



I Will Take Care of My Body

Game 1: Healthy Choice Corners Pictures around room: toothbrush, water, bed, healthy food, running child. Call one; children hurry to it and act it out.

Game 2: Healthy Red Light, Green Light GREEN: run in place, stretch, pretend to brush teeth, drink water, sleep. RED: stop. Between rounds: "Moving helps my body." "Sleeping helps my body." "Water helps my body."

Game 3: Take Care of Teddy Teddy needs help. He is tired → tuck him in. Hungry → choose pretend nourishing food. Dirty hands → wash them. Needs exercise → help Teddy move. The children literally practice caring for a body.

Game 4: This or That? Put two choices on opposite sides: toothbrush or muddy shoe for cleaning teeth? Bed or bouncing at bedtime? Water or something silly like