



## *I'm Somebody . . .*

*A program designed and presented by The Health Adventure Staff •*

### **Suggested Classroom Activities:**

- 1) Place mirrors at various places in the classroom. Display photographs of people with various facial expressions (happy, sad, excited, surprised, scared, etc.). Ask children to look in the mirror and duplicate these expressions.
- 2) Provide music of all kinds for children to move to in different ways – to exercise, dance, jump, hop, etc. Add scarves or pieces of fabric for extra interest.
- 3) Make hand prints and/or foot prints in paint, clay or plaster. Compare with others in the classroom and also with adults (teachers and parents). Perhaps compare prints made early in the year to those made several months later.
- 4) Present fruits cut from black paper to children. Have a colorful picture to correlate with each silhouette. Ask children to identify the fruit and tell what they know about it – name, color, taste, texture, etc. Reinforce discussion by showing a fruit or photograph of the fruit. Discuss differences and similarities of fruits.
- 5) Set up a grocery store for dramatic play. Include plastic models for fruits and vegetables, empty cartons or boxes for breads and cereal, milk and dairy products, and protein foods. Label shelves with words and pictures to help children classify foods and to make clean-up easier.
- 6) Display charts, models and pictures of the human body. Include bones, muscles, heart, etc.
- 7) Bake bread. Use a basic whole wheat yeast bread recipe and let each child knead a portion. Bake each child's loaf in an individual shape on a baking sheet.
- 8) Each quarter measure each child's height and weight. Talk about how much they have grown in a short time and that proper food, rest and exercise help build strong bodies.

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**Program Objectives:** With our teaching staff, students will:

- ✓ Point out ways in which people are unique and in turn, get a sense that they, too, are special.
- ✓ Identify various health foods.
- ✓ Identify ways to prevent communicable disease.
- ✓ Demonstrate the benefits of exercise and discuss types of exercise that they may do on a regular basis.