

BOOK TITLE

Taking Care of Me

TOPIC

About Me



Essential Question

How can I take care of myself every day?



Teaching Strategy

In this lesson, the teacher will focus on having the students relate the material to their own experiences.

REQUIRED MATERIALS

- **Clean and Healthy Book**
- Drawing utensils (crayons or markers)

LEARNING ACTIVITIES



Class discussion about the book *Taking Care of Me*.



Class discussion about why taking care of ourselves is important.



Illustrating **Clean and Healthy Books**.

LEARNING CONNECTION

This activity encourages the students to think about their personal hygiene habits and why they are important. This activity is an extension of the book *Taking Care of Me*, which provides the students with a foundation for understanding how good hygiene habits keep us clean and healthy, as well as protect us from disease and germs.

READING VOCABULARY

Wash, brush, floss, eat, dress, hands, face, teeth, meal.

PRE-LESSON PREPARATION

1. Photocopy the **Clean and Healthy Book**, and staple it together. Make sure there are enough copies for each student to have one.

LESSON PLAN: TAKING CARE OF ME

1. Say to the students:



“In the book *Taking Care of Me*, we learned about some of the ways we can take care of ourselves every day. Who can tell me the good habits we learned about in the book?”

Answers might include: brushing our teeth, wearing warm clothes, etc.

☺ Let the students provide as many answers as they can.

2. Continue the conversation by saying to the students:



“It is important to make sure we keep our bodies clean. How can we keep our bodies clean?”

Answers: wash our hands and face, take a bath, take a shower.

“To stay healthy and strong, we also need to eat good food. Healthy foods include fruits and vegetables, meats, yogurt, bread, oatmeal, and many other store-bought and country foods. Healthy foods do not include sweets, chocolates, chips, pop, and other junk foods. What are some healthy foods that you like to eat at home and at school?”

Answers might include: oranges, bannock, raisins, etc.

☺ Allow the students to share some of their favourite healthy foods.

3. Next, say to the students:



“It is also very important to have healthy teeth. What are two things we can do every day to keep our teeth healthy?”

Answer: brush and floss twice a day.

4. Ask:



“What would happen if we didn’t brush and floss our teeth every day?”

Answers might include: our breath might smell bad, our teeth might rot, we might get cavities, our teeth might fall out, etc.

LESSON PLAN: TAKING CARE OF ME

5. Finish the discussion by saying to the students:

 **“Taking care of ourselves also means doing things that will help stop us from getting sick. One way of doing that is by dressing warmly when it is cold outside. What different pieces of clothing do we wear when it is cold outside?”**

Answers might include: scarves, parkas, boots, mittens, etc.

☞ Allow the students to provide as many answers as possible.

6. Next, say to the students:

 **“Today we are going to make our own Clean and Healthy Books.”**

7. Distribute one copy of the **Clean and Healthy Book** to each of the students.

8. Say to the students:

 **“On the bottom of each page, you will see a sentence. Let’s go through them together.”**

“I eat healthy foods.”

“I brush my teeth.”

“I wash my hands.”

“I wear warm clothes.”

9. Next, say:

 **“For each sentence, you are going to draw a picture that represents the action. For example, the first sentence is ‘I eat healthy foods.’ What are some things you could draw?”**

Answers might include: different fruits, vegetables, country foods, etc.

☞ Have the students provide their answers.

LESSON PLAN: **TAKING CARE OF ME**

10. Say:



“Does everyone understand what to do for each sentence?”

☛ If all the students understand, let them begin illustrating their **Clean and Healthy Books**.

11. When they are done, you can display the finished books around the classroom for other students, teachers, and family members to see.

SHARING AND DISPLAYING (CLASSROOM REINFORCEMENT)

☛ **Clean and Healthy Books**