

WHAT TO DO

- October is Child Health Month and Family Health Month.
1. Talk to the children about germs and how they make people sick. Ask if they have ever been to a doctor's office or hospital. Talk about the things they do when they are sick (go to the doctor, stay in bed, eat chicken soup, and so on).
 2. Put the materials into the dramatic play center and invite the children to pretend they are doctors, nurses, other medical experts, and patients.

MORE TO DO

Set up an area to make get well cards using paper, markers, glue, and stickers.

★ *Kristi Larson, Spirit Lake, IA*

GERMS AND OUR BODIES

GROUP TIME

MATERIALS

spray bottle filled with water on mist setting

WHAT TO DO

- October is Child Health Month and Family Health Month.
1. At group or circle time, talk about how germs are spread.
 2. Pretend to cough or sneeze and spray mist in that direction.
 3. As the children feel the mist fall on them, explain that this is also how germs work.
 4. Spray some of the water into your hand to demonstrate how coughing or sneezing into one's hand spreads germs.

★ *Kristi Larson, Spirit Lake, IA*

Spray Out the Fire Pictures

ART

MATERIALS paper
 red, yellow, and orange washable markers
 spray bottles filled with water

WHAT TO DO

- Fire Safety Week is the week in which October 9th occurs.
- 1. Encourage the children to color with the red, yellow, and orange markers, to represent fire.
- 2. Invite the children to spray their drawings with the water to practice “putting out the flames.”

★ *Kristi Larson, Spirit Lake, IA*

Fire Extinguisher Demonstration

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 ProFilePlanner.com

MATERIALS none

WHAT TO DO

- Fire Safety Week is the week in which October 9th occurs.

Visit a fire department or invite someone from the fire department to come to your class to demonstrate putting out fires with extinguishers.

★ *Kristi Larson, Spirit Lake, IA*

Stop, Drop, and Roll

FINGERPLAYS, SONGS, AND POEMS

MATERIALS none

WHAT TO DO

- Fire Safety Week is the week in which October 9th occurs.

Sing the following song to the tune of “The Farmer in the Dell”: