

Trinity Stars Stage 1 – Activity plan – Healthy habits

Stage: 1

Language aims:

- ▶ Healthy daily routines; learnt first as commands and then in full sentences in a song

Performance aims:

- ▶ Singing, expressive movement and mime

A note about timing:

With any improvisation activities, it is hard to be exact about timing as the children may get very involved and want to continue for longer, or may not respond as you expected. However as a rough guideline, you could spend approximately 15 minutes on each activity. With very young learners it is better to do a little and often.

When rehearsing for a performance, spend at least one lesson making sure everyone knows where to move and when.

For Trinity Stars Stage 1, performances should last from 5-15 minutes.

Materials needed:

- ▶ Toothbrush and toothpaste
- ▶ Apple
- ▶ Skipping rope or a ball
- ▶ Soap
- ▶ Shower gel
- ▶ Hairbrush
- ▶ An empty box
- ▶ Optional: a bowl of water, a towel and some earth or sand in a flower pot

Activity

In this lesson we will be focusing on six healthy habits:

- ▶ Washing our hands
- ▶ Cleaning our teeth
- ▶ Showering
- ▶ Brushing our hair
- ▶ Eating fruit
- ▶ Getting exercise

These concepts will be introduced over the following sections of the activity plan. You will also find links to additional resources from the web that you can use.

Washing our hands

1. Put your hands into something which will make them dirty, eg sand or earth from a flower pot.
2. Show the children your hands and ask them '*What shall I do?*' The children will probably suggest that you wash them. Say, '*Good! Yes, I must wash my hands!*'
3. If you have a basin in the classroom, wash your hands with soap and water and dry them on a towel. If not, have a small bowl of water in the classroom.
4. As you wash, say repeatedly, '*Wash my hands, wash my hands*'. Now repeat the actions but this time mime them and encourage the children to join in with you.

Online resources: [Wash your hands song](#)

Cleaning our teeth

1. Have a toothbrush and toothpaste in the class. Ask the children, 'What shall I do?' When they suggest that you should clean your teeth, mime putting toothpaste onto the brush, brushing your teeth and rinsing your mouth. As you do, say repeatedly, 'Clean my teeth, clean my teeth'. Encourage the children to join in.
2. Now call out 'Wash your hands' and 'Clean your teeth' and let the children mime the appropriate actions.
3. Teach the other activities in the same way:
 - ▶ Use a hairbrush to introduce brushing your hair, a towel and shower gel to introduce showering, an apple for eating fruit and a skipping rope and a ball to introduce running and playing.
 - ▶ As you add to the activities, retrace your steps and revise the previous actions until the children become familiar with the language. Encourage them to chant the phrases along with you.

Game – Magic box

1. To begin, place a toothbrush, a bar of soap, a tube of shower gel, an apple, a hairbrush and a ball in a box.
2. Lightly blindfold the children and let them come out, one by one, and pick an item from the box. Once they have identified it by touch, they must do the appropriate mime.
3. Blindfold yourself first and play the game to show how it is done.

Clean our teeth song

1. You can either sing the traditional song (to the tune of [Here we go Round the Mulberry Bush](#)), 'This is the way we clean our teeth, clean our teeth, clean our teeth. This is the way we clean our teeth, early in the morning' or you can adapt the lyrics slightly:
'We always clean our teeth, clean our teeth, clean our teeth. We always clean our teeth, every day.'
2. If you would rather the children learnt these actions using the present continuous, adapt the song lyrics accordingly. For example:
'I am cleaning my teeth, cleaning my teeth, cleaning my teeth. I am cleaning my teeth. Look at me.'
3. Using movement: as the children become familiar with the song, add the appropriate actions.

Online resources:

[Brush your teeth game](#)

[Create your own fruit book](#)

Performance skills

1. Find photos or illustrations of the main 'props' for this lesson or use the real items; ie a toothbrush, a hairbrush, an apple, a skipping rope or ball, shower gel and a bar of soap. Alternatively, you could draw and colour large cardboard props of these items.
2. The child with the toothbrush steps forward and the rest of the group sing the verse about cleaning their teeth, with actions. As they do so, the toothbrush dances around the group (and joins in with the singing).
3. The script and directions can be found on the next page.

Project ideas

Below are some ideas for projects that could be used with this activity plan:

- ▶ Let each child draw around their own hand, twice. They colour one as if it is dirty and colour the other one as if it is clean. Help them to write or trace 'I wash my hands' on the picture.
- ▶ Give the children card cut-outs of shallow fruit bowls. Give them orange, yellow, red and green paper and help them to cut shapes of different fruits and stick them in the bowl.
- ▶ You can find photocopiable templates of fruit shapes on the web. Type 'fruit shapes' or 'fruit colouring pages' into a search engine. Help them to write or trace the names of the fruit.

Online resources: [Fruit salad song](#)

Healthy habits performance

The children sing:

We always clean our teeth, clean our teeth, clean our teeth. We always clean our teeth, every day.

The child with the shower gel steps forward and dances around the group. The children all mime showering.

We always have a shower, have a shower, have a shower. We always have a shower, every day.

The child with the fruit dances around the group. The children all mime eating fruit.

We always eat some fruit, eat some fruit, eat some fruit. We always eat some fruit, every day.

The child with the hairbrush dances around the group. The children all mime brushing their hair.

We always brush our hair, brush our hair, brush our hair. We always brush our hair, every day.

The child with the soap dances around the group. The children all mime washing their hands.

We always wash our hands, wash our hands, wash our hands. We always wash our hands, every day.

The child with the toys dances around the group. The children all run and play.

We always run and play, run and play, run and play. We always run and play, every day.

The children all line up, hold hands and take a bow.