

What you can do to help your Grade Rs improve this ability and interest:

- Play catch-me games.
- Play ball games.
- Encourage them to follow simple steps in dances.
- Make simple obstacle courses with boxes, cushions, etc.
- Ask them to help with simple tasks such as lifting or pushing objects.
- Provide round-ended scissors and old magazines for cutting.

### PRE-SCHOOL CHILDREN DEMONSTRATE AN UNDERSTANDING OF THE IMPORTANCE OF GOOD NUTRITION AND HYGIENE

For example, they:

- Know the importance of eating clean food.
- Are interested in trying new foods.
- Can identify some nutritious foods.
- Can help clean up any drinks or food spilt.



What you can do to help your learners increase their understanding:

- Start a food garden and give child some responsibilities in its care. Provide different utensils for the child to use e.g. spoon and fork. Children demonstrate an awareness of health and safety.

What you can do to help your Grade Rs develop their health and safety awareness:

- Help them remember their addresses or describe where they live.
- Point out safety symbols – e.g. a stop sign, the symbol for 'fasten your seatbelt', the symbol for poison.
- If children tell you about an incident that made them feel uncomfortable, show that you are willing to listen.

### PRE-SCHOOL CHILDREN ARE AWARE OF THEMSELVES AS INDIVIDUALS; THEY ARE DEVELOPING A POSITIVE SELF IMAGE AND LEARNING HOW TO MANAGE THEIR OWN BEHAVIOUR

(Development areas: SOCIAL, PHYSICAL and EMOTIONAL)

Children need unconditional love and acceptance and to have this expressed often. Children need to understand who they are and how to develop independence. This will help them develop characteristics that will enable them to take responsibility for themselves and for the well-being of others as they grow up.