backyard (or living room, if weather doesn't permit). Let child play camp-out, with bedroll and dolls or teddybears for companions. Use small backpack, and any other props you can think of.
2. Watermelon Popsicles. Puree watermelon in your blender, and pour into popsicle molds. (ice cube trays can work in a pinch). Drop in small chunks of your favorite fruits – blueberries, strawberries, kiwi, etc, and freeze.
3. Make a doll bed. Can use an oatmeal box, cut a piece out of one side. Sew a pillow, or fold a washcloth inside for bedding. Good for small dolls (10") or bears. Otherwise, use a small cardboard box, add towels or baby blankets. Child can paint box, or glue scraps on it.
4. Healthy or Junk poster. Divide a large poster board in half. Label one side "healthy food" and the other "junk food". Let child cut out pictures of foods from a magazine (or you can have them pre-cut already, for younger children). Then discuss whether the food is healthy or junk, and paste it to the correct side. Hang poster in kitchen area.
5. Pudding Fingerpaint. Mix a batch of vanilla pudding, divide into smaller dishes. Add a few drops of food coloring. Spread a big sheet of butcher paper on the table and tape it down. Let child fingerpaint with the colored puddings. Talk about texture, touch, smell, color, and taste and he plays. Ask him to practice making circles.
6. Food Pyramid: Draw a triangle on a large sheet of paper or poster board. Divide the triangle like the food pyramid. You can find this pyramid on many brands of breakfast cereals, or on the web. On the bottom row of the triangle, child glues grains, nuts, seeds, oatmeal, rice, etc. The next layer is for fresh fruits and vegetables. Cut out pictures from your local grocery store's sales page, and paste. The next layer is for both meats and dairy. Cut out pictures from the newspaper again, and paste. The top is for sweets and fats. Glue a sugar cube, or a picture of butter here.
7. Fitness Trail: set out a variety of objects for your child to climb under, jump through, swing from, etc. You might start with sidewalk chalk and a bean bag, making a hop scotch game. Then set tires or make circles with rope on the ground to jump in. Climb up a ladder and slide down the slide. Swing on the swing. Do chin ups on a bar. Climb over or crawl under whatever is in your yard, and so forth. Throw bean bags into a hoop or bucket – discuss circle shapes you see.
8. Gorp: It stands for "good ol' raisins and peanuts". You can add whatever is available to the basic recipe. Start with some left-over Cheerios. Add raisins, peanuts, M&Ms, some pretzels, chopped dates, slivered almonds, sesame seeds, etc. Divide into small plastic zip bags, or in small jelly jars. Place in the car, or your purse, so you have a healthy alternative to drive-throughs when your child gets hungry. (What shape is a Cheerio?)
9. Small splash pool, and some toys. You can put measuring cups and spoons, empty dish soap squeeze bottles, funnels, some floating toys and some sinking toys in the pool. If you plan to empty it again, you could put some dish

soap in the pool and let child play with the bubbles.

10. Water color. Freezer paper can work as well as water color paper, and is easier to find. Let child paint what he desires, or ask him to make a circle shape. Can he make a circle with green? What about with purple?
11. Plant something, and water it. You can color a face on a Styrofoam cup, fill with dirt and scatter grass seed on top-lightly pressing seed into soil. Water. As grass grows, your child may give it a "hair cut" with scissors. Or, you can plant flowers in a window box or planter. Discuss how every living thing needs water. If you have the time, you can plant two identical plants (beans maybe) and water one but not the other. See what happens.
12. You can find detailed instructions on teaching your child how to wash his

hands at this earlier blog post:

<http://raisingcreativechildren.com/teach-child-wash-hands/> . You will use vegetable oil and cinnamon to represent dirt and germs. Rub into hands and try to rinse off with plain cold water. Doesn't work very well. Try again with soap and warm water – much better!

13. "Dirt" snack. Place softened chocolate ice cream in a small dish or paper cup. Top with crushed black cookies to resemble soil, and lay a few gummy worms on top. Enjoy!
14. Cut and Paste collage. Could have child cut out smiling, happy faces or people to paste, or just random objects, (like circles!) depending on child's skill level. For older preschoolers, make it a poster of the five health rules- cut out someone sleeping, someone eating good food, someone drinking water, someone taking a bath, and someone exercising.

**Health Week: Monday**

Everyone needs sleep

Date: \_\_\_\_\_

Also brought to you by: W, 2, green, circle

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity: Practice vocabulary words: introduce vocabulary words. Teach “Are you sleeping?”. Review your letter of the week, number, color, shape
7:45	Breakfast: Serve kiwi with your cereal.
8:00	Table Activities: Play Number Lotto, or any Listening Lotto.
8:15	Free Play: Set out props in dramatic play, blocks, music, and book areas.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Discuss the importance of rest with your child. Everybody needs sleep.
10:15	Outside time: Camp Out
11:15	Project: Make Watermelon Popsicles
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap: Lie down with your child. Play sleepy-time music.
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: Stuffed celery (fill with peanut or sun butter, and dot with raisins)
3:30	Outside time: If child enjoyed camping activity, continue.
4:30	Table Time: Watermelon worksheet to color, practice writing W
4:45	Project: make a doll bed or cradle. Add green blanket.
5:15	Clean up. Read a story, free play time
6:00	Dinner. (setting the table is a pre-math concept for your child, as he makes a one-to-one correspondence. One spoon for every plate, one fork by every napkin, etc.)
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Health: Tuesday**  
Eat healthy foods for a healthy body

Date: \_\_\_\_\_

Concepts: W, 2, Green, Circle

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary words, weather. Teach Vegetables are Good For Me
7:45	Breakfast: healthy whole grain muffin with jam
8:00	Table Activities: String beads. Discuss “two”. Can you string two red beads? Now two blue?
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Watermelon Popsicles
10:15	Outside time: put farm tractor and fake plants in the sand box for child to till and plant
11:15	Project: Healthy or Junk poster
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: Cheesy Fruit Kabobs. Cut cheese cubes and fruit chunks, string on a kabob stick
3:30	Outside time: ride tricycle.
4:30	Table Time: W beginning sounds worksheet 2
4:45	Project: Pudding Fingerpaint or Food Pyramid Poster.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Health Week: Wednesday**  
Exercise for a healthy body

Date: \_\_\_\_\_

Concepts: W, 2, green, circle

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary, weather, songs. Teach “Hokey Pokey”. Discuss Exercise
7:45	Breakfast: breakfast cookies
8:00	Table Activities: Play Memory Game. Discuss finding a “pair” – which means “two”
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Fitness Bar
10:15	Outside time. Visit a Fitness Trail, or make one in your yard.
11:15	Project: Make Gorp.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: Gorp and a glass of juice
3:30	Outside time: play with a ball
4:30	Table Time: W worksheet #3
4:45	Project: Do Yoga together.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Health Week : Thursday**  
 Drink plenty of water every day

Date: \_\_\_\_\_

Concepts: W, 2, Green, Circle

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary, weather, sing. Teach: Left Hand, Right Hand poem. If you put a sticker or smiley face in child's right hand, it will help him do the song.
7:45	Breakfast: Oatmeal with raisins. Discuss how important water is to our health.
8:00	Table Activities: Puzzles. Can you do two puzzles? Can you put in two pieces, then I'll do two?
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Serve a glass of water with some fruit
10:15	Outside time: play with water. If warm enough, put some water in splash pool and supervise!
11:15	Project: Water color.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: Mix up some frozen juice with water, serve with crackers.
3:30	Outside time: Dig trenches in the sand box, fill with water. Use a hose or pour from a pitcher.
4:30	Table Time: Do worksheet #4
4:45	Project: Plant some seeds and water them. Discuss how every living thing needs water.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Health Week: Friday**

We wash our selves every day

Date: \_\_\_\_\_

Concepts: W, 2, Green, Circle

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary, concepts, teach “Hand Washing” poem.
7:45	Breakfast: Fruit salad, and a hard-boiled egg.
8:00	Table Activities: Lacing Cards
8:15	Free Play.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: raw veggies and dip. Child could help wash the veggies before you slice them.
10:15	Outside time. Bounce (small trampoline, or hopper ball)
11:15	Project: Teach how to wash hands. Child can sing “ABC song” while washing.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: eat “Dirt”
3:30	Outside time: Dig in the dirt. Look for worms. Look at objects with magnifying glass.
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Project: Cut out pictures and paste in a collage
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.



Web addresses change almost as fast as the weather! These links were all good as of May 16<sup>th</sup>, 2010. I've posted them all on my blog page, so my link-checker will alert me to any broken links. If these addresses don't work for you, then check back at: <http://raisingcreativechildren.com/health-week/> for the new address.

<http://www.sproutonline.com/sprout/print/printasset.aspx?id=597089a8-47b9-4e24-8936-997a0181801e>

Print off watermelon worksheet 1, depending on your child's skill level.

[http://www.first-school.ws/t/alpha\\_tracers\\_zb1/w2.htm](http://www.first-school.ws/t/alpha_tracers_zb1/w2.htm) print off "W is for Water" handwriting worksheet 2

<http://www.kidzone.ws/imageschanged/kindergarten/w-as-begins1.gif> print "What Begins with W" worksheet 3

<http://www.kidzone.ws/imageschanged/kindergarten/w-as-begins2.gif> W beginning word sounds worksheet 4

[http://www.kidzone.ws/prek\\_wrksht/learning-letters/w.gif](http://www.kidzone.ws/prek_wrksht/learning-letters/w.gif) W beginning sounds worksheet 5

[http://astore.amazon.com/raisicreatchi-20?\\_encoding=UTF8&node=37](http://astore.amazon.com/raisicreatchi-20?_encoding=UTF8&node=37) All of the recommended books for this lesson can be found here, if not available at your local library.

Yoga for Kids <http://astore.amazon.com/raisicreatchi-20/detail/B0001DCXTM>

My First Lotto game <http://astore.amazon.com/raisicreatchi-20/detail/B000F8V7NG>

Trampoline <http://astore.amazon.com/raisicreatchi-20/detail/B0015INF3K>

Hopper Ball <http://astore.amazon.com/raisicreatchi-20/detail/B001FXM0F4>