













Healthy living

MONDAY

 Arrival 15-30 mins	Welcome each learner back after the weekend. Ask learners to bring their toothbrushes packed in a small plastic bag to school on Thursday. Put a note in their lockers to inform parents of this. (Note: This is not an old toothbrush as requested last week!)
 Health check	
 Morning Circle 10-15 mins	Direct learners' attention to the theme table. (For help on preparing a theme table, refer to LSF The Theme Table). Learners choose an item and say a sentence that names and describes the object, e.g. 'The toothbrush is yellow and pink.'
 Work Time Activities 30-35 mins	<p>Creative focus Learners dip dental floss into paint and drag it over paper to make patterns.</p> <p>Literacy/Mathematics focus Learners make the word 'one' from modelling clay.</p> 
 Small Group Time Activity 10-15 mins	<p>Mathematics focus Learners count to five on their fingers. (For help on counting with learners, refer LSF, Counting). Revise the number '1' and the word 'one'. Ask learners to fetch one of an item. Give learners six counters. Count out one from the total.</p>
 Tidy-up time	
 Hand washing	
 Snack time	
 Music and Movement Ring	Introduce the theme related song 'This is the Way I get Dressed' to the learners on page 68 of this Teacher's Guide. You can also use the LEAP audio lesson, Term 1-08. The song can be sung every day of the teaching week. Learners perform the actions to the song.
 Outdoor Play	<p>Include the activity below as one of your daily outdoor activities.</p> <p>Learners play on the outdoor apparatus.</p> <p>Prepare a basin of soapy water and another with clean water. Call the learners one by one to wash their hands after outdoor play. Show them how dirty their hands get while playing. Make sure they wash and rinse their hands.</p>
 Story Time	Show learners four individual pictures illustrating the procedure for brushing teeth. Learners put the pictures in order. Then they use the pictures to tell a story.

