

More to do

Buy some white or tan totes (available at any craft store). Encourage the children to design an "I CAN" tote bag using the same method as described in the activity.

Related book

Howie Helps Himself by Joan Fassler

❖ Virginia Jean Herrod, Columbia, SC

Practicing Good Hygiene

Materials

Small squares of paper
White paper plates, one for each child
Brown, yellow, red, and black pieces of yarn (cut into 2" pieces)
Glue
Scissors
Construction paper, in blue, green, brown, and gray colors
Fine-tip black markers
Flesh color construction paper
Facial tissues

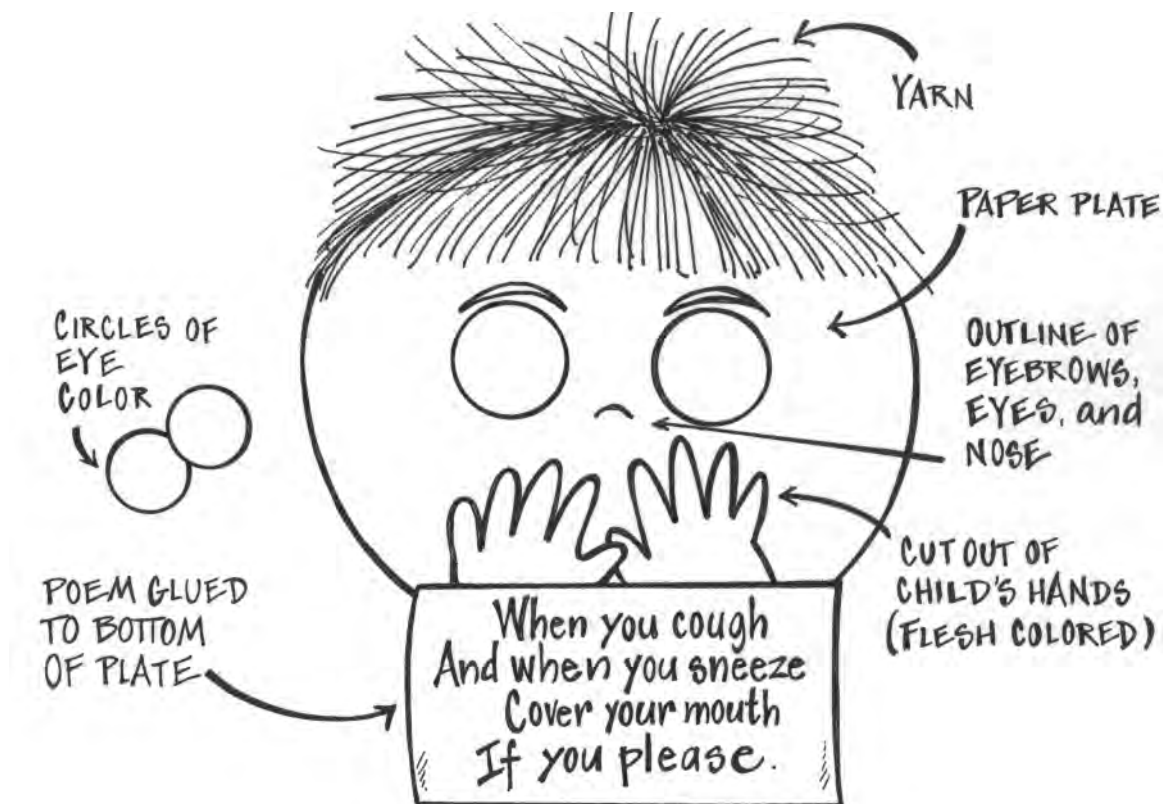
Downloaded by test@gryphonhouse.com from
ProFilePlanner.com

What to do

1. Introduce the subject of practicing good hygiene. Talk about covering our mouths when coughing and sneezing, using a tissue for our noses, and so on. Explain to the children that it is also polite to cover their mouths and noses when they sneeze or cough.
2. Ask the children to practice coughing, sneezing, and wiping their nose into tissues and then disposing the tissues into the proper receptacle. Tell the children that if no tissue is available, they should cough and sneeze into their forearms rather than their hands, which readily spreads germs to anything they touch thereafter.
3. Beforehand, type the following poem onto squares of paper:
*When you cough
And when you sneeze,
Cover your mouth,
If you please.*

S O C I A L D E V E L O P M E N T

4. Read the poem to the children. Then give each child a paper plate and explain that they will be making a paper plate face that looks like them, covering their mouth with a tissue.
5. Encourage the children to glue on yarn for hair and draw in the outlines of eyebrows, a nose, and eyes with a fine-tip marker.
6. Cut colored construction paper into two small circles for the child's own eye color and glue them inside the eye outlines.
7. Trace hands onto "flesh" colored paper and cut them out. Glue them over the mouth area to hold the tissue in place.
8. Finally, glue the "When you cough" poem to the bottom edge of the plate.



More to do

Health: Practice proper hand washing technique at the sink using water, soap, and paper towels.

Original song

Sing the following song to the tune of "Here We Go 'Round the Mulberry Bush."
Pantomime the actions while singing it.

*This is the way we wash our hands
Wash our hands, wash our hands.
This is the way we wash our hands
So early in the morning.*

*This is the way we wash our face...
This is the way we brush our teeth...*

Related books

Body Battles by Rita Golden Gelman

Those Mean, Nasty, Dirty, Downright Disgusting But...Invisible Germs by Judith Anne Rice

What Makes You Ill by Mike Unwin and Kate Woodward

◆◆ Linda Becker, Rochester, MN

Teach Me to Tie

Materials

Paper Downloaded by test@gryphonhouse.com from
Copy machine ProFilePlanner.com
Scissors
Crayons
Glue
Styrofoam tray
Clear contact paper
Hole punch
Shoelace or long piece of yarn

What to do

1. Photocopy the shoe (see illustration) and cut it out. If desired, color it with crayons.
2. Glue the paper shape to a Styrofoam tray. Cover it with clear contact paper and cut it out.
3. Use a hole punch to make two rows of holes down the center of the "shoe."
4. Demonstrate how to lace a shoelace through the holes and criss-cross in and out.