

C.A.R.E.

SAMPLE LESSON TWO - GRADES K-1



An Integrated Social Studies and Health Curriculum



SELF



OTHERS



COMMUNITY



WORLD

SELF-CARE

DAY TWO: CARE FOR SELF AT HOME

CARE OBJECTIVE: To learn ways to care for self at home.

CARE CONCEPTS:

Care
Helpfulness
Self-care

INTRODUCTION:

In our last story, Scarlett and Grammy Glo were helpful by taking care of the neighborhood park. Now let's hear a story about how Scarlett takes care of herself at home.

AFTER STORY ACTIVITIES: [HAVE STUDENTS VIEW AND REFER TO THE STORY AS NEEDED]

QUESTIONS:

1. Who remembers some ways Scarlett took care of her body in the story? *Brushed her teeth, bathed, exercised, ate and drank a healthy snack*
2. Like Scarlett, we need to care for our bodies, minds and emotions to be happy and healthy. Our mind is our thinking. Our emotions are what we are feeling. In the story, Scarlett did some activities that helped her relax and feel happier. This helped her mind and emotions. What did Scarlett do to have fun and feel good or happy? *She watched her favorite tv show, read a book with Grammy, hugged Grammy, played jump rope with a friend*
3. What does exercise do for us? *Creates a strong body and happy feelings* What does healthy food and water do for us? *Builds a strong body, gives us energy, helps us think and feel better*
4. What does sleep, or rest, do for us? *Helps us grow, gives our body and mind energy so we can move, think and feel our best*
5. What does having family and friends do for us? *Helps us feel safe and loved, helps us feel cared for and connected to others*
6. What ways did Scarlett take care of herself that were also helpful to Grammy? *She prepared her own snack, walked herself downstairs, did her homework by herself, washed and cared for her body, prepared for bedtime*
7. How do you think Scarlett felt when she took care of herself at home? *Accept answers*



CARE MAIN IDEA: When you care for your body at home by exercising, eating good foods, brushing your teeth and washing, you stay healthy and feeling good. When you care for your mind and emotions by doing fun activities such as playing a game, reading a book or watching a funny T.V. show, it also helps you stay healthy and feeling good. Remember when you take care of yourself at home – your body, mind and emotions – it helps you stay happy, healthy and feeling good!

CARE ACTION: *Think of at least one way that you care for your body at home and one way that you care for your mind or emotions. Draw a picture and write a sentence to explain. Be prepared to share tomorrow!* [WRITE A REMINDER ON BOARD FOR TOMORROW'S SHARE TIME.]

CARE CENTER ACTIVITY: Complete **CARE CENTER ACTIVITY 1-2 CARE FOR SELF CUT-N-PASTE ACTIVITY** to demonstrate ability to recognize and categorize ways to care for body, mind and emotions at home. Cut out pictures and put in correct row.

CARE THOUGHT OF THE DAY: Can you think of one activity that you like to do that makes you feel happy or good inside? Share your thoughts quietly while working at center.



Today, just like every day, Grammy walked Scarlett home from school. As soon as they entered Grammy's apartment, Scarlett kicked off her shoes and put her bookbag on the table by the door. She ran to the kitchen and lifted the lid of the cookie jar. "Grammy! We don't have any cookies!" Scarlett exclaimed.



“Oh, that’s right! I was going to make some before you came home, but Josh was a little fussy today and needed some extra TLC,” Grammy called from the living room where she was changing Scarlett’s little baby brother, Josh. “Do you need help, Scarlett?” Grammy asked.

“No, thanks, I can do it by myself,” Scarlett called back and then asked, “but what’s TLC, Grammy?” Grammy chuckled and answered, “That means tender loving care.”

Scarlett smiled to herself. “Oh, like you give me all the time,” she answered, as she climbed up on her special step-stool to reach the box of peanut butter crackers. Then she went to the refrigerator and carried the milk jug to the table. Remembering that she needed a glass, she grabbed the one drying next to the sink.

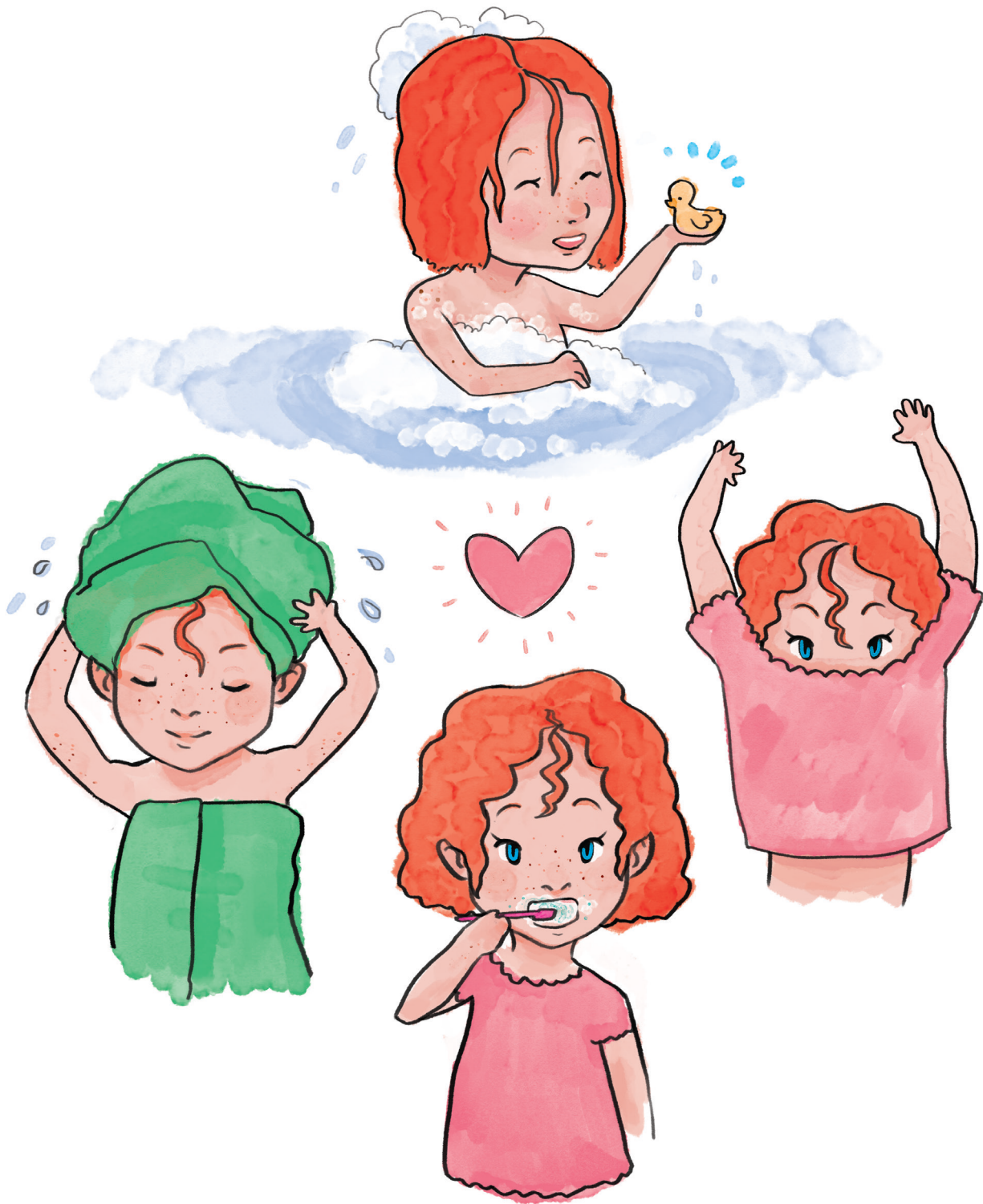


After enjoying her snack, Scarlett put everything away and went back to the living room where Grammy was rocking Josh to sleep. Scarlett turned on the TV and laid on the floor to watch. Moments later she was laughing and enjoying her favorite show. It always put her in a good mood to watch the funny show.

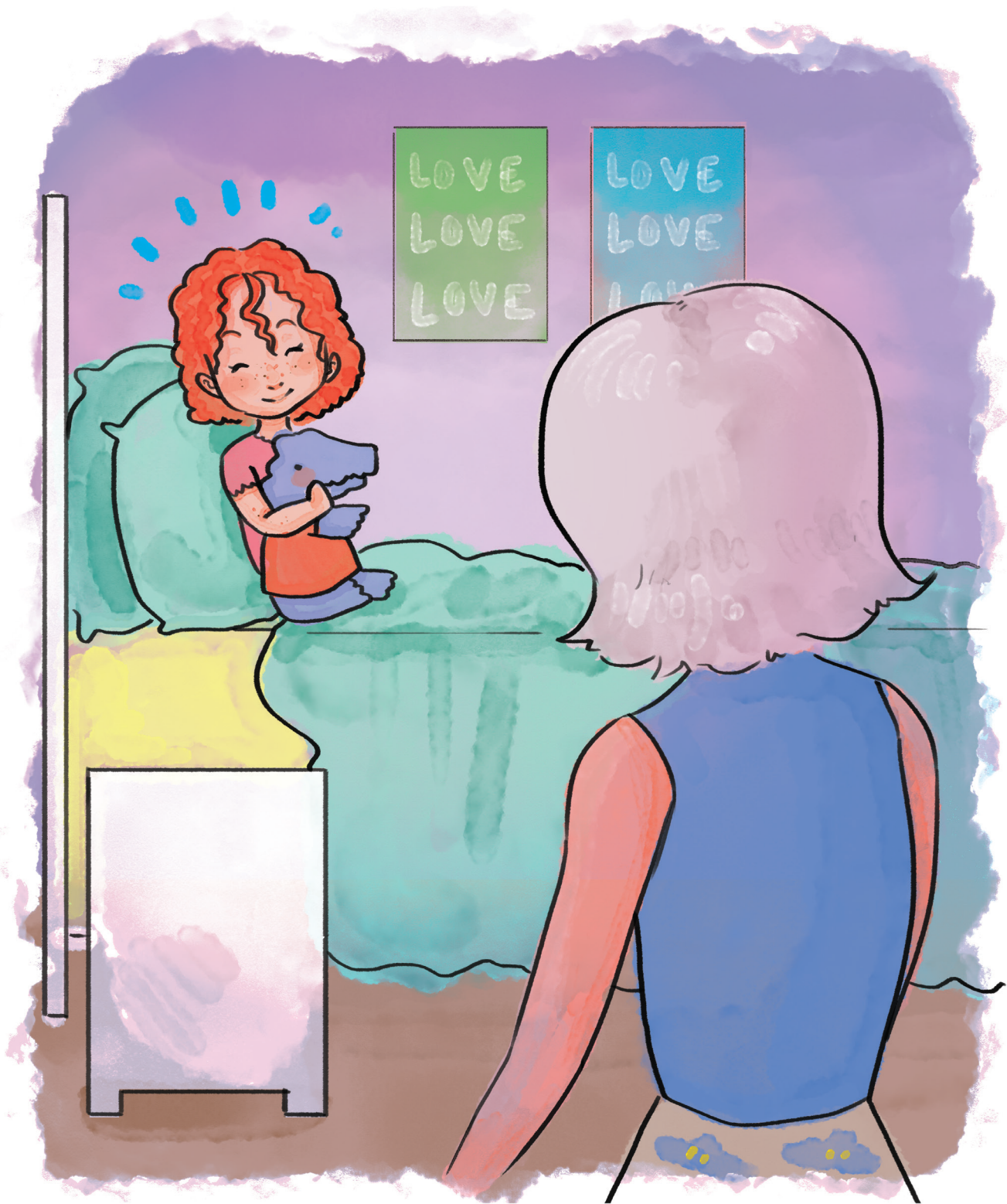
When the show ended, Scarlett knew, without Grammy telling her, that it was time to do her homework. When she finished her homework, Scarlett felt good that she had done everything that the teacher had told her to do ... all by herself! Feeling a little bored, she asked if she could go play with her friend who lived in Grammy's building. Scarlett looked out the window and saw her jumping rope downstairs on the sidewalk.



Grammy said it would be okay for Scarlett to go downstairs and play since the girl's mother was watching them. Grammy knew that the exercise was good for Scarlett and would make her feel better. "Do you want me to walk you downstairs?" Grammy offered. "No, Grammy, I can do it all by myself," Scarlett answered proudly.



Later, when Scarlett's parents came to pick her up, she begged them to let her spend the night with Grammy. Since it was Friday and there was no school the next day, her parents agreed. After Grammy and Scarlett finished dinner, it was time for a bath. Grammy helped Scarlett get the water temperature just right, but when the water got too high in the tub, Scarlett knew how to turn it off. She bathed, dried herself off and put on her pajamas. Next, she hung up her towel to dry, brushed her teeth and turned out the bathroom light as she left. Now she was ready to climb into her nice, comfy bed.



Grammy was surprised when she came in and saw that Scarlett had done everything by herself. Grammy said, "Well, Scarlett girl, you don't even need me anymore! You can do everything all by yourself!" But Scarlett frowned and said firmly, "Oh, no I can't!" Surprised, Grammy asked, "What do you mean? I have watched you take care of yourself here at home all afternoon and evening. What do you need *me* for?" Scarlett held up a book and exclaimed, "To read to me, silly Grammy, because I still don't know how to read by myself!" Grammy chuckled and snuggled in next to Scarlett to enjoy a few minutes together and a good story.



Later, as Grammy tucked Scarlett in for a good night's rest, Scarlett hugged Grammy tightly and whispered, "And I will always need your TLC, Grammy!" Hearing these sweet words, Grammy squeezed Scarlett tighter and whispered back, "Always, Scarlett girl!"

In the story, Scarlett did activities to care for her body, mind, and emotions. These activities helped her to be healthy in her body and to relax and feel good in her mind and emotions. Color, cut, and paste the pictures below that show ways to care for you body and mind.



CARE FOR SELF AT HOME

Name: _____

 Color  cut  and paste them in the right spot!

