

Healthy Me- Program Highlights



Grade: K Length: 2 hours Number of volunteers required: 3 Student Booklet: Yes

Please refer to www.tpet.ca for a complete list of SLE's covered in this field trip!

Activities



Whole group:

The Doctor is in and she has brought her not-so-well friend **Icky Sicky** with her (Icky Sicky is a puppet). The Doctor will ask the students for help in **discovering ways to be/stay healthy so that they can help Icky Sicky get well soon.**

Station 1: Teeth

Volunteer English Language Proficiency: ★★

● Students will learn about **proper dental care** including what plaque is, where it hides and how to get rid of it. Students will practice brushing with some giant models. **Students use manipulatives** to determine which **activities are healthy for our bodies** and which are **unhealthy.**

Station 2: Hand Washing

Presenter runs this station

● Students will have a **look at some stuffed germs and learn how germs are spread from one person to another.** Students learn the **proper way to wash their hands and practice doing so.** Students will do a special black light activity to help them improve their handwashing.



Station 3: Nutrition

Volunteer English Language Proficiency: ★★★

● Students will **sort food items into their different groups.** Students will **learn about what makes a meal healthy** and will put together some of their own healthy meals using special materials.

Physical Activity Break

● Students take a short break in the middle of the presentation to find out why physical activity is important. They do some **simple exercises to a really fun song** to feel how their breathing and heart rates change when they get moving.

Station 4: Hazardous Materials

Volunteer English Language Proficiency: ★★★

● Students **talk about hazardous materials and where these materials may be found at home.** Students will explore pictures of rooms in a house and look for hazardous materials.



Closing activity:

● Students gather as a group and have a **discussion about when they should and should not call 9-11.** Then, they will get an opportunity to tell **Icky Sicky** all the things they learned during their “Healthy Me” adventure.