



Government of the Republic of Trinidad and Tobago

MINISTRY OF EDUCATION



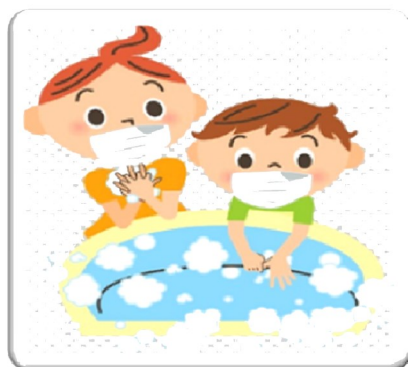
ECCE Activity Pack

Week 3 Term 3

Taking Care of Me: Hygiene/Grooming

Transition: Encouraging and Building Self-Help Skills in Young Children

As your pre-schooler grows and matures, there are certain self-care skills such as washing hands, getting dressed, using utensils, among others that they will need to learn to do on their own. These everyday tasks are things adults often take for granted, but need to be taught and practiced. Every child develops at their own pace but by age 5, your child should be able to do all of these them.



Whenever your child tries something new, it is important to focus on the journey (**the method**) not the destination (**the result**). In the beginning, your child is bound to make mistakes. It is your job as a parent to encourage and teach, not to step in and do the task for them.

Even if a button winds up in the wrong hole or snacks spill onto the carpet instead of in the bowl, learning to become independent is an important part of personal and social development.

Many self-help skills are precursors for school-related tasks. At the Early Childhood centre children will develop some basic routines and self-help skills. They work on storing their backpack and lunch bags in a cubby, putting on their sock and shoes themselves and opening their lunch/fruit containers and feeding themselves.

When a child completes these tasks, they develop a sense of accomplishment and are in charge of their bodies. Allowing your child to do more for himself/herself shows that you trust and believe in them. This will help them to develop healthy self-esteem.

Making the effort to work on these skills at a young age takes time, though this is not easy, it will have a big impact on their growth and development.



Remote Learning Daily Schedule

Time	Activity
9:00 - 9:30	Personal Awareness Preparation for the day
9:30 - 10:00	Circle Time (Online) Discussion about values: Reading stories
10:00 - 10:15	Individual Activity (Online)
10:15 - 10:30	Fruit Time
10:30 - 11:00	Outdoor Play
11:00 - 11:30	Stories/Rhymes
11:30 - 12:30	Lunch Prep Lunch Break & Clean up
12:30 - 12:45	Recall - Discussions based on the day's activities

Materials: Bristol board, construction paper, straws, sticks, comb, soap, toothbrush, tooth water, plastic container/bowl, small bag, sock, marshmallows/tic-tacs, baby powder



Activities for three (3) and four (4) year olds—PART 1

Monday

Creating a Germ Puppet

- Discuss proper hygiene practices (washing hands, brushing teeth, showering, combing one's hair).
- Cut out a circle and stick six straws/sticks around the edge of the circle (or use any available materials) to create your germ puppet
- Sequence triangle and squares at the end of straws / sticks for your germ puppet



Physical Activity: Germ Detective

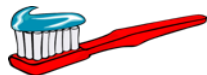
- Use the germ puppet to sprinkle baby powder on some toys (or any other powder-like material that is safe for children)
- The child now becomes a germ detective and cleans all the germs on his/her toys using a cloth and sanitiser



Tuesday

Make Me a Match

- Look at the pictures and identify items used for grooming
- Use the pictures provided, allow the child to match picture to object (in the home), or picture to word



Toothpaste

toothbrush

water

comb

soap



Physical Activity: Grooming Kit

- Child will make a grooming kit using grooming tools found in the home
- Parents would give the child clues e.g. we use this to brush our teeth
- Keep giving clues until all grooming items are found and placed in a kit/bag



Wednesday

Make a Face Mask

- Discuss with the child the importance of wearing a mask in public
- Create a mask using a sock (follow instruction)



Physical Activity: Run away from the germ monster

- Parent or older sibling pretends to be the germ monster
- Child has to avoid being caught by the germ monster

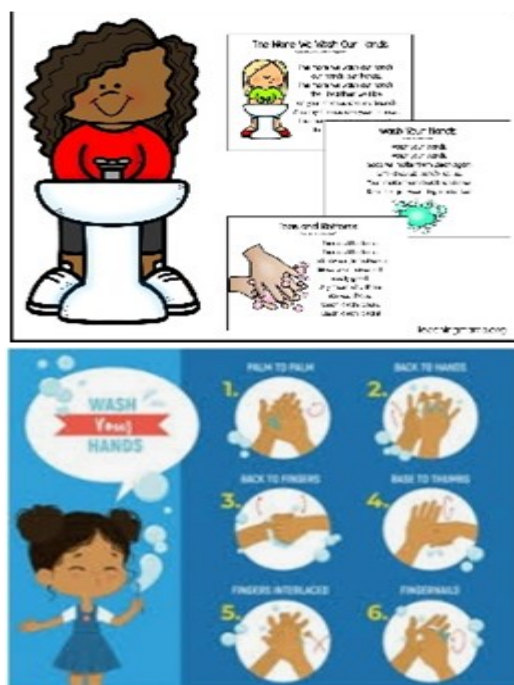


Activities for three (3) and four (4) year olds—PART 2

Thursday

Washings Hands

- Adult recites poem and child repeats, identifying top, bottom and between fingers
- Child draws pictures of the steps in washing hands to create a poster



Friday

Apple Smiles

- Using two slices of apple create a smile by placing either small plain marshmallows/ tic-tacs between slices



Physical Activity: Washing Hands Chant

- In a convenient space, place a container of water with soap and a towel
- Allow child to repeat washing hands chant as he/she washes hands with adult assistance



Physical Activity: Water Play

- Create a water play station outdoor using a bathtub or any large container
- Allow the child to wash toys used throughout the week



What is a WebQuest?

A WebQuest is an activity children complete using the Internet to get information on a specific topic.

Select the link below and listen to a story entitled "Go Wash Up Keeping Clean" to learn about personal hygiene. Personal hygiene is how you care for your body. This practice includes bathing, washing your hands, brushing your teeth, and more. <https://www.youtube.com/watch?v=xLQkhaHC3vM>

Select the link below to listen to a video entitled "Healthy Habits For Kids | How To Stay Fit and Healthy" <https://www.youtube.com/watch?v=FWw8xgDTFTQ>

Select the link below to listen to a video entitled "We Wear Masks - A Social Story about the coronavirus" https://www.youtube.com/watch?v=lnP-uMn6q_U

Select the link below to listen to a video entitled "Easy Face Mask from Socks! NO Sew!" https://www.youtube.com/watch?v=Ky4mDHM3a_o

Following the videos allow the child to create a mask out of a sock.

Weekly Web Quest



Colouring Page



Clean hands are happy hands



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From Monday to Sunday
at 8:00 a.m. & 2:00 p.m.

Digicel Channel 4
& On Demand / Education folder.
Flow Digital 104 & Analog 4
Amplia Channel 104
Green Dot on Channel 4



in collaboration with



SESAME WORKSHOP

Leading Stars ECCE
...bringing our classes closer to you!

Monday to Friday on



9:00 am (Circle Time)
10:45 am (Story Telling)
and 12:30 pm (Recall)