

Lesson No.	Lesson Title	Learning Outcomes	Content	Key Vocabulary
1	Looking After Myself	<ul style="list-style-type: none"> <li>• Talk about how healthy food and keeping clean can help our bodies.</li> <li>• Name some healthy foods.</li> <li>• Try new experiences.</li> </ul>	<p>Using a teddy bear, explain that the teddy has been invited to a teddy bear's picnic. The teddy bear has been asked to bring some healthy snacks to the picnic. Use the role-play food to show the children the picnic food the teddy bear is taking with him. Have a range of healthy snacks (fruit, vegetables, cheese, crackers, yogurts etc.) and less healthy foods (sweets, crisps, cakes, biscuits etc.)</p> <p>Explain that healthy snacks give us lots of energy and make us feel good inside. Some snacks and treats are OK to eat sometimes.</p> <p>Ask the children: Do you know what the sweet stuff inside it is? What makes these snacks taste sweet? (Sugar)</p> <p>Talk to the children about how we should only have sweet treats sometimes and we need healthy foods to help us grow and to help our bodies to work properly.</p> <p>Activity – Make healthy fruit smoothies. Invite children to chop different fruits and add to blender with yogurt. Children can then take smoothie home with them.</p>	<p>Healthy snacks Sugar Germs Wash hands Fruit Vegetables</p>
2	Looking After Myself	<ul style="list-style-type: none"> <li>• Talk about how healthy food and keeping clean can help our bodies.</li> <li>• Name some healthy foods.</li> <li>• Try new experiences.</li> </ul>	<p>Talk to the children about the importance of washing our hands. Ask the children: When do we wash our hands? Why do we wash our hands? What might happen if we don't wash our hands?</p> <p>Watch <a href="https://www.youtube.com/watch?v=qb02mEOaNJg">https://www.youtube.com/watch?v=qb02mEOaNJg</a> (I don't want to wash my hands by Tony Ross.)</p> <p>Activity – In small groups teach the children the following song: Twinkle Twinkle Little Star, Look how clean my two hands are. Soap and water, wash and scrub, Get those germs off rub-a-dub. Twinkle Twinkle little star, Look how clean my two hands are.</p> <p>Use a small bowl and demonstrate how to wash your hands properly. Discuss using soap and how we cannot always see germs and dirt, so it is important to wash our hands properly. Invite the children to wash their hands also and model washing in-between fingers, on top of hands etc.</p>	<p>Healthy snacks Sugar Germs Wash hands Fruit Vegetables</p>

3	Looking After Others	<ul style="list-style-type: none"> <li>Name some activities that they can do to help out at home.</li> <li>Talk about how they can look after other members of their family.</li> <li>Talk about how they can look after their friends.</li> </ul>	<p>Show the children pictures of their families and special people that they have either brought in from home or have been uploaded to Tapestry. Give the children time to look, compare and chat about what they see.</p> <p>Explain to the children that today we are thinking about how we look after other people. Ask; Who do you look after? Can you help you Dad/Mum/Granny/Uncle/Cousin etc.?</p> <p>Explain to the children that jobs like tidying their room and washing up helps their family when they do their jobs.</p> <p>Ask, how can you look after their feelings?</p> <p>Encourage the children to think about the following questions:</p> <p>If they feel sad, how can you help?</p> <p>If they are hurt, how can you help?</p> <p>Discuss how if your grown-up is feeling poorly, they might need some quiet time. Maybe ask your adult if they would like a cuddle to help them to feel better?</p> <p>Activity – In small groups, use pictures of children helping their family by doing different activities. In the group discuss what they are doing and how that may make their family members feel.</p>	Similar Different Helping Family Friends Feelings
4	Looking After Others	<ul style="list-style-type: none"> <li>Name some activities that they can do to help out at home.</li> <li>Talk about how they can look after other members of their family.</li> <li>Talk about how they can look after their friends.</li> </ul>	<p>Read “Sharing a Shell” by Julia Donaldson.</p> <p>On the class whiteboard, show the children images of them playing with their friends. Discuss what they can see in the pictures. Ask, what can we do to help our friends?</p> <p>Prompt the children with the following ideas:</p> <p>If your friend falls over, you can ask them if they are OK and go and get an adult for help.</p> <p>If your friend is looking sad or lonely, you can ask them what has happened.</p> <p>If your friend is feeling cross or angry, you could give them some time on their own, tell an adult or talk to them about their problem.</p> <p>Activity – Encourage children to draw someone they like to play with in the Nursery and think about how they help them and look after them. Children draw a picture of their friend and adult scribes their ideas about how to look after others.</p>	Similar Different Helping Family Friends Feelings
5	Looking After My Environment	<ul style="list-style-type: none"> <li>Show care and responsibility for their home and learning environments.</li> <li>Talk about what is special within the natural world.</li> <li>Name some ways in which they can help their world.</li> </ul>	<p>On the class whiteboard show pictures of the classroom looking very messy (paint pots on the floor, toys messy on the carpet area, books out of the book box etc.) Ask the children;</p> <p>How can we care for our classroom?</p> <p>What could we do to fix it?</p> <p>Why is it important to care for our classroom?</p> <p>During Continuous Provision, remind the children of what was discussed during carpet time. What do we have to do to keep our classroom tidy? Have regular check-ins with</p>	Classroom Care Tidy Clean Look after

			the children throughout the morning about looking after our resources and keeping our classroom tidy.	
6	Looking After My Environment	<ul style="list-style-type: none"> <li>• Show care and responsibility for their home and learning environments.</li> <li>• Talk about what is special within the natural world.</li> <li>• Name some ways in which they can help their world.</li> </ul>	<p>Take the children on an environment walk. Go on a walk around the Nursery garden and ask the children to find things that people can help look after. For example, we need to take care of the trees, flowers etc. We have a rubbish bin outside so we can tidy our rubbish away and make sure our garden is clean and tidy. We have a special wildlife area where the small bugs and insects can hide (before children go outside, place some rubbish in this area and ask the children what we should do about it.) Remind the children that we need to look after our Nursery garden just as we look after our classroom.</p> <p>Activity – Using magnifying glasses/binoculars/insect viewing pots etc., to explore the mini-beast garden area and ask the children, what can you see? What have you found? Have some bird/insect/plant books for the children to explore also. Whilst the children are exploring, encourage discussion about the bugs and insects and why we need to take care of them.</p>	Classroom Care Tidy Clean Look after