## Healthy living

## FRIDAY

| As each learner arrives, ask him/her to mime an activity they did this morning to keep clean.  Health check  Morning Circle IO - I5 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.  Mathematics focus Learners cut out and sequence the pictures on page 39 of Workbook I.  Small Group Time Activity IO-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  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.  Read a story of your choice for relaxation and fun. (For help on selecting stories, refer to LSF Choosing Books For Storytime.)   |       |               |   |
|---|-------|---------------|---|
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