Module 1
Human Health: *Staying Healthy with Personal Hygiene Habits*

Lesson 1
Setting the Conditions for Learning - a Kick-Off for our time together

Lesson Supports

Participation Songs and Icebreaker Activities

Songs and activities can be useful during transitions between instructional periods, moving to a new learning space, or initiating the learning and closing of the day.

Hokey-Pokey

Begin by introducing new vocabulary building words and phrases.
left, right, hand, foot, hip, head, whole self, shake *'shake it all about'* 'you PUT your left hand IN' 'you PULL your left hand OUT' 'you PUT your left hand IN'

Mindful of personal space / elbow room.

You put your right foot in, You put your right foot out; You put your right foot in, And you shake it all about.
You do the Hokey-Pokey, And you turn yourself around. That's what it's all about!
You put your left foot in…
You put your right hand in…
You put your left hand in…
You put your right side in…
You put your left side in…
You put your nose in…
You put your backside in…
You put your head in…
You put your whole self in,

You do the hokey pokey and you turn yourself about….that's what is all about

Spider Web

Sit in a circle facing toward the center.
Toss a ball of yarn or rope to a classmate.
The student receiving the ball can say his/her name and one characteristic. If this activity is used during the discussion of core values, the student can share his/her feelings about a particular core value.
Toss the ball so everyone has a chance to hold onto a piece of yarn or rope.
A large web of interconnected yarn or rope has been made representing the interdependence on one another and teamwork.

Simon Says

3 or more students

Listen closely as "Simon" gives you directions. If "Simon" says to do something, you better act fast. But, if "Simon" does not and you do it anyway, you're out!

Designate one person as Simon and the others as the players. Simon tells the players what they must do. The players must only obey commands that begin with the words "Simon Says."

If Simon says, "Simon says touch your nose," then players must touch their nose. But, if Simon simply says, "jump," *without* first saying "Simon says," players must not jump. Those that do jump are out.

Follow directions and stay in the game for as long as possible. The last player standing wins and becomes the next Simon. If you're Simon, the object is to try to dupe the players to follow your commands when they shouldn't.

Simon says: tickle your feet, play the air guitar, lift your feet up as high as you can, rub your tummy and pat your head, start singing, stand on 1 foot, wink with your left eye, do whatever your friend does, etc.

Two Truths and a Tale

A great get to know you game. Students can have a few minutes to think about of their statements and write them down if need be. Each student makes three statements about themselves, one of which isn't true.

For example: I have 4 sisters, I was born in New Zealand, I have a horse.

Once one student makes their statements the rest of the group must guess or vote on which statement is the tale. You could play as a team or individually.

Art Boards

Art materials ready for students to use.

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