

Caring for your body

Grade Level: K-2

Overview Caring for your body, the title of this lesson draws attention to simple everyday activities necessary to keep a healthy body. Cultivating the habit of proper care of our body should begin early in life. The Latin phraseology of mens sana in corpore sano, a sound mind in a sound body, reminds us of the need to care for our body.

Purpose The purpose of this lesson is to teach children simple health habits that they themselves can practice.

Objectives Children will be able to:

- i. Identify THREE simple health habits
- ii. Discuss the need to stay healthy
- iii. Practice simple health habits.

Resources/Materials The resources and materials needed are arranged in four areas:

Area I.

The area for teeth should have cups (paper or plastic), water, toothpaste, a mirror and a basin. [The children who have brought their toothbrush or chewing sticks could use this area.]

Area II

The area for skin should have a basin of water, mild soap, and towels (Paper towels preferably).

Area III

The area for hair should have a mirror. Children with their own comb or brush could use this area.

Area IV

The area for nails should have a basin of water, soap, nail cutter and nailbrush.

Activities and Procedures The teacher should demonstrate the proper care of teeth, skin, hair, and nails. After demonstrating each technique to the whole class, the teacher should then get the children to set up the *Health Fair* in the classroom. Label separate areas with signs and provide items needed for care of teeth, skin, hair and nails.

A class Health Fair is not only a good way to end your science lessons but indeed it is a nice way to end the school year when parents are invited to visit the school. The teacher should introduce the idea of a fair to the children and allow the children to suggest what they need, to plan the Fair. [CAUTION] It is important to caution the children not to share their toothbrush, chewing stick, comb or brush in order to prevent communicable diseases.

Tying it all together Caring for your body is an activity which children should be encouraged to take to their homes. This lesson could be the cement which binds the school to the community.

Assessment When a child has properly demonstrated a particular technique, he or she could move on to another area.

Suggestions/Modifications

- The instructor may start the lesson by making a list of student responses to the question "What do we do to take care of our bodies?" in order to assess the knowledge the students already have.
- The students may interview their family members about proper health practices.
- The Health Fair organizers should also invite local health organizations as guest speakers and presenters.

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