

All About Health & Wellness: Part 2

Issaquah School District

Primary LRC II

Emergency Education Learning Resources

Week 3

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.

- The Two Bites Club

<https://fns-prod.azureedge.net/sites/default/files/resource-files/TwoBiteClub.pdf>

- Healthy and Strong

<https://shared.tarheelreader.org/shared/read/healthy-and-strong>

- Come Play With Me

<https://www.starfall.com/h/ir-fnf/comeplay/?sn=ir-fnf--im-reading>

- I Went Walking – this reading models using AAC to support the reading

<https://www.youtube.com/watch?v=w-l9lCZmZbk&feature=youtu.be>

See the attachments for the following books and related comprehension:

- The Food I Eat - vocabulary
- Why Exercise – Level F
- We Do Yoga – Level F
- Applesauce – Level B

Sing



Sing along to the following songs about health and wellness.

- Sesame Street Healthy Foods song

<https://www.youtube.com/watch?v=KBMxpDbp51A>

- ABC Veggies Song

<https://www.youtube.com/watch?v=Ds6tUxatnTs>

- Food Groups Song

<https://www.youtube.com/watch?v=GaLvxVnn8Yg>

Play

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

Build a pretend play Grocery Store:

- Use 5 different spots or containers to sort foods into 5 different groups:
 - fruit, vegetables, grains, meats, dairy
- Don't have toy food? Use other toys or items in your household as pretend foods. For example, a red ball could be a tomato, a green towel could be lettuce or cabbage, and a paper towel roll could be a loaf of bread. You can also cut foods out of cardboard or make them using playdoh.
- Add play money to practice money concepts and counting
- Practice writing shopping lists and checking them off as you “purchase” foods from your play grocery store
- Make shopping bags available to add to your grocery store experience
- Pretend to work at a grocery store, stocking shelves. Use the **Grocery Store Stocker** sorting activity attached.

Play Continued

- Build an obstacle course using things in your house. Here are some ideas:



Move



- GoNoodle

<https://www.youtube.com/user/GoNoodleGames>

- Family Fun Cardio Workout

<https://www.youtube.com/watch?v=5if4cjO5nxo>

- Check out Fit 5...

<https://resources.specialolympics.org/health/fitness/fit-5-page>

...and use their tracking sheet to keep track of your fitness

<http://specialolympicswashington.org/wp-content/uploads/Fit-5-Tracking-Sheet-FILLABLE.pdf>

- See the attached **Yoga Pose Visuals** and **Exercise Cards** for various yoga poses and workouts. Cut these into cards to vary your workouts by selecting cards at random.

Meditate



- Healthy Home Practices During COVID-19

<https://www.youtube.com/watch?v=mcr-OC5kOUE>

- Practice Square Breathing

<https://www.youtube.com/watch?v=YFdZXwE6fRE>

- Cosmic Kids Yoga videos

https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ

Meditate



- Use these visuals to practice various breathing exercises

Breathing Exercises

Take 5 Breathing
Trace fingers up and down
Inhale up; exhale down



Hissing Breathing
Big breath through nose
sssss through mouth



Bunny Breathing
3 quick inhales-nose
1 big exhale-mouth



Bumble Bee Breathing
Sit criss cross, close eyes
Breathe in-nose
fingers in ears-exhale buzz



Hot Air Balloon Breathing
Sit criss cross;
hands cup mouth
inhale deeply-nose
exhale-mouth blowing up
balloon



ELEPHANT BREATHING
stand with feet wide apart
dangle arms in front
breathe in through nose
raising arms above head
breathe out through mouth



Bear Breathing
Imagine hibernating bear
Inhale through nose for 3
Pause for 3
Exhale for 3



Talk

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

Shopper: Hello, can I have 2 apples, please?

Clerk: Hi! Here you go. Would you like anything else?

Shopper: Yes, I need more milk and cereal.

Clerk: Here you go.

Shopper: Do you have any bananas?

Clerk: No, we do not.

Shopper: OK. How much for everything?

Clerk: \$7.50

Shopper: Thank you!

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 your child when playing (point to each of the words as you say it): **Do you have, Can I have, I need more, Where is that, Give me that, It is here, I don't know, Put it in here...**

| | | | | | | | | | | | | | | | |
|-----|---------|-------|----------|------|------|-------|-------|------|------|------|----------|-----------|--------------|---------------|------|
| I | me | who | want | play | get | eat | open | turn | here | more | all done | yes | no | happy | sad |
| you | my/mine | what | is/are | make | put | go | close | help | in | out | good | that | I don't know | hurt | mad |
| he | it | where | have/has | like | stop | come | wait | see | up | down | bad | break | hi | bye | work |
| she | can | not | do/does | need | give | drink | hear | sit | on | off | under | different | same | bathroom m | with |

Create

- Draw a pineapple by following this directed drawing video:

<https://www.youtube.com/watch?v=Oiol5T9nl1M>



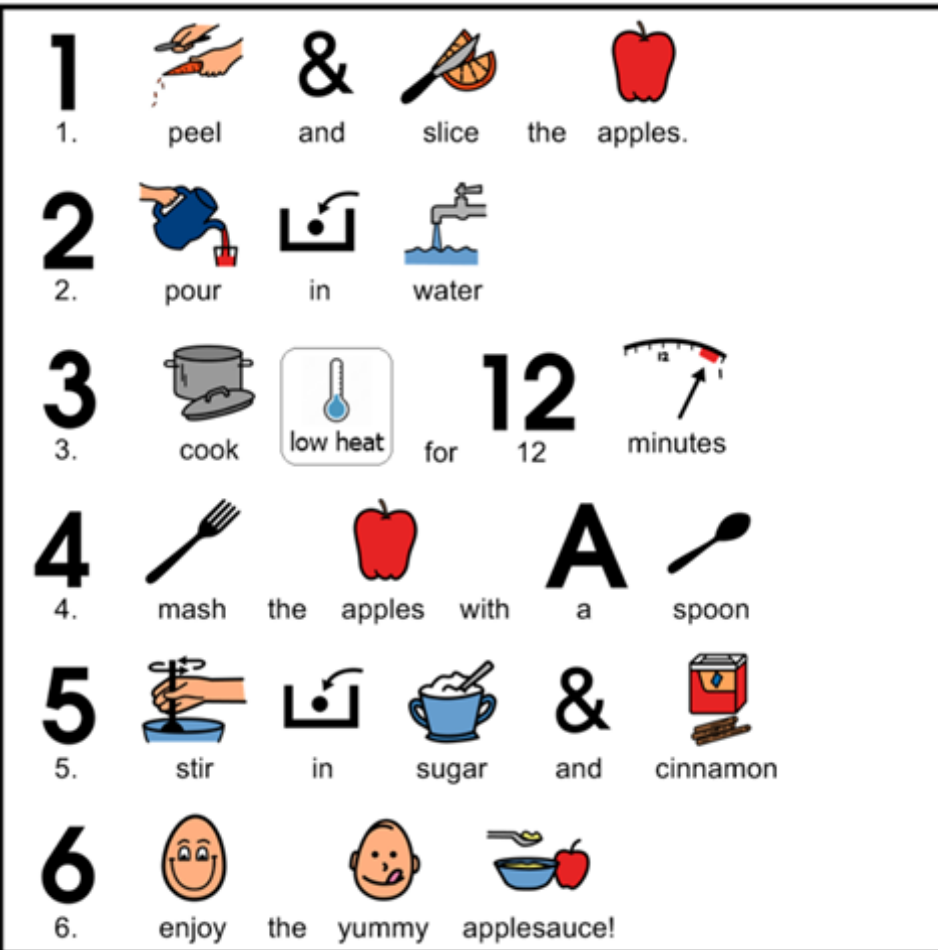
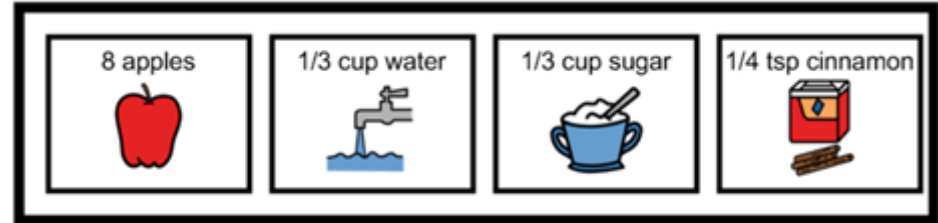
Make



- Make applesauce together:













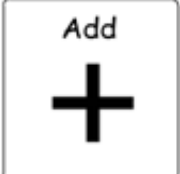








Making Applesauce

We need:



Make

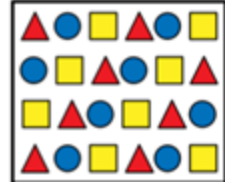
- Make a fruit salad together:

| Fruit Salad | | | |
|-------------|--|--|---|
| 1 | Pick  | the fruit  | for the salad.  |
| 2 | Wash  | the fruit  | for the salad.  |
| 3 | Peel  | the fruit.  | |
| 4 | slice  | the fruit  | in to a bowl.  |
| 5 | Get dressing  | | |
| 6 | Add  | small amount of dressing  | to the bowl.  |
| 7 | Stir fruit & dressing.  | | |
| 8 | Get  | spoon  | and napkin.  |
| 9 | Eat  | | |
| 10 | Yummy!  | | |

Write

- Use the **Action Pictures**, attached, and describe what each of the children are doing in the photos.
- If your child is not yet writing, use the sentence strips. Cut out the sentences or individual words and have your child put them in the correct order to describe each photo.
- Ask your child to add more details to each of the sentences (description words for example).
- Prompt your child to write about their favorite foods, least preferred foods and reasons for liking/disliking them. You can also ask them to write about a favorite restaurant or physical activity.

Predict



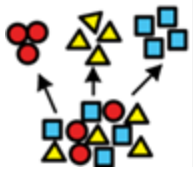
Predict what comes next in a pattern:

- Make various patterns using food (or other items) in your home and ask your child to continue them. For example, you can set up something like this:



- If your child has mastered the ABAB pattern, try an ABC (apple, banana, orange), AABB (apple, apple, banana, banana) or another pattern.
- For more practice, you can also use the **Sports Patterns** activity attached.
- If your child is not yet continuing patterns, you can ask them to match the pattern you have made.

Sort



- Using the attached **Nutrition Sort** document, help your child cut out the food photos and sort them into categories: meats vs. breads, fruits vs. vegetables, healthy vs. unhealthy, etc. You can do the same using grocery store flyers that you get in the mail.
- Use the Food Groups Template to glue the corresponding foods into correct sections

https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/ColoringSheet_0.pdf

Explore

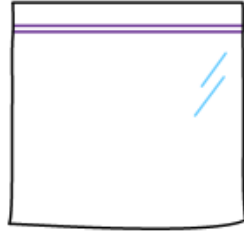
Ask the question, "What will happen if we mix vinegar, baking soda and water together?" Using the visuals provided, complete the experiment.

- Record your predictions, or guesses, then test your guesses.
- Record your observations.
- Review the observations. What do you notice? Was your prediction correct?
- How could you change this experiment? Would you get the same result?

Explore



- List of supplies:



plastic bag



baking soda



warm water



1 teaspoon



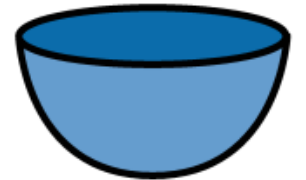
vinegar



measuring cup



tissue



bowl

Explore

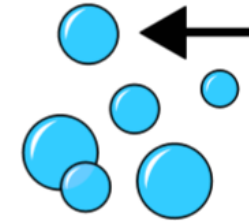


- Make a prediction, or a guess.

What do you think is going to happen?



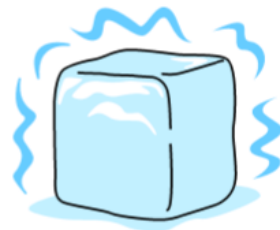
It will explode.



It will bubble.



Nothing will happen.



It will freeze.



It will float.

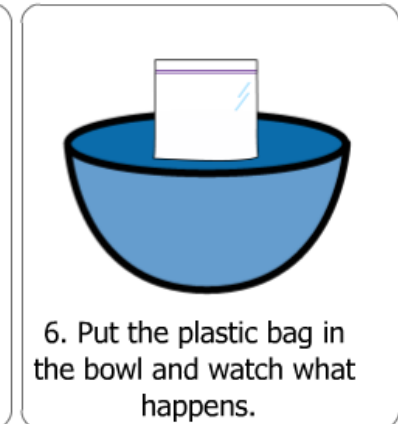
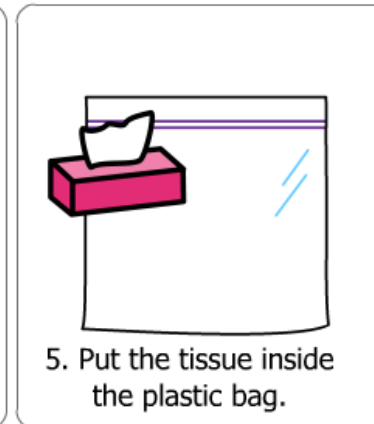
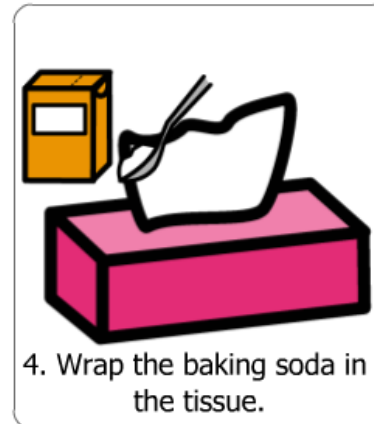
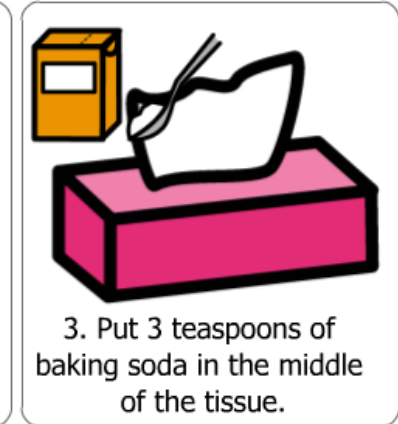
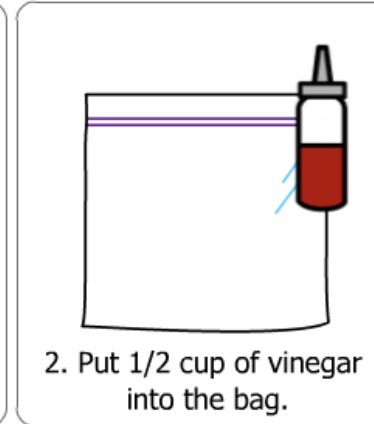
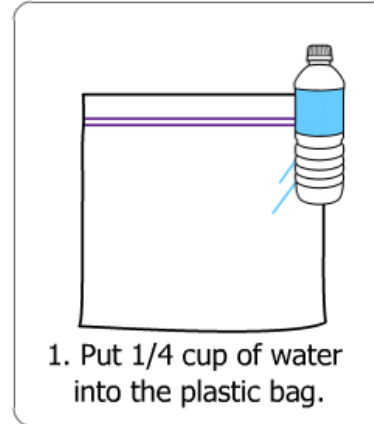


It will change colors.

Explore



Experiment steps:



Explore



- Reflect on the experiment.

Did you like the experiment? Why or why not?

like or not because

| | | | | |
|--------------|----------------|---------------|-----------------|--------------|
| fun | look cool | loud | scary | horrible |
| exciting | incredible | noisy | frightening | annoying |
| awesome | funny | hilarious | afraid | silly |

Explore

| PREDICTION What do you think will happen? | RESULT What actually happened? |
|---|--|
| | |

Stay connected!

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