













Healthy living

FRIDAY

 Arrival 15-30 mins	As each learner arrives, ask him/her to mime an activity they did this morning to keep clean.		
 Health check			
 Morning Circle 10-15 mins	Go for a walk around the school and find 'unhealthy' areas, e.g. stagnant ponds, pit latrines, litter, broken fencing, etc. Discuss how these areas may impact negatively on learners' health. Talk about ways to solve the problem.		
 Work Time Activities 30-35 mins	Literacy focus Learners cut out and sequence the pictures on page 39 of Workbook I.		Mathematics focus Learners trace around a jar lid onto paper. They then retrace the outline with wood glue and sprinkle it with sand coloured with powder paint.
 Small Group Time Activity 10-15 mins	Literacy focus Play the 'Memory Box Game.' Prepare three to five small differently coloured boxes. In each one, place an item from the theme table. Close the boxes and ask learners what is in each one. Then shuffle the boxes and ask learners what is in each one. Open the lids to check.		
 Tidy-up time			
 Hand washing			
 Snack time			
 Music and Movement Ring	Play musical chairs to a sports theme. You will need one less chair than there are learners. As learners move around the circle, their movement should reflect a type of sport, e.g. dribbling a soccer ball, swinging a cricket bat, etc.		
 Outdoor Play	Include the activity below as one of your daily outdoor activities. Ask the learners which outdoor activity they enjoyed the most this week. Go with the majority vote and let them do this activity again today.		
 Story Time	Read a story of your choice for relaxation and fun. (For help on selecting stories, refer to LSF Choosing Books For Storytime.)		

