

# HEALTHY ME!



This week, we're learning all about what keeps us healthy including healthy foods, healthy habits and exercising. The learners will play Simon Says, make their own musical dumbbells and have a dance party every day. We hope you are ready, because it's time to get HEALTHY!

Letter of the week: Kk

Number of the week: 5

Colour of the week: pink

Shape of the week: rectangle

Prepare for this week by printing:

Healthy Me worksheets (1 per learner)

Healthy Food Picture Set (1 per class)

Happy Kids Number Set (2 per class)

Shape Picture Set (1 per class)

Healthy Habits Picture Set (1 per class)

Keeping Safe Picture Set (1 per class)

Letter Kk Word Set (1 per class)

Healthy Habit Sequencing Cards (1 per class)

Material List:

- |   |                             |
|---|-----------------------------|
| - Buttons                                   | - Dried beans               |
| - Plastic containers with a slit in the lid | - Paper plates              |
| - Pom-Poms                                  | - Grocery flyers            |
| - Jars                                      | - Magnifying glass          |
| - Toilet paper rolls                        | - Mr. Potato Head Toy       |
| - Elastic bands                             | - Colourful/patterned socks |

# HEALTHY ME!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Letters:</b> Letter Kk Tape Painting	<b>Letters:</b> Letter Kk Colouring	<b>Letters:</b> Things that Start with Letter Kk	<b>Letters:</b> Letter Kk Rainbow Write	<b>Letters:</b> Sorting Things that Start with Kk
<b>Numbers:</b> Five Exercises	<b>Numbers:</b> Happy Kids Number Order	<b>Numbers:</b> Five Exercises	<b>Numbers:</b> Happy Kids Number Order	<b>Numbers:</b> Five Exercises
<b>Colours:</b> Searching for the Colour Pink	<b>Colours:</b> Colouring Different Shades of Pink	<b>Colours:</b> Searching for the Colour Pink	<b>Colours:</b> A Bag Full of Pink	<b>Colours:</b> Colouring Pink Things
<b>Shapes:</b> Rectangles Have 4 Sides	<b>Shapes:</b> I Found a Rectangle	<b>Shapes:</b> Rectangle Tracing	<b>Shapes:</b> I Found a Rectangle	<b>Shapes:</b> Rectangle Do-A-Dot
<b>Language:</b> Foods that are Healthy for Me!	<b>Language:</b> Habits that are Healthy for Me!	<b>Language:</b> Keeping Myself Safe!	<b>Language:</b> I Know What's Healthy for Me	<b>Language:</b> Keeping Myself Safe!
<b>Exploration:</b> Musical Dumbbells	<b>Exploration:</b> Musical Dumbbells	<b>Exploration:</b> Musical Dumbbells	<b>Exploration:</b> Musical Dumbbells	<b>Exploration:</b> Musical Dumbbells
<b>Peer Interaction:</b> Simon Says Exercises	<b>Peer Interaction:</b> Simon Says Exercises	<b>Peer Interaction:</b> Simon Says Exercises	<b>Peer Interaction:</b> Simon Says Exercises	<b>Peer Interaction:</b> Simon Says Exercises
<b>Fine Motor:</b> Healthy Foods on My Plate!	<b>Fine Motor:</b> Things I Need to Stay Healthy	<b>Fine Motor:</b> Pom-Poms in a Jar	<b>Fine Motor:</b> Healthy Me Drawing	<b>Fine Motor:</b> Buttons in a Jar
<b>Gross Motor:</b> Let's Have a Dance Party!	<b>Gross Motor:</b> Let's Have a Dance Party!	<b>Gross Motor:</b> Let's Have a Dance Party!	<b>Gross Motor:</b> Let's Have a Dance Party!	<b>Gross Motor:</b> Let's Have a Dance Party!

# HEALTHY ME! – MONDAY

## LETTER ACTIVITY: Letter Kk Tape Craft

Let's start the week off with a cool letter of the week craft!

Preparation: Tape pieces of masking tape across a piece of paper to form a "K"

Materials: Construction paper, masking tape, paint, paintbrush

Steps: The learners will paint the paper using different coloured paints. Once the paint has dried, the learner will peel the tape off the paper to reveal the "K".

Instructions: "Dip the paintbrush in the paint", "Paint the paper", "Peel off the tape"

## NUMBER ACTIVITY: Five Exercises!

This activity will get the learners moving!

Preparation: None.

Materials: None.

Steps: The learners will follow instructions to complete a variety of exercises (i.e., jumping jacks, toe touches, calf raises, spinal twists etc.). The learners will repeat each exercise 5 times in a row before moving to the next exercise.

Instructions: "Do 5 jumping jacks", "Touch your toes 5 times", "Up on your toes, 5 times!", "Twist your back 5 times"

## COLOUR ACTIVITY: Searching for the Colour Pink!

In this activity, the learners will take turns finding pink items and objects in their learning environment. To make this activity more enjoyable, have the learner use a magnifying glass to help him/her spot the pink items.

Preparation: Ensure that there are multiple pink items visible to the learners in the learning environment.

Materials: Magnifying glass, pink items in the learning environment

Steps: The learners will look for pink items within the learning environment.

Instructions: "Can you find something pink?", "Use the magnifying glass to find something pink.", "Do you see anything pink?"

### SHAPE ACTIVITY: Rectangles Have 4 Sides

In this activity, learners will create a rectangle by using strips of construction paper.

- Preparation: Cut strips out of 4 different colours of paper (the same lengths as the sides of the rectangle shown on the worksheet, 1 of each colour per learner)
- Materials: "Rectangles have 4 Sides" worksheet, strips of paper, glue, colouring tools (i.e. crayons, markers)
- Steps: First, the learners will trace the rectangle, then glue a strip of construction paper along each of the lines. As a group, count the sides of the rectangle.
- Instructions: "Trace along the dotted lines", "Pick up strip of paper", "Glue the strip of paper on the line"

### LANGUAGE ACTIVITY: Foods That Are Healthy For Me!

Let's learn about which foods are healthy for our learners.

- Preparation: Draw a happy face at the top of a green piece of paper and a sad face at the top of a red piece of paper. Then, if you haven't already, print and cut out two copies of the Healthy Food Picture Set. If possible, laminate the pictures for use again this week and in the future.
- Materials: Healthy Food Picture Set, red and green paper
- Steps: While the learners are sitting in a circle on the floor, place the green/happy face page and the red/sad face page beside each other on the floor. One at a time, hold up the Healthy Food Picture cards. Label each item and explain whether or not the food is healthy or not then place it on either the red or green page. (You may choose to use the language "healthy all the time" and "only healthy sometimes"). Next, the learners will take turns picking a card, then receptively/expressively identifying the food then sorting it onto the correct page.
- Instructions: "Let's talk about healthy foods", "This is an apple. Apples are healthy!", "This is a cake. Cakes are only healthy to eat sometimes", "Pick a card", "What is it?", "Is \_\_\_\_ a healthy food?"

### EXPLORATION ACTIVITY: Musical Dumbbells

Today, the learner create their own dumbbells!

- Preparation: Cut squares of construction paper (2 per Learner)
- Materials: Toilet paper rolls, construction paper, elastic bands, dried beans
- Steps: The learners will cover one end of a toilet paper roll with construction paper (securing it with an elastic band), fill it with dried beans, and cover the other end the same way. Once the dumbbells are complete, set them aside so they can dry. Later in the week, the learners will practice lifting their weights.
- Instructions: "Put the paper over the tube", "Put on the rubber band", "Fill it with beans", "Put on another piece of paper", "Use another rubber band"

### PEER INTERACTION ACTION: Simon Says Exercises

A classic game of Simon Says!

- Preparation: None.
- Materials: None.
- Steps: The Learners take turns giving instructions to their peers (i.e. being Simon) during this game of Simon Says. Continue the game until each learner has at least one turn as Simon.
- Instructions: "Follow along with Simon", "Do the same", "Pick a movement", "It is your turn"

### FINE MOTOR ACTIVITY: Healthy Food on My Plate!

The learners will fill their plates with pictures of healthy foods.

- Preparation: Write "Healthy Foods!" in the middle of a paper plate (1 per learner)
- Materials: Paper plates, grocery flyers, scissors, glue
- Steps: The learners will find pictures of healthy foods in grocery flyers, cut them out then glue them onto the paper plate.
- Instructions: "Let's fill the plate with healthy foods!", "Can you find an apple?", "What is this?", "Is a \_\_\_\_ healthy?", "Cut it out", "Glue it on the page"

### **GROSS MOTOR ACTIVITY: Let's Have a Dance Party!**

Get the music started - it's time to have a dance party!

Preparation:       None

Materials:         Music player

Steps:             The learners will have fun dancing to music, freezing when the music stops and dancing when the music starts again.

Instructions:       "Listen to the music", "Stop when the music does", "Dance"

# HEALTHY ME! – TUESDAY

## LETTER ACTIVITY: Letter Kk Colouring

This simple colouring worksheet will introduce the learners to the letter of the week – K!

Preparation: None.

Materials: “Letter Kk Colouring” worksheet, colouring tools (i.e., crayons, markers).

Steps: The learners will have fun colouring K’s that are different sizes and shapes.

Instructions: “Touch the letter K”, “What letter is this?”, “Colour the worksheet”, “Colour the K”

## NUMBER ACTIVITY: Happy Kids Number Order

The learners will work together to arrange numbered pictures in to order from lowest to highest.

Preparation: If you haven’t already, print and cut out two sets of the Happy Kids Number Set. If possible, laminate the pictures for use again later in the week and in the future.

Materials: Happy Kids Number Set (cards 1-5)

Steps: Lay one set of the numbered cards in correct order on the floor in front of the learners. The learners will work together to put the second set of numbered cards in order by matching the numbers to the model on the floor. Once the learners have finished, read the numbers aloud (“1, 2, 3....5”)

Instructions: “Put the cards in order”, “Start at 1”

## COLOUR ACTIVITY: Colouring Different Shades of Pink

The learners will explore different shades of pink in this coloring activity.

Preparation: Write “Different Shades of Pink” on a piece of paper (1 per learner)

Materials: “Different Shades of Pink” page, pink coloring tools (i.e. crayons, markers)

Steps: Give the learners a variety of pink coloring tools (i.e. crayons, pencil crayons and markers that are all different shades). The learners will test out all the different shades of pink and fill their page with pink!

Instructions: “Pick a green crayon”, “Find a dark pink”, “Try a light pink”

### SHAPE ACTIVITY: I Found a Rectangle!

In this activity, the learners will play a shapes card game that requires them to find the shape of the week!

**Preparation:** If you haven't already, print and cut out the Shape Picture Set. If possible, laminate the pictures for use again this week and in the future.

**Materials:** Shape Picture Set

**Steps:** The learners will take turns picking a card from the stack. If the picture they choose is a rectangle they get to keep it. If it's not a rectangle, they put it back in the stack.

**Instructions:** "Pick a shape card", "What shape is this?"

### LANGUAGE ACTIVITY: Habits That Are Healthy For Me!

During this language activity, we will learn about healthy habits.

**Preparation:** If you haven't already, print and cut out the Healthy Habits Picture Set. If possible, laminate the pictures for use again later in the week and in the future.

**Materials:** Healthy Habits Picture Set

**Steps:** With the learners are sitting in a circle on the floor, hold up the Healthy Habits Picture cards, one at a time. Label each habit and explain why the habit is healthy. (You may choose to use the language "healthy all the time" and "only healthy sometimes"). Next, have the learners receptively or expressively identify the habits. For receptive identification, place 3 cards in front of the first learner then instruct the learner to touch the habit (i.e. "Touch exercising"). For expressively identification, instruct the learner to label the habit (i.e. "What is the girl doing?"). The activity will continue until each learner has had at least 2 turns.

**Instructions:** "Let's talk about healthy habits", "These kids are exercising. Exercising are healthy!", "Touch washing hands", "What is the girl doing?"

### EXPLORATION ACTIVITY: Musical Dumbbells

Now that the learners have their own dumbbells, it's time to put them to good use!

**Preparation:** None.

**Materials:** Dumbbells

**Steps:** The learners will follow instructions to shake their musical dumbbells in different ways.

**Instructions:** "Shake your dumbbell up HIGH", "Shake your dumbbell LOW", "Shake your dumbbell FAST", "Shake your dumbbell SLOW"



### **PEER INTERACTION ACTION: Simon Says Exercises**

A classic game of Simon Says!

Preparation: None.

Materials: None.

Steps: The learners take turns giving instructions to their peers (i.e. being Simon) during this game of Simon Says. Continue the game until each learner has at least one turn as Simon.

Instructions: "Follow along with Simon", "Do the same", "Pick a movement", "It is your turn"

### **FINE MOTOR ACTIVITY: Things I Need to Stay Healthy**

In this activity, the learners will identify the items needed to engage in healthy habits.

Preparation: None.

Materials: "Things I Need to Stay Healthy" worksheet, scissors, glue

Steps: The learners will match the items needed with the healthy habits by gluing them into the correct boxes on the worksheet.

Instructions: "What do you need to brush your teeth?", "Do you see a toothbrush?", "Glue it onto the box"

### **GROSS MOTOR ACTIVITY: Let's Have a Dance Party!**

Get the music started - it's time to have a dance party!

Preparation: None

Materials: Music player

Steps: The learners will have fun dancing to music, freezing when the music stops and dancing when the music starts again.

Instructions: "Listen to the music", "Stop when the music does", "Dance"

# HEALTHY ME! - WEDNESDAY

## LETTER ACTIVITY: Things that Start with Letter Kk

In this activity, the learners will practice identifying words that start with the letter Kk.

Preparation: None.

Materials: "Things that Start with Letter Kk" worksheet, colouring tools (i.e. crayons, markers)

Steps: The learners will complete the worksheet by tracing the initial letters of each word then colouring the pictures of things that start with the letter k.

Instructions: "Trace the first letter", "What letter is it?", "It starts with the letter K – colour the picture"

## NUMBER ACTIVITY: Five Exercises!

This activity will get the Learners moving!

Preparation: None.

Materials: None.

Steps: The learner will follow instructions to complete a variety of exercises (i.e., jumping jacks, toe touches, calf raises, spinal twists etc.). The learners will repeat each exercise 5 times in a row before moving to the next exercise.

Instructions: "Do 5 jumping jacks", "Touch your toes 5 times", "Up on your toes, 5 times!", "Twist your back 5 times"

## COLOUR ACTIVITY: Searching for the Colour Pink!

In this activity, the learners will take turns finding pink items and objects in their learning environment. To make this activity more enjoyable, have the learner use a magnifying glass to help him/her spot the pink items.

Preparation: Ensure that there are multiple pink items visible to the learners in the learning environment.

Materials: Magnifying glass, pink items in the learning environment

Steps: The learners will look for pink items within the learning environment.

Instructions: "Can you find something pink?", "Use the magnifying glass to find something pink.", "Do you see anything pink?"

### SHAPE ACTIVITY: Rectangle Tracing

This tracing activity will familiarize the learners with the shape of the week!

- Preparation: None.
- Materials: "Rectangle Tracing" worksheet, writing utensil (i.e., crayon, pencil, pencil crayon)
- Steps: Have the learners complete the worksheet by tracing each of the rectangles and then colour the rest of the worksheet.
- Instructions: "Touch the rectangle", "What shape is this?", "Trace the rectangle", "Trace along the lines"

### LANGUAGE ACTIVITY: Keeping Myself Safe

Let's learn about how to stay safe.

- Preparation: If you haven't already, print and cut out the Keeping Safe Picture Set. If possible, laminate the pictures for use again later in the week and in the future.
- Materials: Keeping Safe Picture Set
- Steps: With the learners are sitting in a circle on the floor, hold up the Keeping Safe Picture cards, one at a time. Explain the safety rule/item. Next, using the pictures as prompts, have the learners receptively or expressively identify the safety rule (i.e. what do you do if you see fire? What do you need to wear while you are biking?, What should you do with sharp things?")
- Instructions: "Let's talk about keeping safe", "This boy wearing a helmet while he's riding his bike. This will keep him safe", "What do you need when riding a bike?"

### EXPLORATION ACTIVITY: Musical Dumbbells

Now that the learners have their own dumbbells, it's time to put them to good use!

- Preparation: None.
- Materials: Dumbbells
- Steps: The learners will follow instructions to shake their musical dumbbells in different ways.
- Instructions: "Shake your dumbbell up HIGH", "Shake your dumbbell LOW", "Shake your dumbbell FAST", "Shake your dumbbell SLOW"

### PEER INTERACTION ACTION: Simon Says Exercises

A classic game of Simon Says!

Preparation: None.

Materials: None.

Steps: The learners take turns giving instructions to their peers (i.e. being Simon) during this game of Simon Says. Continue the game until each learner has at least one turn as Simon.

Instructions: "Follow along with Simon", "Do the same", "Pick a movement", "It is your turn"

### FINE MOTOR ACTIVITY: Pom-Poms in a Jar

This is a great activity for our learners to practice putting on/taking off lids and using a pincer grip!

Preparation: Put pom-poms into a jar with a twist-off lid (1 container for every 2 students)

Materials: Pom-poms, jars with twist-off lids

Steps: The learners will start by taking off the lid and pouring out the pom-poms. Next, they will put each pom-pom into the jar, one at a time, using a pincer grip. Finally, they will put the lid back on the jar and pass the jar to a peer.

Instructions: "Take off the lid", "Pour the pom-poms out", "Pick up pom-pom", "Use your finger and thumb", "Pinch it", "Put it in the jar", "Put the lid back on", "Give the jar to your friend"

### GROSS MOTOR ACTIVITY: Let's Have a Dance Party!

Get the music started - it's time to have a dance party!

Preparation: None.

Materials: Music player

Steps: The learners will have fun dancing to music, freezing when the music stops and dancing when the music starts again.

Instructions: "Listen to the music", "Stop when the music does", "Dance"

# HEALTHY ME! - THURSDAY

## LETTER ACTIVITY: Letter Kk Rainbow Write

In this activity, the learners will draw a beautifully coloured uppercase K then practice tracing lowercase k's with different colours.

Preparation: None.

Materials: "Letter Kk Rainbow Write" worksheet, blue, green, yellow, orange, red, and purple colouring tools (i.e., crayons, markers)

Steps: The learners will trace the uppercase K with a variety of different coloured crayons/markers to create a rainbow. Next, the learners will trace 6 lowercase k's (each with a different colour of the rainbow).

Instructions: "Trace the uppercase K", "Trace is again with another colour", "Use every colour of the rainbow", "Now trace the lowercase k", "Trace the next one with another colour"

## NUMBER ACTIVITY: Happy Kids Number Order

The learners will work together to arrange numbered pictures in to order from lowest to highest.

Preparation: None.

Materials: Happy Kids Number Set (cards 1-5)

Steps: Lay one set of the numbered cards in correct order on the floor in front of the learners. The learners will work together to put the second set of numbered cards in order by matching the numbers to the model on the floor. Once the learners have finished, read the numbers aloud ("1, 2, 3....5")

Instructions: "Put the cards in order", "Start at 1"



### COLOUR ACTIVITY: A Bag Full of Pink

This group activity is a great opportunity for learners to explore the colour of the week – pink!

- Preparation: Put multiple pink items into an opaque bag (at least 1 item per learner)
- Materials: “Pink Bag”
- Steps: The learners will sit in a circle on the floor and take turns pulling items out of the bag. Encourage the learners to identify the items receptively or expressively (depending on their skill level)
- Instructions: “Put your hand in the bag”, “Pull something out”, “Pick something”, “Touch the \_\_\_\_”, “What is this?”

### SHAPE ACTIVITY: I Found a Rectangle!

In this activity, the learners will play a shapes card game that requires them to find the shape of the week!

- Preparation: None.
- Materials: Shape Picture Set
- Steps: The learners will take turns picking a card from the stack. If the picture they choose is a rectangle they get to keep it. If it’s not a rectangle, they put it back in the stack.
- Instructions: “Pick a shape card”, “What shape is this?”

### LANGUAGE ACTIVITY: I Know What’s Healthy for Me!

An apple? Broccoli? A glass of water? What else is healthy for our learners? Let’s find out!

- Preparation: None.
- Materials: “I Know What’s Healthy for Me!” Worksheet, colouring tools (i.e., crayons, markers)
- Steps: The learners will work to complete a health themed worksheet by colouring items that are healthy and crossing out things that are unhealthy.
- Instructions: “Finish the worksheet”, “Colour the \_\_\_\_”, “Cross out the \_\_\_\_”

### EXPLORATION ACTIVITY: Musical Dumbbells

Now that the learners have their own dumbbells, it's time to put them to good use!

Preparation:	None.
Materials:	Dumbbells
Steps:	The learners will follow instructions to shake their musical dumbbells in different ways.
Instructions:	"Shake your dumbbell up HIGH", "Shake your dumbbell LOW", "Shake your dumbbell FAST", "Shake your dumbbell SLOW"

### PEER INTERACTION ACTION: Simon Says Exercises

A classic game of Simon Says!

Preparation:	None.
Materials:	None.
Steps:	The learners take turns giving instructions to their peers (i.e. being Simon) during this game of Simon Says. Continue the game until each learner has at least one turn as Simon.
Instructions:	"Follow along with Simon", "Do the same", "Pick a movement", "It is your turn"

### FINE MOTOR ACTIVITY: Healthy Me Drawing

For this fine motor activity, the learners will draw a picture of themselves eating healthy a food and doing a healthy habit.

Preparation:	Fold a piece of paper in half (short side to short side), then open the page and draw a line along the fold. Next write "Eating Healthy Food" at the top of the left side of the page and "Doing Healthy Things" at the top of the right side of the page. (1 per learner)
Materials:	Healthy Me Drawing page, colouring tools (i.e. crayons, markers)
Steps:	The learners draw then colour a picture of themselves eating something healthy on the left side of the page and a picture of themselves doing something healthy on the right side of the page. If needed, prompt the learners using the picture card sets from the other activities.
Instructions:	"Draw a picture of yourself eating something healthy", "Draw a picture of yourself doing something healthy"

### GROSS MOTOR ACTIVITY: Let's Have a Dance Party!

Get the music started - it's time to have a dance party!

Preparation: None

Materials: Music player

Steps: The learners will have fun dancing to music, freezing when the music stops and dancing when the music starts again.

Instructions: "Listen to the music", "Stop when the music does", "Dance"





# HEALTHY ME! – FRIDAY

## LETTER ACTIVITY: Sorting Things that Start with Letter Kk

The learners will work together to sort pictures of items that start with the letter k.

**Preparation:** Print the letter K at the top of a piece of paper. If you haven't already, print and cut out the Letter Kk Word Set. If possible, laminate the pictures for use again in the future.

**Materials:** Letter Kk Word Set, Letter K paper, blank piece of paper

**Steps:** Place the letter K paper and a blank piece of paper on the floor in front of the learners. The first learner will pick a card from the word set then place it on the correct sheet depending on its' initial letter.

**Instructions:** "What is it?", "What's the first letter?", "It starts with K! Put it in this pile"

## NUMBER ACTIVITY: Five Exercises!

This activity will get the learners moving!

**Preparation:** None

**Materials:** None

**Steps:** The learners will follow instructions to complete a variety of exercises (i.e., jumping jacks, toe touches, calf raises, spinal twists etc.). The learners will repeat each exercise 5 times in a row before moving to the next exercise.

**Instructions:** "Do 5 jumping jacks", "Touch your toes 5 times", "Up on your toes, 5 times!", "Twist your back 5 times"

## COLOUR ACTIVITY: Colouring Pink Things

In this activity, the learners will colour a themed worksheet.

**Preparation:** None.

**Materials:** "Colouring Pink Things" worksheet, pink colouring tools (i.e., crayons, markers)

**Steps:** The learners will work complete the worksheet by colouring the items pink. While the learners are colouring, talk to them about the items shown on the worksheet.

**Instructions:** "Which ones are pink?", "What is this?", "What colour should this one be?", "Colour the things that should be pink"

### SHAPE ACTIVITY: Rectangle Do-A-Dot

During this activity, the learners will do-a-dot a rectangle!

Preparation: None.

Materials: "Rectangle Do-A-Dot" worksheet, bingo dabber

Steps: The learners will use a bingo dabber to dot each circle on the worksheet to form a rectangle.

Instructions: "Pick up the bingo dotter", "What shape is this?", "Put a dot here"

### LANGUAGE ACTIVITY: Keeping Myself Safe

Let's learn about how to stay safe.

Preparation: None.

Materials: Keeping Safe Picture Set

Steps: With the learners are sitting in a circle on the floor, hold up the Keeping Safe Picture cards, one at a time. Explain the safety rule/item. Next, using the pictures as prompts, have the learners receptively or expressively identify the safety rule (i.e. what do you do if you see fire? What do you need to wear while you are biking?, What should you do with sharp things?"

Instructions: "Let's talk about keeping safe", "This boy wearing a helmet while he's riding his bike. This will keep him safe", "What do you need when riding a bike?"

### EXPLORATION ACTIVITY: Musical Dumbbells

Now that the learners have their own dumbbells, it's time to put them to good use!

Preparation: None.

Materials: Dumbbells

Steps: The learners will follow instructions to shake their musical dumbbells in different ways.

Instructions: "Shake your dumbbell up HIGH", "Shake your dumbbell LOW", "Shake your dumbbell FAST", "Shake your dumbbell SLOW"

### PEER INTERACTION ACTION: Simon Says Exercises

A classic game of Simon Says!

Preparation: None.

Materials: None.

Steps: The learners take turns giving instructions to their peers (i.e. being Simon) during this game of Simon Says. Continue the game until each learner has at least one turn as Simon.

Instructions: "Follow along with Simon", "Do the same", "Pick a movement", "It is your turn"

### FINE MOTOR ACTIVITY: Buttons in a Jar

Another great activity for our learners to practice putting on/taking off lids and using a pincer grip!

Preparation: Cut a wide slit in the lid of a plastic container, put a handful of buttons in the container then put the lid back on (1 container for every 2 students)

Materials: Buttons, plastic containers with slit cut in lids

Steps: The learners will start by taking off the lid, pouring out the buttons, then putting the lid back on. Next, they will put each button into a slit in the lid of a container, one at a time, using a pincer grip. Finally, they will pass the container to a peer.

Instructions: "Take off the lid", "Pour the buttons out", "Put the lid back on", "Pick up a button", "Use your finger and thumb", "Pinch it", "Put it in the container", "Give the jar to your friend"

### GROSS MOTOR ACTIVITY: Let's Have a Dance Party!

Get the music started - it's time to have a dance party!

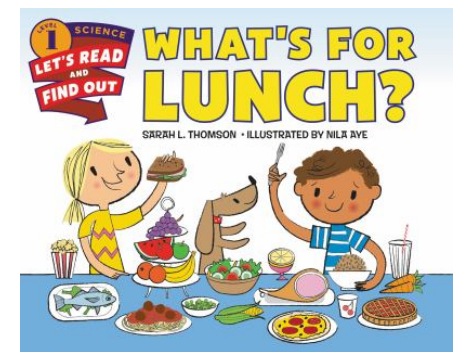
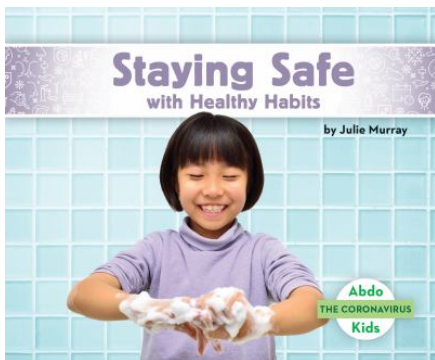
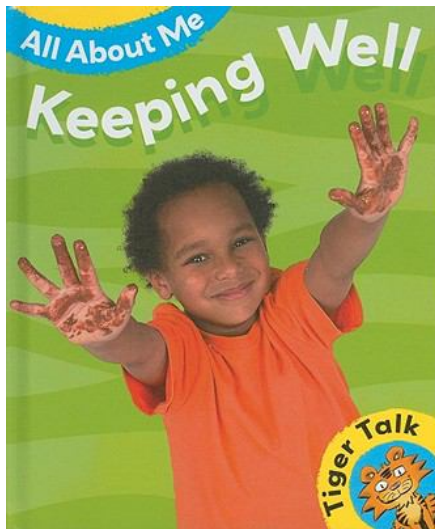
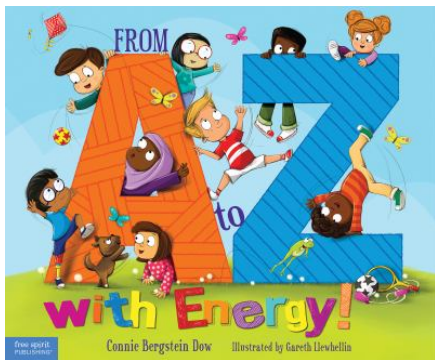
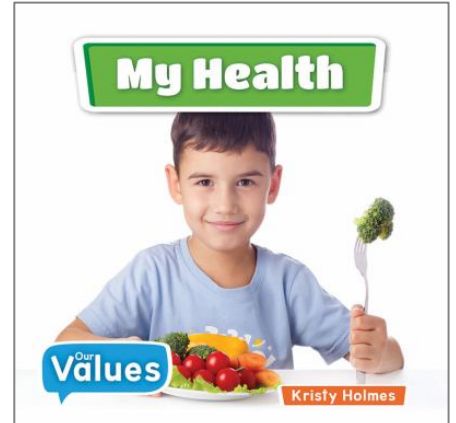
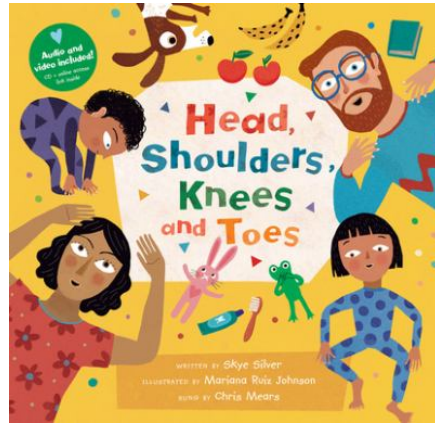
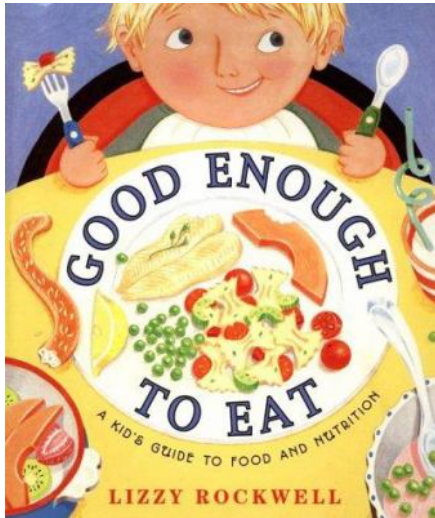
Preparation: None

Materials: Music player

Steps: The learners will have fun dancing to music, freezing when the music stops and dancing when the music starts again.

Instructions: "Listen to the music", "Stop when the music does", "Dance"

# FIT AND FUN - CIRCLE TIME BOOKS + SONGS



Good Enough to Eat by Lizzy Rockwell

Keeping Well by Tiger Talk

From A to Z with Energy by Connie Bergstein Dow

My Health by Kristy Holmes

Staying Safe with Healthy Habits by Julie Murray

Car Safety by Lisa M. Herrington

Head, Shoulders, Knees and Toes by Skye Silver

What's for Lunch? By Sarah Thomson

# Healthy Choices

(to the tune of Frere Jacques)

Where's my fruit? Where's my fruit?

Here it is! Here it is!

I make healthy choices. I make healthy choices.

Every day! Every day!

Additional verses:

Where's my veggies?

Where's my soap?

Where's my helmet?

Where's my toothbrush?

# Wash your Hands

(to the tune of Row, Row, Row your Boat)

Wash, wash, wash your hands

It's time to wash your hands!

Soap and water rub and scrub

the GERMS go down the drain! Hey!

Wash, wash, wash your hands

It's time to wash your hands!

Soap and water rub and scrub

the DIRT go down the drain! Hey!

# **Wash your Hands**

(to the tune of Jingle Bells)

Brush your teeth, brush your teeth,

Give your teeth a treat.

Brush up and down and all around,

to keep them clean and neat!

Brush them once, brush them twice,

brush three times a day.

Brush up and down and all around,

keep cavities away!

# FIT AND FUN - CIRCLE TIME ACTIVITIES

## CIRCLE TIME ACTIVITY: Healthy Habit Sequencing

Can the learners put the steps of these healthy habits in order? Let's find out!

**Preparation:** If you haven't already, print and cut out the Healthy Habit Sequencing Cards. If possible, laminate the pictures for use again this week and in the future.

**Materials:** Healthy Habit Sequencing Cards.

**Steps:** The learners will work together to put the pictures of each healthy habit in the correct order. If it suits your group of learners, divide them into smaller groups. Once the pictures are in order, have the learners take turns receptively/expressively identify the steps or describe the entire sequence.

**Instructions:** "This boy is brushing his teeth", "Put the pictures in order", "What step comes first?", "What comes next?", "Tell me what he is doing"

## CIRCLE TIME ACTIVITY: Working Together to Build a Person

The learners will work together to build Mr. Potato Head.

**Preparation:** None.

**Materials:** Mr. Potato Head

**Steps:** Give each learner a different body part from Mr. Potato Head, then give the first learner the body. The learner will put his/her piece in then pass it to the next learner. This activity will continue until all of the learners have put their piece in. If time allows, take the pieces out and do it again!

**Instructions:** "Your turn", "What piece do you have?", "Put in the \_\_\_\_", "Pass Mr. Potato Head to \_\_\_\_"

### **CIRCLE TIME ACTIVITY: Matching Socks**

During this activity, the learners will work together to match the mis-matched socks!

Preparation:       None.

Materials:       Colourful/patterned pairs of socks; enough for each learner to have one sock. (Note: if you have an odd number of learners, an educator will hold a sock).

Steps:       Give each learner a sock. Start by asking the first learner to hold up their sock. Describe the sock (i.e. the colour/pattern) then ask who has the matching sock. The learner with the matching sock will stand up, walk over to the first learner and give him/her the sock. If you have time, repeat the activity by giving the learners different socks.

Instructions:       “Hold up your sock”, “What colour is your sock?”, “Who has the matching sock?”