



OPENING AND CLOSING EXERCISES

CLOSING PRAYER

Hear us God, As we say
Thank you for a happy day.

A Grace

Thank you God for happy friends
Fun and smiling faces;
Thank you for the food we eat
See us in our places.

Health Habits

At the beginning of the term, introduce one new health rule each day. A story or a verse to teach these add interest. Encourage the children to apply each rule as it is discussed.

A Game for Health Inspection

As the teacher says the numbers, the children do the following actions which enable her to inspection their hands, fingernails and arms:

1. Hands on table, fists clenched
2. Hands on table, straighten fingers
3. Turn palms upwards
4. Arms above head to expose elbows

Those who pass the inspection may clap and chant this jingle:

1,2,3
Clean are we!

or

I am Clean
I am Well
I can ring
The little bell
(At which the teacher takes a turn at ringing a desk bell)

or

The teacher recites, with motions, each rule and the children reply chorally, e.g.

TEACHER: I brushed my teeth today (Motion of brushing)
GROUP: I brushed my teeth today (Motions of brushing)

Continue until each rule has been used. Then conclude with:-
"I'm a healthy _____" (bunny, turkey, pumpkin, reindeer, etc) while the children respond by dramatizing the appropriate action, eg. hopping like bunnies, etc.



DOWN THE ROAD TO HEALTH

This is another health game that may be used as a change: Have the children trace and cut a good supply of footprints from colored construction paper. Each day that they are clean they may pin up a footprint on the "road to health". This may be done either individually or in teams, whichever is the most practical.