














# Healthy living

## TUESDAY

 <b>Arrival</b> 15-30 mins	Greet each learner as they arrive. Sing a greeting song.
 <b>Health check</b>	
 <b>Morning Circle</b> 10-15 mins	Play 'Kim's Game': Hold up items from the theme table for the learners to see. (For help on preparing a theme table, refer to LSF The Theme Table.) Cover the theme table with a cloth and ask the learners to tell you what is on it. When they have all had a chance to say what they remember, uncover the table and see whether or not anything was forgotten.
 <b>Work Time Activities</b> 30-35 mins	<p><b>Mathematics focus 1</b> Learners match the number, numeral, dots and pictures (1).</p> <p><b>Mathematics focus 2</b> Learners make pairs of items from the theme table that belong together, e.g. toothbrush and toothpaste, comb and hairbrush, facecloth and soap, tap and water. Alternatively, use pictures cut out from magazines.</p> <p><b>Life skills focus</b> Learners paste the stickers in the correct placeholders on page 33 of Workbook 1.</p> 
 <b>Small Group Time Activity</b> 10-15 mins	<p>Learners look at page 32 and 33 in Workbook 1. Discuss what each child in the picture is doing. Ask them to tell you what room in their home the children are in. Ask them to identify all the items that can be used to keep people clean and healthy. Discuss what each child is doing to keep clean. Ask learners what they do to keep clean.</p> 
 <b>Tidy-up time</b>	
 <b>Hand washing</b>	
 <b>Snack time</b>	
 <b>Music and Movement Ring</b>	Learners play 'Freeze Dance'. Play a song with a varied tempo and a fun beat. Learners have to express themselves to the music and must move fast to a fast tempo, slow to a slow tempo, and when the music stops they must freeze.
 <b>Outdoor Play</b>	Include the activity below as one of your daily outdoor activities. Create an outdoor obstacle course using benches, ropes, tyres, boxes etc. Learners can have fun working their way through it.
 <b>Story Time</b>	Read the Big Book 1 story 'Cleanliness' on page 8. Begin by letting learners look at the pictures and saying what they see. Ask learners the following questions for each picture: 'Who can you see?' 'Where is it happening?' 'What are they doing?' 'How are they feeling?' 'What do you think will happen next?' In this way, learners are building a story. (For help on using a Big Book, refer to LSF, Using The Big Book.)