Taking Care of Our Bodies

Lesson: Taking care of my body.

Date: As Used

Time: As Used

Class: Junior/Senior Infants.

Strand: Myself

Strand Unit: Taking care of my body.

Materials Needed: The Lunch Bag 'clap game' to introduce the lesson, the 'Taking care of my body' video provides the lesson, the 'What's in the box' game provides the assessment for this lesson and then the 'Colour me in' exercise sheet is used to conclude the lesson.

Learning Objectives

1. Appreciate the need to respect his/her own body and recognise that it's important that they care for their body to keep it healthy and well.
2. Develop good personal hygiene habits and good hygienic eating habits.
3. Recognise the importance of playing in order to be happy and to care for their mental health.

Introduction/Stimulus

- Play the Lunch Bag clap game to get the students attention.

Development

- As the lesson, the students will watch the video 'Taking Care of our Bodies' from the Lunch Bag Website, in which;
- The lesson begins with an explanation on the importance of eating healthy food, drinking lots of water and getting enough sleep to make sure we have enough energy for each day and to keep their bodies healthy.

- Students are educated on personal hygiene through covering how to wash your hands properly and the importance of washing yourself properly once you get dirty. This is to make them aware that if you don't do this correctly, you can get cold and sick.
- Lastly, the importance of having fun daily is covered in order to stay happy.

Conclusion

The 'What's in the box' game is used as the assessment for this lesson and the lesson is then concluded with the 'Colour me in' exercise sheet.

Assessment	T he 'What's in the box' game from the Lunch Bag website as the assessment for this lesson.
Linkage:	Developing citizenship', 'myself and my family' and 'my friends and other people' through the importance of hand washing to protect other members of the community's health especially post the recent pandemic.
Integration:	**Making Inference:** Children will understand that if they wash their hands, shower regularly and eat healthy foods, they will stay healthy. **Oral Language:** Receptive language is improved through hearing new words such as hygiene and expressive language is used through interaction with the video. **Art:** Incorporated through the Colour Me In exercise sheet. **Suggested Integration:** - **Irish** – Discuss the items involved in washing your hands or showering in Irish to improve vocabulary. - **Art** – Using clean hands, make prints on paper with paint. - **Science** – Understand the importance of clean hands to prevent bacteria entering our bodies and stopping us from getting sick.