
**NUTRITION AND
LIFE SKILLS**

LEVEL 6

Level 6: Getting Ready for School Lesson Plan

ICON LEGEND



TEACHER SCRIPT



CLASS DISCUSSION



IMPORTANT INFORMATION



INDIVIDUAL ACTIVITY



PAIRS/SMALL GROUP ACTIVITY



PHYSICAL ACTIVITY



LARGE OPEN SPACE REQUIRED

**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.

