

All About Health & Wellness

Issaquah School District

Primary LRC II

Emergency Education Learning Resources

Week 2

Hello, Families!

This document is meant to be used as an optional activity guide. Complete as many, or as few, of the activities listed as you would like. Please let me know if you have any questions.

Read



Read books about health and wellness.

Here are a few found on YouTube:

- Germs! Germs! Germs!

<https://www.youtube.com/watch?v=Bqozl-9WYgM>

- Corduroy Goes to the Doctor

<https://www.youtube.com/watch?v=wYpXpQilajM>

- Just Going to the doctor

<https://www.youtube.com/watch?v=bN8e4J0X9tM>

More stories can be found with this week's materials for you to read with your child from Reading A-Z.

Sing 

SING a catchy song about brushing your teeth:

- Use hand motions when singing the song. For example, pretend to brush your teeth along with the song!

<https://www.youtube.com/watch?v=k7KarL8S9yY>

Sensory Integration



- Fill a tub with **warm** or **cold** soapy water
 - Add ice cubes to the cold water, pretending it is soap



Play





Create a dramatic play area to engage your child in learning:



- Set up a pretend doctor's or dentist office.
- Gather some supplies that can be used in place of tools that can be found at a doctor's office. Here are some examples:
 - A toilet paper tube to look at patient's eyes and ears
 - An empty pen or turkey baster to use as a syringe
 - Pieces of cloth or towels to dress the "wounds" and make "casts"
 - Empty vitamin bottles or other containers
 - Plastic spoons
 - Make a DIY stethoscope using a funnel, or just out of yarn and paper
- Label various areas where things are stored (bandages, medicine, etc.) and ask your child to find a specific item
- Gather some stuffed animals or dolls to be patients
- Line up the "patients" and pretend to treat them for various ailments (cough, broken arm/leg, tummy ache, cut, etc.)
- Practice documenting each patient's visit, using a "Patient Checklist" like the one on the next page, or create your own

Play Continued

- Example 'Patient Checklist'

 **PATIENT CHECKLIST** 

PATIENT'S NAME _____

HEART RATE  _____ TEMPERATURE  _____


EYES

EARS

NOSE

VACCINATIONS


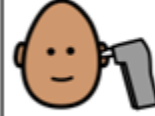








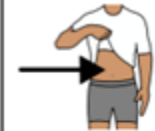



Notes: _____



Melissa & Doug

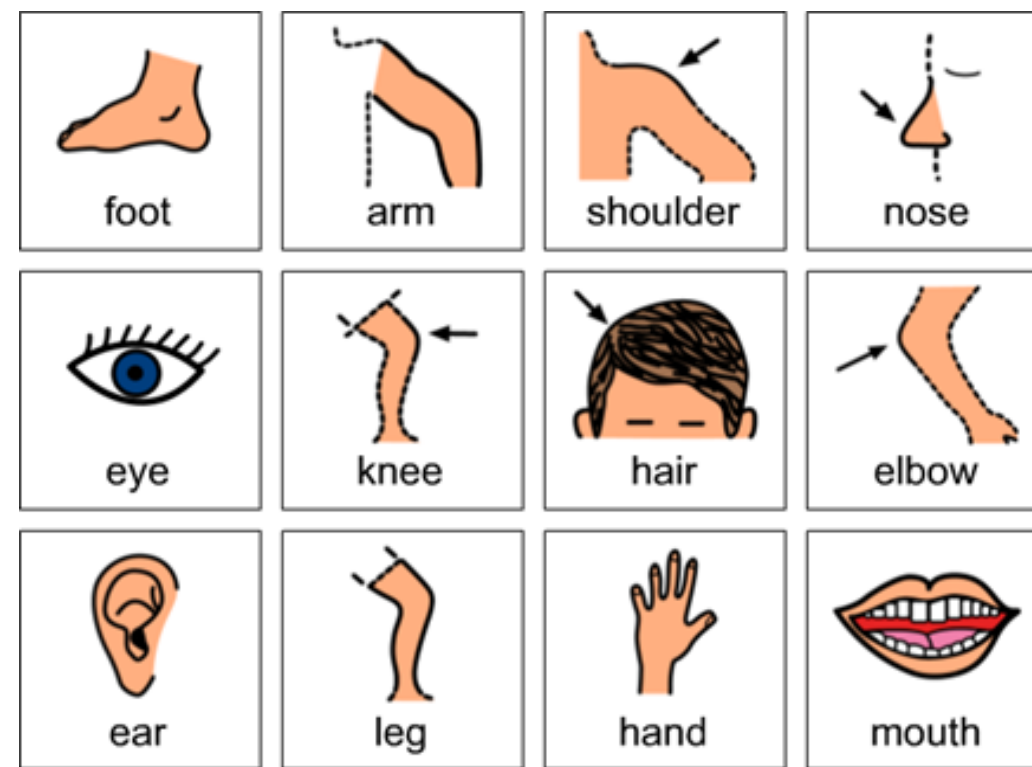
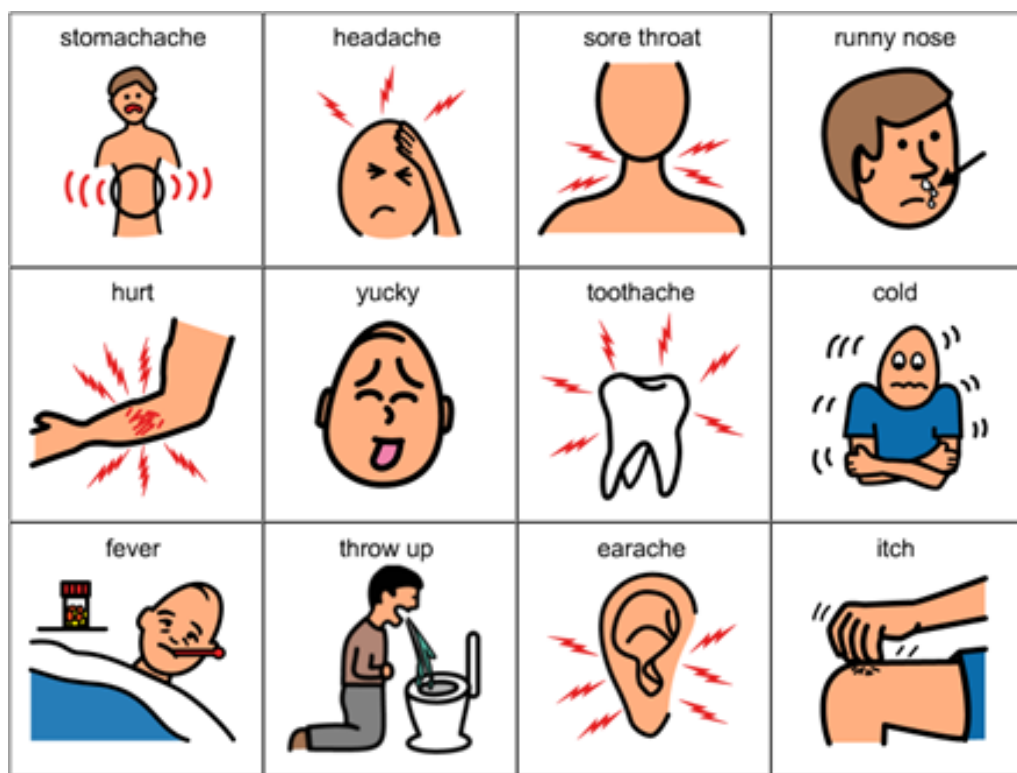
Play Continued

- Show/teach your child how to use the step-by-step list to add structure to their play, if needed.

1	check 	temperature 
2	check 	ear 
3	check 	mouth/throat 
4	check 	nose 
5	listen to 	chest 
6	listen to 	tummy 
7	give 	shot 
8	give 	medicine 

Play Continued

- Use this visual to help “patients” point to the hurt part of their body. This activity is especially important to practice with children who are unable or unlikely to communicate their hurt or discomfort.



Play Continued

- Pretend to floss some huge “teeth” with the help of some mega blocks, playdoh and yarn.
- Laminate or put the attached sheet inside a sheet protector. Use a dry-erase marker to draw plaque on the teeth. Give your child a toothbrush and ask them to clean the teeth.



Talk

Use a social conversation script when pretending. Change the script as you see fit for your child.

- Doctor: Hello. What is hurting you?
- Patient: My tummy hurts. I am sneezing a lot (ACHOO!)
- Doctor: OK, I can help you with that.

After the doctor treats the patient:

- Patient: Thank you, doctor! I feel much better!

Talk Continued

Does your child use CORE or an AAC device to communicate?

Use the CORE words below or use the 'search' feature on your child's AAC device to find on-topic vocabulary.

Here are some common core phrases you can model for you child when playing (point to each of the words as you say it): ***I need help. I am hurt. Let me see. Let me hear. Do you hurt in your ___? I can help. Do you have ___? Sit and wait here.*** Don't get discouraged if your child doesn't seem to be paying attention to your pointing. You are simply modeling the use for him/her.



Create

- Use the tooth template attached to create your own tooth art!
- Gather materials: an old toothbrush, white paint, and glitter.
- Use the toothbrush as your paint brush and try to cover the whole tooth.



Make

Make hand sanitizer together:

Ingredients:

- 3/4 cup of rubbing alcohol
- 1/4 cup of aloe vera gel
- 10 drops of essential oil or lemon juice

Also needed:













- Measuring cups
- Bowl
- Spoon
- Hand mixer
- Bottle for finished product

Make

1. Pour all ingredients into a bowl (ideally with a pouring spout, like a glass measuring bowl)
2. Mix with a spoon and then beat with a whisk to turn the sanitizer into a gel
3. Pour ingredients into an empty bottle for easy use
4. Talk to your child about how hand sanitizer can help us keep our hands clean when we do not have access to soap and water

Remember, if we can, we should always wash our hands with soap and warm water!

Make

put 	rubbing alcohol 	in	the	measuring cup 
put 	aloe vera lotion 	in	the	measuring cup 
put 	essential oil 	in	the	measuring cup 
mix 				
put 	in	bottle 		

Write

- Use the attached hygiene sentences to describe what each of the children in the pictures are doing.
- If your child is not yet writing, use the sentence strips. Cut out each word and have your child put them in the correct grammatical order or match it to the correct picture.
- Using the pictures, prompt your child to make his or her own schedule for getting ready. For an additional challenge, add a time to each of the activities.
- Ask your child to draw a picture and/or write a letter thanking a doctor or a nurse.

Write: Sequence the Pictures

- Find the attached Health & Hygiene Sequences activity
- Have your child put the pictures in order for daily hygiene tasks of brushing their teeth, washing their hands, going to the bathroom and bathing.
- If your child needs more support, make a second copy of the pictures and have them match the correct sequence.

Name _____

How I Brush My Teeth

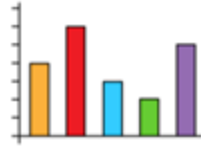
1	2	3	4
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Count

- Practice counting to 10 twice or 20 when scrubbing hands clean.
- Practice counting backwards from 10 twice or from 20 when scrubbing hands clean.
- Count the left-over pieces of glitter after each step of the experiment (see Explore section). Compare the results after each step.
- Complete the Counting Teeth activity that is also attached.

Measure



- Use a thermometer to measure everyone's temperature in your household. Compare the results.
- Talk about what temperature is considered normal and when it is time to see the doctor.
- Count each other's pulse for 10 seconds and compare the totals.
- Engage in an activity that causes one's heartrate to increase (jumping jacks, clapping fast, etc.) and count your pulse again.
- Talk about measuring activities in terms of time. How long does it take to perform each of the hygiene tasks for different family members?












Explore

Ask the question, "Why do we need to wash our hands?" Using this experiment, test why hand washing is important:

- Put some lotion on your child's hands.
- Have them rub their hands together to spread the lotion evenly.
- Put some glitter on their hands. Ask them to rub their hands together again.
- Ask the question: "What do you think will happen if you clean your hands with a paper towel/just water/water and soap?"
- Record your **predictions or guesses**. Then, test your guesses.
 - Paper towel: **Record your observations.**
 - washing hands with just water: **Record your observations.**
 - washing hands with water and soap: **Record your observations.**
- Review the observations. What do you notice? Was your prediction correct?
- Explain to your child that glitter is like germs, we need to wash our hands well to get rid of them.

Explore

- Use this visual support to help track your steps during the experiment

put 	lotion 	on	hands 	
rub 	hands 			
put 	glitter 	on	hands 	
rub 	hands 			
wipe hands 	with	paper towel 		
wash hands 	with	water 		
wash hands 	with	water 	and	soap 

Explore

PREDICTION What do you think will clean off the glitter?	RESULT What cleaned off the glitter?
Paper towel:	Paper towel:
Water:	Water:
Water and soap:	Water and soap:

Stay connected!

Send in photos of your child
participating in one of our weekly
activities!