


Healthy Habits FS1 Learning Journey

Start Date:	Sunday 10 September	Unit Length:	5 weeks
	Links to Host Country (Qatar) <ul style="list-style-type: none"> • Pictures of vegetables grown locally and locally produced milk • Pictures of local hospitals and ambulances 	During this unit our students will be: <div> <div>Empathetic</div> <div>Respectful</div> </div>	
Healthy Habits Our aim, as teachers and parents, is to nurture happy, capable and resilient children. Early childhood development and lifelong health are deeply intertwined, so it is never too early to focus on a child's health and well-being. This unit of learning provides children with a gentle introduction to the personal and interpersonal skills that they will need, and will continue to develop, throughout their life.			
Entry Point Children will engage in conversation about who takes care of us when we are sick and where we may go if we feel unwell. They will be encouraged to draw upon personal experiences. They will be encouraged to participate in a roleplay activity where they help stuffed toys that have been in accidents around school.			
Capturing Curiosity Children will be asked to share what they know about different pieces of medical equipment including bandages, plasters, gloves, face masks, spoons and thermometers. They will talk about why they think owns the equipment and where they may find it in school and elsewhere. They will be asked how they think the toys from our entry point feel as well as what they can do to cheer the toys up if they are feeling sad or unwell while drawing on their own personal experiences.			
Learning Block 1 In this learning block children will learn what it means to have healthy bodies. The shared space will be transformed with a dedicated 'hospital' area for the children to explore. Children will engage in activities that encourage proper hygiene including washing their hands and brushing their teeth with a visit from Nurse Maria. The following books will be read to the children in this learning block; Going to the Doctor, Splat the Cat Goes to the Doctor, Busy People, Doctor, I don't Want to Wash my Hands, Tooth Fairy, Going to the Dentist, Funny Bones.			
Learning Block 2 In this learning block children will learn about the impact of food on our bodies with a focus on investigating different foods to feed the brain. Children will have the opportunity to make healthy snacks and explore different ingredients. They will have an opportunity to discuss their favourite food, use dried fruits in craft activities to explore texture and craft with a purpose. We will focus on the book Monsters don't Eat Broccoli.			
Learning Block 3 In this learning block children will explore ways in which they can identify and move through their feelings and how others may do so as well. They will take part in simple exercise and explore ways in which they can			

calm their bodies after such an experience. We will read the book 'The Colour Monster' and talk about the different feelings and emotions the children have experienced while we make calming glitter jars. They will work as a class to create a friendship chain with each child decorating and creating their own individual link. These will be displayed in our shared space for all to see and admire. Children will also develop skills in showing empathy towards others with the use of toy props.

Learning Block 4

In this learning block children will learn to be mindful and free to be themselves. They will be provided with opportunities for moments of rest and stillness. Our book focus for this week will be 'Sometimes I like to Curl up in a Ball'. Children will express themselves through dance and paint. They will explore the body's senses taking part in tickle activities and sound activities. They will also have the opportunity to walk bare foot on the grass and stepping on logs to explore textures.

Exit Point

The children will be invited to dress in homemade costumes of doctors, dentists, nurses and other health care professionals. We will celebrate our learning with unlimited role play and a healthy snack bar.