
AN E-BOOK FROM READY-ED PUBLICATIONS

For 6 - 9 Year Olds

H

IS FOR HEALTH

By Mary Serenc and Wendy Harrap

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The activities in **H is for Health** will support the classroom teacher in planning and introducing many of the concepts in the lower primary Health and PE syllabus. A variety of fun and innovative worksheets is provided for each topic below.

For the teacher, suggested activities can also be found at the bottom of each page.

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Name: _____

Sweet Dreams

My body rests by going to *sleep*.

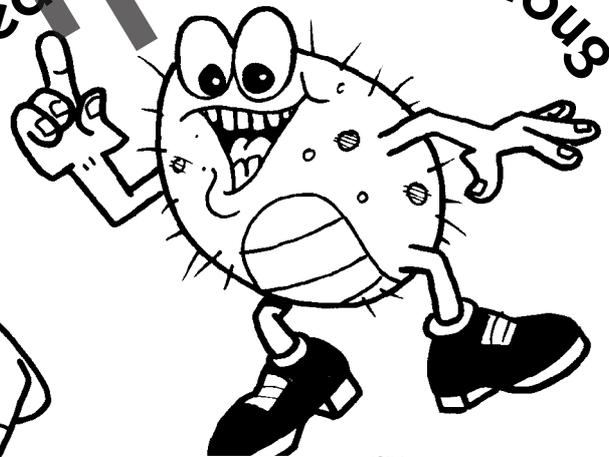
My bedtime is _____.

I wake up at _____.



Draw spots
on my
pyjamas.

bedbug bedbug bedbug



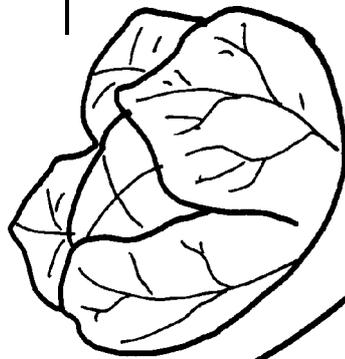
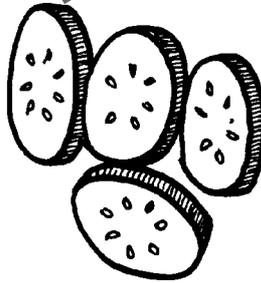
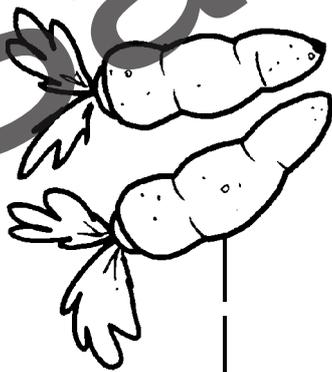
Good night.
Sleep tight.
Don't let the
bedbugs bite.

Sleep and Exercise - Sweet Dreams. Class Discussion - Why do we need sleep? What is your bedtime routine? e.g. go to the toilet, brush your teeth, read a story. Read the sheet together as a class. Ask children to fill in the missing words. Recite the bedbug rhyme. Follow directions to complete the sheet. Read stories, rhymes and lullabies which relate to sleeping, e.g. Sleeping Beauty, Hush-a-bye Baby, Little Boy Blue, Frere Jacques.

Scrumptious Salad

☆ Let's make a healthy salad.
Fill in the missing words and colour in.

Try my recipe!
Wash, chop and mix these ingredients for a crunchy lunch!



lettuce
tomatoes

cucumber
onion
carrots

Food and Nutrition - Scrumptious Salad. Discuss ingredients used to make salads. Complete the sheet. As a follow-up children can work in groups to make their own salad. Add a dressing to taste. Serve the salad on paper plates for children to taste. As an alternative, make a fruit salad.

Name: _____

Squeaky Clean

Write in
the missing
words.

I wash and
comb my

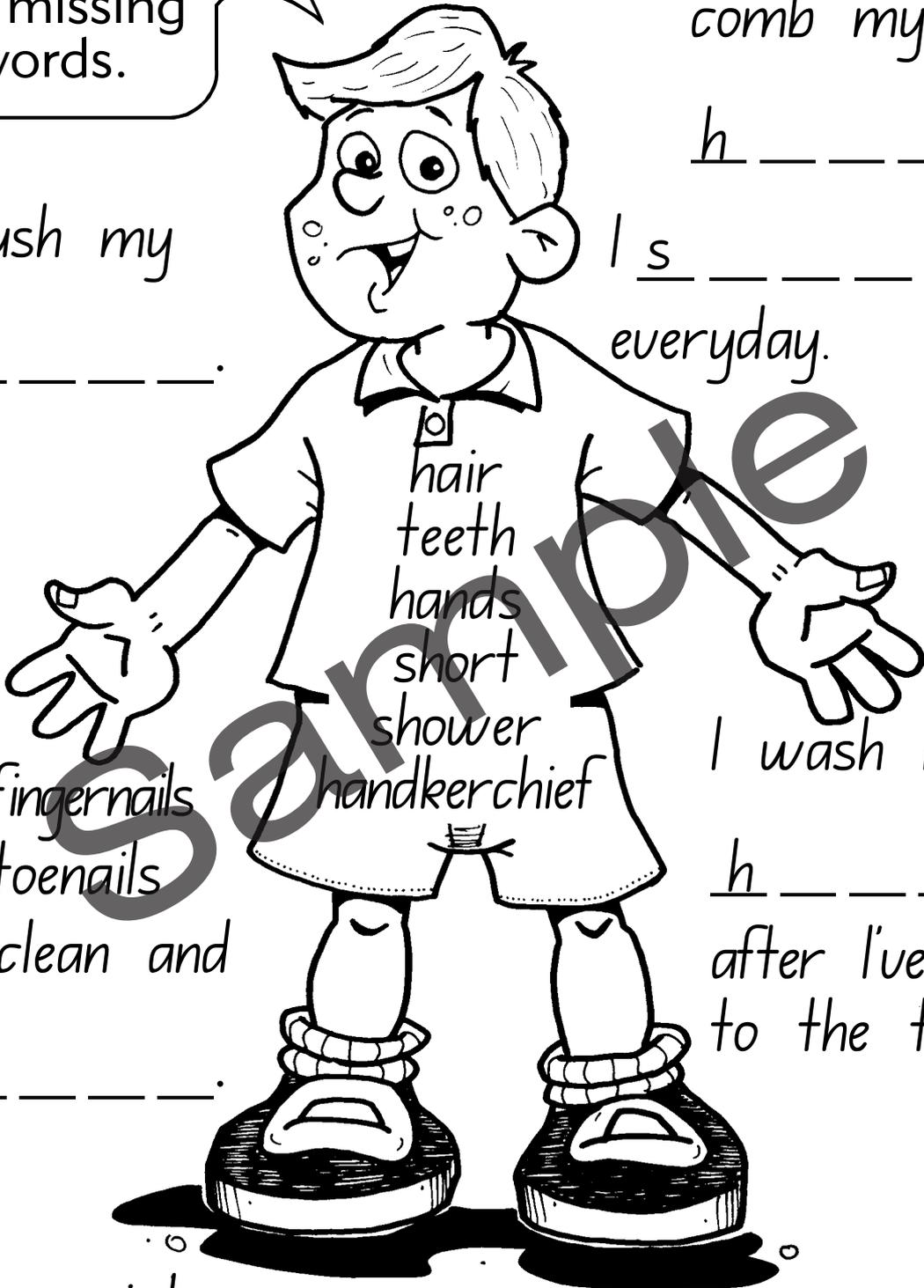
h _____.

I brush my

t _____.

I s _____

everyday.



My fingernails
and toenails
are clean and

s _____.

I wash my

h _____

after I've been
to the toilet.

I sneeze into a

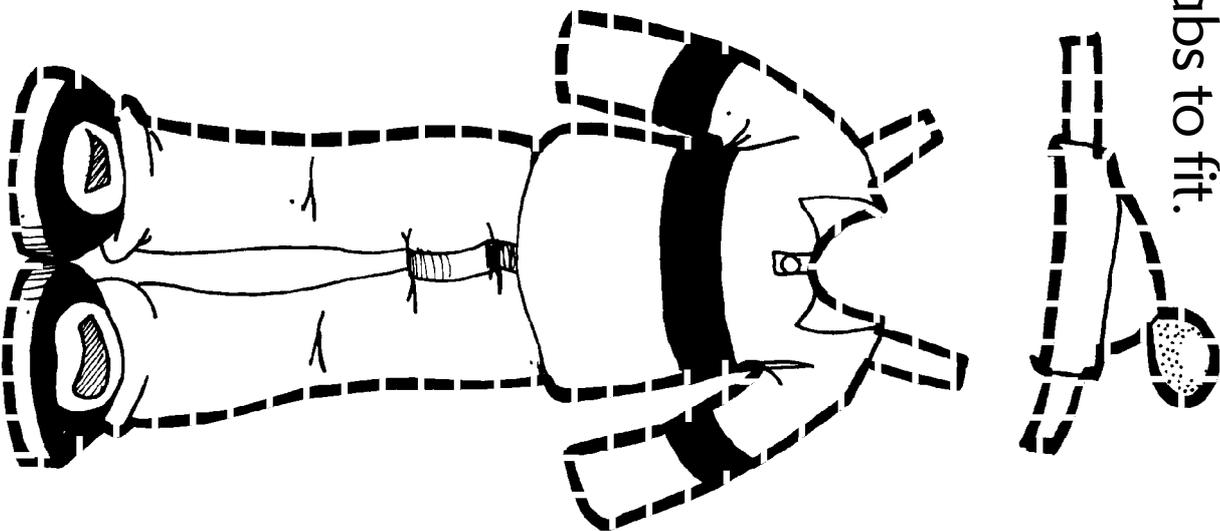
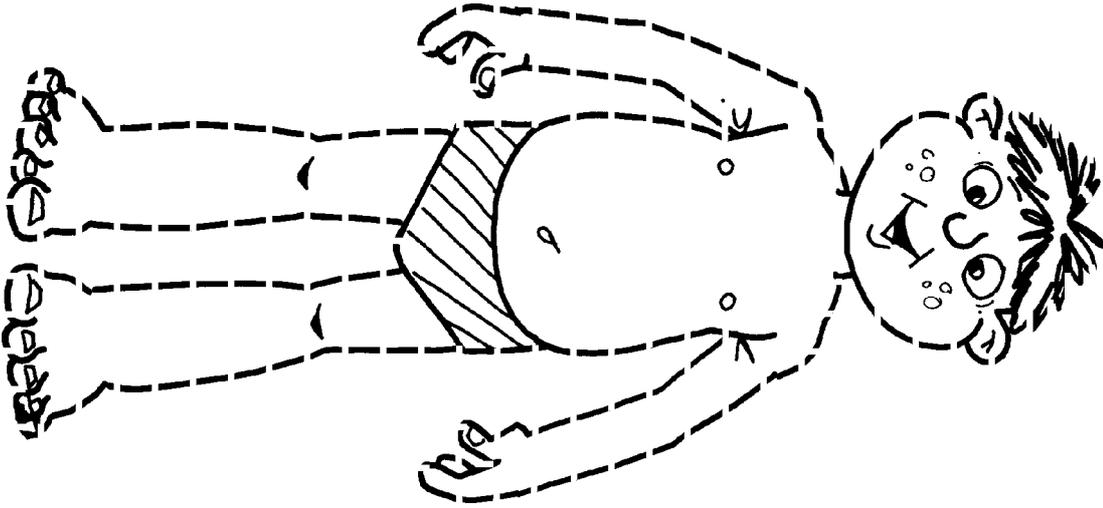
h _____.

Daily Health Habits - Squeaky Clean. Place a toothbrush, a handkerchief, soap, tissues, comb, shampoo, sponge and nail scissors in a bag. Take out one item at a time. Ask children to name it and describe its purpose. What do all the items have in common? (They are all things we need to keep our body clean.) Help children read and complete the worksheet.

Name: _____

Dressed For The Weather - Boys

☆ Colour. Cut out along dotted lines. Fold over tabs to fit.

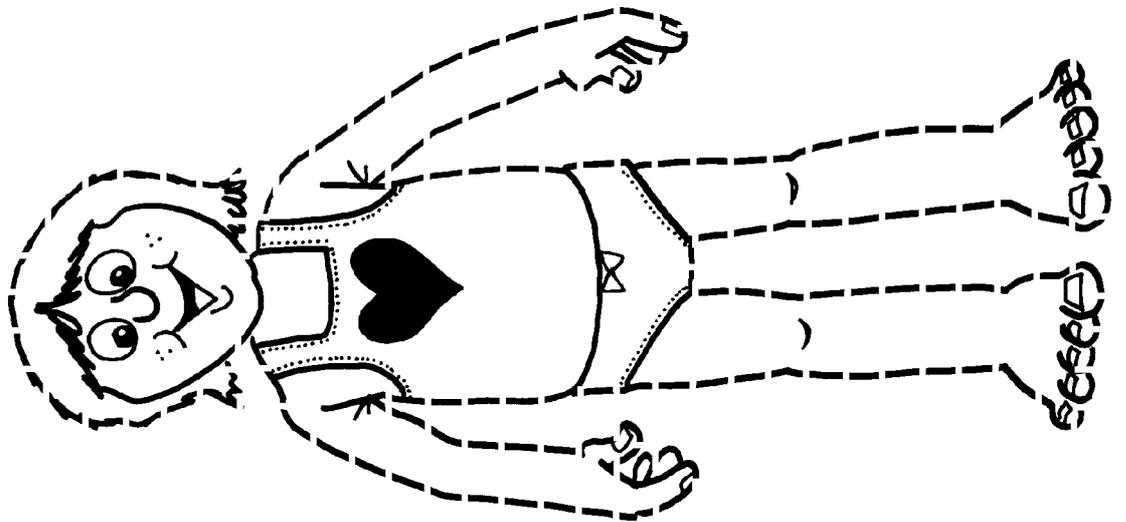
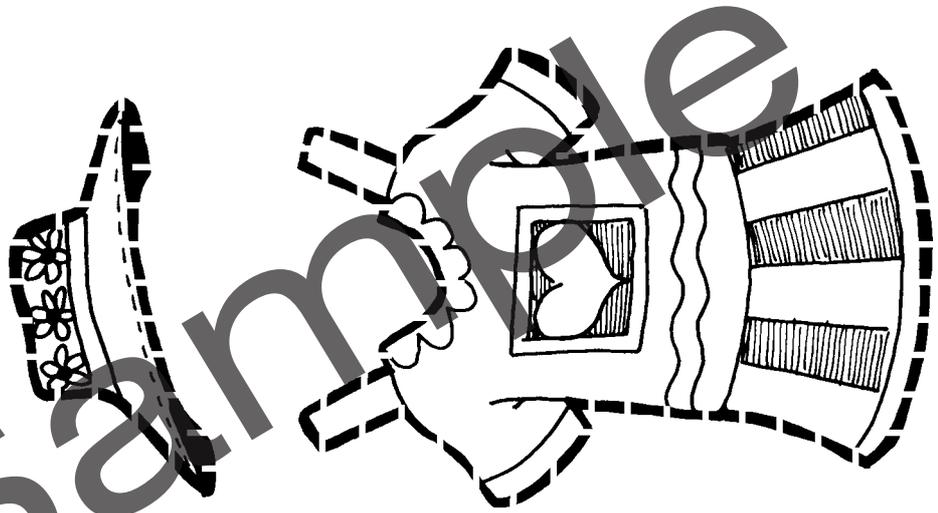
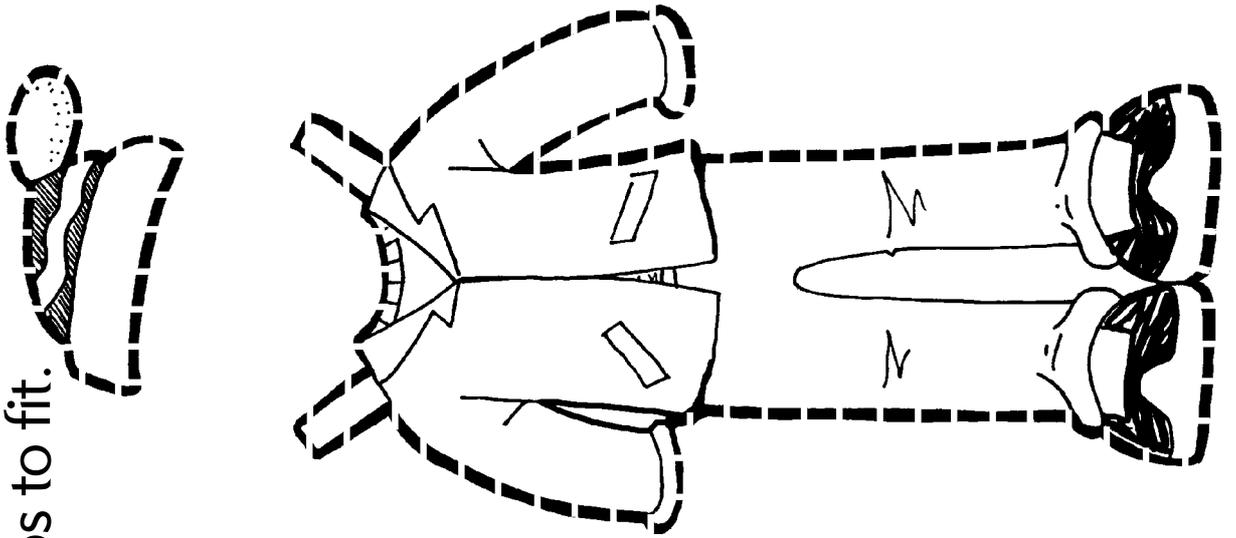


Environmental Factors & Protecting Our Bodies - Dressed For The Weather - Boys. Discuss and name the clothing drawn. What time of year would you wear each outfit? Why do we wear different clothing for winter and summer?

Name: _____

Dressed For The Weather - Girls

☆ Colour. Cut out along dotted lines. Fold over tabs to fit.



Environmental Factors & Protecting Our Bodies - Dressed For The Weather - Girls. Discuss and name the clothing drawn. What time of year would you wear each outfit? Why do we wear different clothing for winter and summer?

Name: _____

A Good Friend - Boy

★ Colour, cut out and join the pieces to make a good friend.

I like you the way
you are.



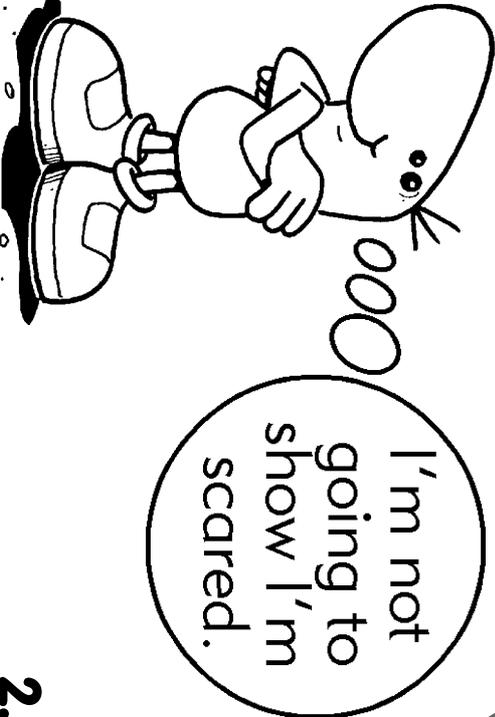
Social Growth - A Good Friend - Boy. Class discussion: Think about one of your friends. What makes them a good friend? List some of the answers, e.g. They are kind. They help me out. They're on my side. They like me and I like them. They don't say things to hurt me. They like to play the same games as me. They listen to me. Then colour, cut and paste to make a good friend.

Bully Booklet

★ Fold into a book. Colour and read.

 Cut

2.

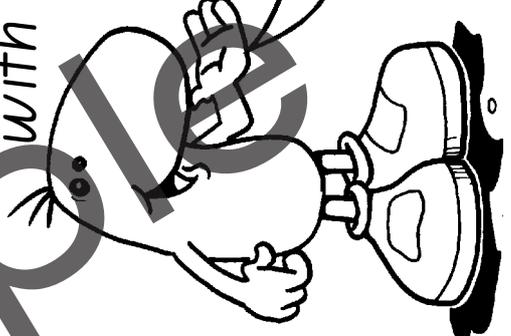


I'm not going to show I'm scared.

Stay super cool ...

1.

No-one has to put up with bullies.



So if it happens to you ...

3.

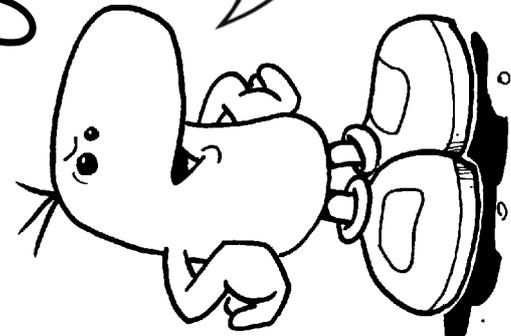


You don't bother me!

Walk away ...

4.

Tell someone about it, OK?!



I've had enough. I'm telling my teacher.

Social Growth - Bully Booklet. Class discussion: No-one should have to put up with being bullied. Discuss different forms of bullying - physical and verbal. Bullies are unhappy people who may bully to get noticed or to give them a feeling of power. Children make up the booklet by folding in half and in half again. Read through with the children, discussing each page. Try to get the message across that the best way to get rid of bullying is to tell on the bullies.