














Healthy living

WEDNESDAY

 Arrival 15-30 mins	Before learners arrive, place an item from the theme table in each locker. Make sure that items are part of a pair, e.g. soap and towel. Learners collect these items and bring them to Morning Circle. Welcome each learner. Remind the learners to bring their toothbrush to school tomorrow.
 Health check	
 Morning Circle 10-15 mins	Learners bring the items from their lockers to the morning circle. Ask each learner to show (mime) how the items are used. Ask learners to find the child who has the partner to the object they found in their lockers, e.g. soap and washcloth, toothbrush and toothpaste. Ask them to say why the items belong together.
 Work Time Activities 30-35 mins	<p>Literacy focus Set up two feely stations. Put items from the theme table into a bag and let learners take turns describing what they feel. They describe what they feel, e.g. smooth, round, flat, soft, rough etc. and then guess what the object is. They then take the item from the bag to see if they were correct.</p> <p>Creative focus Learners make a toothbrush from modelling clay.</p> 
 Small Group Time Activity 10-15 mins	<p>Mathematics focus Introduce the circle. Learners find circular items in the class. Show them and read the word 'circle'. Discuss the properties of a circle. Give each learner a picture of a big tooth and let them draw circles on it. Explain that we brush our teeth making little circles.</p> 
 Tidy-up time	
 Hand washing	
 Snack time	
 Music and Movement Ring	To the tune of 'If You're Happy and You Know it', make up a song about healthy living with the learners, e.g. 'If you're dirty and you know it, have a bath (x2) If you're dirty and you know it and you want a healthy life, if you're dirty and you know it, have a bath.' (If you're tired and you know it, go to bed/If you're hungry and you know it, eat some fruit/If you're thirsty and you know it, take a drink).
 Outdoor Play	Include the activity below as one of your daily outdoor activities. Let learners paint with mud. Put out sheets of newspapers, and separate trays containing wet mud. Learners can paint any picture with their hands.
 Story Time	Make a class story book based on the story 'Cleanliness'. Ask learners to draw a picture of their favourite hygiene activity. Write a sentence under each picture, e.g. 'Sipho likes to wash.' Staple the sheets together to make a class book.