

**EXTENSION
ACTIVITY**

BOOK TITLE

**Getting Ready
for School**

TOPIC

**Nutrition and
Life Skills**



**Essential
Question**

What are good things to do to get ready for school?



Teaching Strategy

In this lesson, the teacher will focus on having the students relate the material to their own experiences, and it requires hands-on, active participation from both the teacher and the students.

LEARNING ACTIVITIES



Class discussion about what the students do when they get up in the morning.



Class discussion about the importance of a good night's sleep.



Acting out the morning routine from the book.



Recounting the steps from the previous activity.

LEARNING CONNECTION

This activity focuses specifically on good nutrition and preparing for a day at school. It builds on the students' understanding of the book *Getting Ready for School*, which teaches students about life skills and incorporating healthy habits into their daily routines.

READING VOCABULARY

Ready, school, sleep early, eat breakfast, wash hands, brush teeth, warm, clothes.

LESSON PLAN: GETTING READY FOR SCHOOL

1. Ask the students:



“Who can tell me the first thing they do when they get up out of bed in the morning?”

- ☞ Let the students share their responses with the class. Some of the students may have special things they do, such as feeding a family pet or helping their parents with a younger sibling.

2. Next, ask the students about getting ready for school. Say:



“From the book, we learned that it is important to go to bed early on school days. Why do you think it is a good idea to go to bed early on a school day?”

Answers might include: to get a good night's sleep, so we feel rested, to have lots of energy, so we can pay attention at school, to play with our friends, etc.

- ☞ Emphasize all of the reasons above.

3. Next, say:



“In the book, we learned a lot of good actions that we should do in the morning before we go to school. For instance, my favourite thing to do in the morning is to brush my teeth so I have a nice, clean mouth and fresh breath.”

- ☞ You can choose any example you like.



“For the next activity, I am going to describe something we should do before school. After I describe it, I want you to act out the activity that I have just described.”

4. Begin the activity by having the students stand up. Say:



“I wake up from a long night's sleep. Show me what that looks like.”

- ☞ Demonstrate by stretching your hands up over your head and giving a big yawn.

5. Continue the activity by saying:



“After I wake up, I eat a good, healthy breakfast. Show me what that looks like.”

- ☞ Again, encourage the students to act out eating breakfast.


LESSON PLAN: GETTING READY FOR SCHOOL

6. After they have acted out eating breakfast, ask the students:

 **“What are some healthy things you like to eat for breakfast?”**


Answers might include: healthy cereal, yogurt, fruit, eggs, oatmeal, etc.

7. Next, say:

 **“After breakfast, I wash my hands. How do we wash our hands?”**

☞ Let the students act out washing their hands.

8. Say:

 **“After I wash my hands, I brush my teeth. Show me what it looks like to brush your teeth.”**

☞ Let the students act it out, and then say:


 **“Why is it important to brush our teeth?”**

Answers might include: to keep our teeth clean, to keep our gums healthy, so we don't have stinky breath, etc.


9. Next, say:

 **“After I brush my teeth, I drink a glass of water. Show me how you drink a glass of water.”**

☞ Let the students act it out and then say:

 **“It is good to drink water to rinse out our mouths after we brush our teeth. Drinking water is also good for us to do throughout the day.”**

10. Say:

 **“The last thing I do before I go to school is get dressed. Can you show me how you get dressed?”**

☞ Demonstrate by pretending to put on a shirt, pants, socks, a parka, etc.

Note: Make sure the students don't start removing any clothing.

LESSON PLAN: GETTING READY FOR SCHOOL

11. Finish the activity by saying to the students:



“Now that we have gotten out of bed, eaten a good breakfast, washed our hands, brushed our teeth, had a glass of water, and put on some warm clothes, we are ready for school! Who here thinks that they are ready for school?”

☞ Let the students raise their hands or call out that they are ready for school.

12. To finish the lesson, have the class recount the steps they took to get ready for school. Encourage them by asking:



“What was the first thing we did after we woke up?”

Answer: got out of bed.

“What did we do after we got out of bed?”

Answer: ate a good breakfast.

“What did we do after we ate a good breakfast?”

Answer: washed our hands.

“What did we do after we washed our hands?”

Answer: brushed our teeth.

“What did we do after we brushed our teeth?”

Answer: drank a glass of water.

“What did we do after we drank a glass of water?”

Answer: put on warm clothes.