S Lesson Overview

• Theme: Health & Hygiene Awareness

• Age Group: 3 to 5 years

Duration: 45 – 60 minutes

• Date: April 7 (World Health Day)

• Setting: Preschool Classroom / Outdoor Play Area

© Learning Objectives

By the end of this lesson, children will be able to:

- · Identify healthy and unhealthy habits.
- Learn about correct hygiene habits like brushing teeth and hand-washing.
- Learn about healthy foods like fruits and vegetables.
- Practice physical activities that support good health.
- Express understanding through creative drawing and role-playing.

Materials Needed

- 1. Flashcards (healthy/unhealthy food, hygiene items)
- 2. Toothbrush, toy teeth model
- 3. Real or toy fruits and vegetables
- 4. Music player for dance/exercise time
- 5. Crayons and World Health Day colouring sheets
- 6. Printable "My Health Pledge" certificate
- 7. Soap, towel, small water basin (for demo)

Step-by-Step Procedure

1. Welcome & Introduction (5 mins)

- Welcome the children and introduce World Health Day.
- Using visuals (globe and health symbols), explain why it's important.
- Sing a cheerful, health-themed welcome song.

2. Circle Time Discussion (10 mins)



- Ask questions: "What do you do to be healthy?"
- Show flashcards: brushing, eating vegetables, exercising.
- Have each child tell one thing they do to be healthy.

1 3. Story Time: "Germs Are Not for Sharing" (10 mins)



- Read the story and talk about why it is important to wash hands.
- Use a toy hand and glitter to demonstrate how germs spread and how soap assists.

4. Activity 1: Food Sorting Game (10 mins)

- Combine healthy (apple, milk, rice) and unhealthy (chips, soda) picture cards.
- Children take turns sorting each food into the right "Healthy" or "Sometimes Food" box.
- Discuss why some foods are healthy for our bodies.

5. Activity 2: Let's Move! Exercise Time (10 mins)



Play some music and take kids through:

- Jumping jacks
- Stretching arms and legs
- Marching in place
- "Freeze dance" (to promote fun movement)

6. Art & Coloring Station (10–15 mins)

• Give each child a World Health Day Coloring Sheet:

- o Choices: fruit, brushing teeth, children washing hands
- Ask them to title their work: "This is me being healthy!"

7. Hygiene Practice: Handwashing Song & Demo (5 mins)

- Show proper handwashing techniques with soap and water.
- Sing:
 - o "Tops and bottoms, tops and bottoms, in between, in between..."

8. Wrap-Up & Health Pledge (5 mins)

- Review what was learned.
- Children repeat and sign a "Health Hero Pledge":
 - o "I promise to stay healthy by eating well, moving my body, and keeping clean!"

Assessment & Evaluation

Criteria	Observation Method
Identifies healthy habits	Verbal answers during circle
Participates in activities	Active involvement
Understands hygiene practices	Correct handwashing steps
Recognizes healthy food	Accuracy in sorting activity
Expresses learning creatively	Understand hygiene practices

Extension Ideas

- Role Play: Set up a mini grocery store or health clinic for kids to role-play making healthy choices.
- Snack Time: Serve fruits like banana slices, apple wedges, or orange segments.
- Take-Home Pack: Give a small chart where kids can mark brushing their teeth and washing their hands.