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# „Game for the health - game for the future” innovation program, containing innovative methods and tools for working with children



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# INTRODUCTION

Health is the base value for humans. In everyday life we consider it as the most important. That is why it's necessary to teach our pupils that their development is in their hands. We help them to care about their physical, mental and social health. This program contains the set of scenarios from variety of life areas connected to a healthy lifestyle. The innovative solutions developed together by six schools from European countries: Poland, Greece, Wales, Iceland and Latvia are a summary of three-year-long cooperation under the Erasmus+ program and the name "Game for the Health – Game for the Future".

Execution of the program's tasks allows us to create realistic and attractive possibilities for children, parents and teachers to make healthy choices. Those tasks will help children in the development of their physical abilities and will strengthen their self-esteem. They will equip the children in the knowledge and skills necessary for their health and they help to create healthy and safe environment.

This program is targeted towards comprehensive development (intellectual, mental, social, aesthetic, moral, healthy and spiritual). It promotes healthy lifestyle and prepares the children to live in society. The program also takes into account the realization of the goals of early education in every country and extends beyond the basic learning.

## Coordinator:



**POLAND**

Przedszkole nr 32 z oddziałami integracyjnymi w Koninie

## Partners:



**GREECE**

4o Kindergarden of Artem



**GREECE**

Kindergarten Ano Meras Folegandrou



**ICELAND**

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**WALES**

Pillgwenlly Primary School

# Identifying good and bad eating habits

**Nutrition is essential for children and adolescents' health. Childhood is connected with intensive growth of their organism and physical activity. So, it is important to develop appropriate eating habits. We need to implement principles of healthy eating at this age.**





## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Autumnfruits	5-6 year olds	<ul style="list-style-type: none"> <li>• To acquire proper eating habits</li> <li>• Be aware of modern eating problems</li> <li>• Understand the effect of proper nutrition on human development and the nutritional value it offers to the human body.</li> <li>• To communicate, to share their experiences and experiences in one climate of mutual respect.               <ul style="list-style-type: none"> <li>• Gain confidence.</li> </ul> </li> <li>• The importance of fruits in our daily diet</li> </ul>	craftboards, stickers, scissors, markers, fruitcards, Paintings

### Classes process:

Welcome in the Kindergarten

Greetings to each student by the whole group in different ways. Each Child decides the ways how wants to say good morning daily tasks and preparing for the next activities

They follow the daily routine during the day in kindergarten. They complete the calendar and put the date, the day of the week - month in the right place. They observe the weather and they complete the attendance list.

Discussion questions

In November we had the opportunity to talk autumn fruits. The reason was the fact that most kids bring these fruits for breakfast so we relied on this experience to approach the subject.

Categorizing Fruits: Autumn - Summer

We divided the fruits into autumn and summer

We cut pictures from magazines and stick them in the appropriate category

Painting Exhibition

We look at Rene Magritte's painting and paint our favorite fruit

Masks

We make fruitmasks and play puppetry





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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
What to choose for eating?	5-6 year olds	<ul style="list-style-type: none"> <li>• to understand the value of collaborative work</li> <li>• to present alternatives olutions in accordance with nutrition               <ul style="list-style-type: none"> <li>• to take part in discussions and use strong arguments</li> <li>• to be able to follow a healthy lifestyle and explain why                   <ul style="list-style-type: none"> <li>• develop collaboration skills</li> </ul> </li> </ul> </li> <li>• to observe, to compare and classify different kinds of things</li> <li>• to have suitable behavior in front of other adults</li> </ul>	Crayons, markers, pieces of paper, scissors, glue, illustrations of vegetables and fruitpictures, pictures of healthy and unhealthy food items

### Classes process:

Good morning - Welcome in the Kindergarten: Greetings to each student by the whole group in different ways. For example, they greet each other happily, by clapping, by singing a lovely song, etc.

Completing the daily tasks and preparing for the next activities: They follow the daily routine during the day in kindergarten. They complete the calendar and put the date, the day of the week - month in the right place. They observe the weather and they complete the attendance list.

Discussion questions: The teacher asks questions to the children such as: What is healthy eating or healthy foods? What are the four food groups and how do we have combinations of foods for each meal? Why is food important? How do we feel when we are hungry?

Whats hould we eat? They get answers and identify the students' knowledge.

Categorizing Food: Health yor Not? Fold the sheet of paper in half. Label one side "Healthy" and one side "Not healthy."

The teacher gives the students a grocery ad ort wo and asks them to cut out a variety of foods. They should look for food that they think is healthy and food that they think is not healthy as well. After they have a bunch of food cut out. It is time for them to begin sorting and categorizing it. They pickup one of the pictures that was cut out and they have to make a decision about whether it is healthy or not healthy.

They glue it to the correct side of the paper. Continue this process until all the food is sorted into the correct categories.

Class Food Book: Each child draws their favorite fruit or vegetable. The teacher attaches all the pages and adds this book to the class library.

We can use a sentence template as follows: Child's name likes fruit or vegetable. The children will be able to 'read' this book independently.

Placemats : The children make a placemat which is called the mat of healthy food. They draw or print healthy food on a large piece of paper.

After that we eliminate it. The students can use it when they eat at school or at home.

The closure activity: We sing the song "The healthy eating song". The children sit down in a circle, listen to and singthis song clapping their hands



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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Santa Claus's menu	5-6 year olds	<ul style="list-style-type: none"><li>• learn to eat healthy.</li><li>• understand the effects of healthy eating</li><li>• choose a healthy meal</li></ul>	through the arts and games children learn about healthy eating

### Classes process:

Story:

Xmastime and all children are waiting for the presents of Santa Claus. But during the year he took many kilos and he cannot pass through the chimney

Solution:

The children try to find a way to help him lose weight to get into the chimney and leave them presents.

Healthy and unhealthy food:

First we talk about healthy and unhealthy food. Children find in magazines pictures of healthy food

Art- language:

The children make Santa Claus and the chimney and choose the pictures of food from the magazines to prepare the right healthy menu for him

End of lesson:

Children wrote the perfect menu for Santa Claus



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## ACTIVITY PLAN

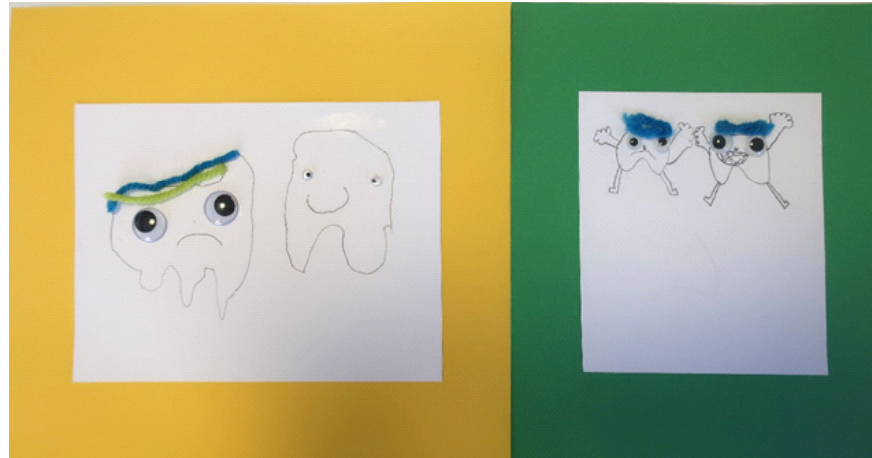
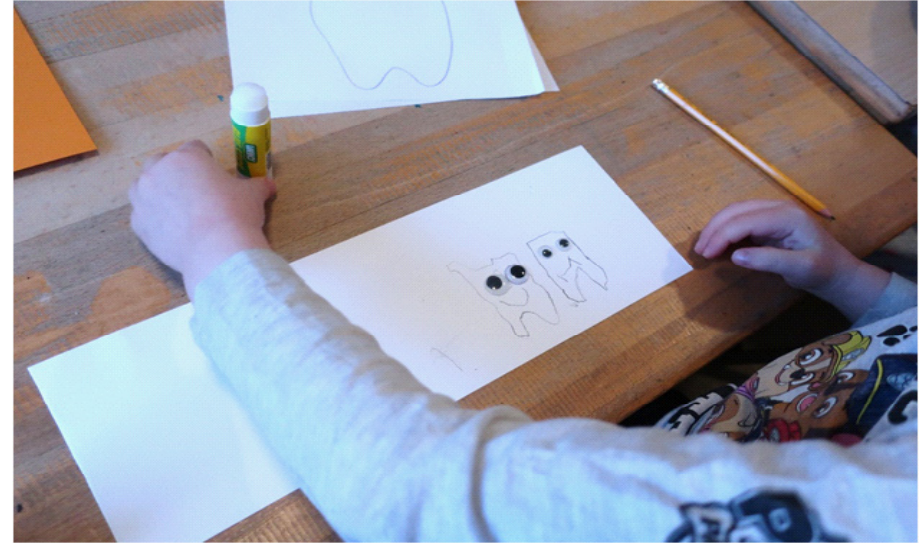
Theme	Age	Aims of classes	Teaching aids
We learn about good and bad eating habits and what food is good and bad for our teeth. Sing a song about brushing teeth.	4 year olds	<p>General goals:</p> <ul style="list-style-type: none"> <li>• Learning the value of healthy eating.</li> <li>• Learning about what different food can do to our teeth and the importance of balancing food.</li> </ul> <p>Operational goals :</p> <p>Child:</p> <ul style="list-style-type: none"> <li>• The children help each other identify between what is healthy food and not.</li> <li>• Each child will pick a word and write in on the „right” tooth.</li> <li>• Sing a song about brushing teeth.</li> </ul>	<ul style="list-style-type: none"> <li>• Drawings of one big healthy tooth and one big unhealthy tooth.</li> <li>• Markers</li> <li>• Paper and pencils</li> <li>• Yarn and glue.</li> </ul>

### Classes process:

- Welcome children- talk about how they are feeling today
  - Show the children the big teeth and introduce to them what we will be doing today.
    - Sing a song about brushing teeth.
    - Healthy and unhealthy
  - Talk about the difference of healthy and unhealthy food, some healthy food have a lot of natural sugar in it, if you eat a lot of it it can be bad for your teeth. Talk about balance, some times it is okay to eat chocolate if you are also eating healthy food. Teacher writes down the food that the kids name and puts it in the right category with the help of the children. Draw a happy and unhappy tooth.
- The children then choose one type of food and practice writing it on the right tooth.
- The children get to draw teeth, one that is happy about the healthy food choice and one that is unhappy about unhealthy food choice.
  - End of the lesson











## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Children's daily-eating habits	5 year olds	<p>General goals: - to improve knowledge about fruits and vegetables - to acquire knowledge about healthy food - to evaluate one's eating habits</p> <p>Operational goals: - to sort fruits and vegetables - sorting the basket of food -stuffs to put separate healthy products from unhealthy - to share with experience about one's eating habits - to take part in the role-play „Caffe” - listen and to hear out how to improve the eating habits</p>	Baskets with food-stuffs, table things, pictures with happy and sad face, paper plates

### Classes process:

#### Acquainting children with the situation:

All the eating products from the play corner can be found in one stack. Children sort the mini baskets titled food stuffs.

– they differ fruits and vegetables. After sorting the teacher calls children to tell what they eat, what they like.

Alltogether clarify that fruits and vegetables are healthy, but there are different products in the food basket.

The teacher points out to two faces – happy and sad. Children have the task to divide the basket of food -stuffs: what meal chooses the happy one and the sad one. The healthy you eat, the more happy you are. Children being asked to play the role-play „Cafe” . They have to think what type of food they order. At the same time the teacher offers to draw the healthy meal on the paper plate.

At the end, children work in pairs or groups. They tell each other what they are going to do to improve their daily meals.



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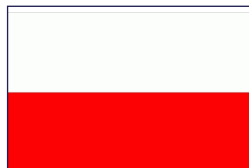
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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
We learn about-good and bad eating habits	3 year olds	<p>General goals::</p> <ul style="list-style-type: none"> <li>• learning the value of healthy eating</li> <li>• implementation of rules of awareness and responsibility for own health</li> </ul> <p>Opreational goals:</p> <p>Child:</p> <ul style="list-style-type: none"> <li>• distinguishes between healthy and unhealthy food</li> <li>• participates in a song with the performance of activities</li> <li>• distinguishes between colours</li> <li>• tries fruit and vegetables</li> </ul>	Map, cups, fruit and vegetables, pictures of fries, crisps, coke, hamburger and sweets.
<p>• Greeting children with a song</p> <p>„Gymnastics for fun” - singing a song with the performance of activities “This gymnastics is a fun thing for all of us to play. Put your hands up, forward and to the side „lean forward, jump up.”,</p> <ul style="list-style-type: none"> <li>• Colours</li> </ul> <p>repeat the names of the colors in rhythms arranged by the teacher and arranged from colored cups,</p> <ul style="list-style-type: none"> <li>• Healthy and unhealthy</li> </ul> <p>each child get a colored dice, then throw it and expose a colored cup on the coding mat, under every cup is located a picture with good and bad products for health, then the child recognizes the product and determines whether it is health or not and assigns it to a given collection</p> <ul style="list-style-type: none"> <li>• Delicious and healthy food</li> </ul> <p>children try fruit and vegetables, determine their taste, smell, look</p> <ul style="list-style-type: none"> <li>• End of the lesson</li> </ul> <p>giving children the diplomas of a health preschooler.</p>			



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# **Mental health Relaxation techniques**

**Good mental health in childhood is very important for optimal development, effective learning and building satisfying relationship with other people. Taking care of mental health gives better opportunities to cope in adult life. Protecting this mental part of children life is therefore the investment for the future.**



## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Meditation	5-6 year olds	to be able to breath properly to be able to calm down to be able to manage their stress and anxiety to be able to focus better to be able to handle anger	a paper flower a candle

### Classes process:

#### Flower / candle breath

Flower breath combines visualization and breathing to help kids calm down.

Children sit down in a circle.

The teacher says as follows: “Imagine you are holding a flower in your hands. Think about what color your flower is. Think about what kind it is. Is it a rose, daffodil, or a daisy? It can be any kind of flower you wish. Now, breathe in through the nose as you smell your flower. When you are ready, breathe out of your mouth, trying to move the flower petals. Continue to breathe in through your nose, smelling the flower.

Breathe out your mouth as you softly blow the petals.

Take one more breath in and out until you can breathe normally and relax’.

After that the teacher says: “Imagine you are holding a candle in your hands. Breathe out slowly to make the candle flame wiggle but do not blow out the flame yet. Now breathe in slowly.

Continue breathing out slowly to make the flame of your candle move but be careful not to blow it out completely. Breathe in slowly.

Continue this for two more breaths. On your last breath, take a deep breath in, make a wish silently in your mind, and blow out your candle”.







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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
What is hiding-myself	5-6 year olds	<ul style="list-style-type: none"> <li>• to learn ways to relax</li> <li>• improve lung capacity, breathing and relaxation.</li> </ul>	we use games to teach children to relax, ballons, relaxing story

### Classes process:

With calm or relaxation exercises we try to give children the right options to be able to manage a situation. These choices always match the interests of the child, respecting its freedoms and the limits of others.

- We sit in a circle and play a relaxing game

Teacher starts the game by saying that he is preparing to go on a trip to a place for vacation (depending on the season, the place is also defined!) and in the suitcase he will put... and say an object. The next child has to say the word of the teacher plus his own, about what he will put in the suitcase. The next one should say the previous two words plus his own and so on.

- We tell them that we will listen and play the story of the lumberjack.

We stand in a row one behind the other. We read to the children the story of the lumberjack and they represent with their hands the colored words of the story

The story of the lumberjack. Once upon a time there was a lumberjack who started going to the forest to cut wood...

Walking, walking (we press with all our palm on the back of our front as if it were a foot) until it reached...

And as he was cutting wood, (we turn palms as if playing karate and hits the other's back vertically) the trees fell and the leaves scattered (he moves with his fingers as if leaves were running on each other's back)

And suddenly an elephant came and pressed them (we press with all our palms on the back of our front as if it were a foot) The fact was learned and because it is illegal to cut wood the police came and caught him.

From the prison he was he was typing on his mom (we tap with our fingertips) and he said to her:....

„My dear mom... Where I had gone to the forest to cut wood... And we repeat the story

Breathing: Children lie on the floor put the balloon in their belly, breathe and observe the movements of the balloon

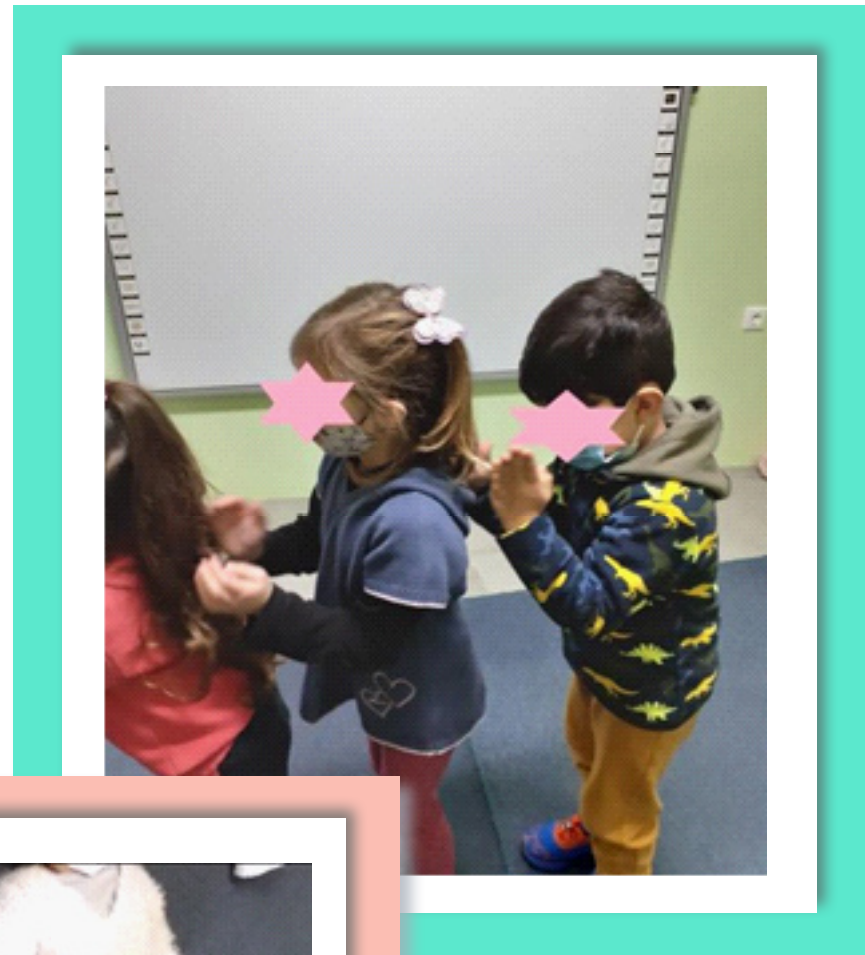
Art: we make our own stressball. We fill a balloon with rice







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1. Breathing exercise



2. Animal pose exercise



3. Relaxing story time



4. Lesson finished





## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Relaxation through art and music	5 year olds	<p>General goals:</p> <ul style="list-style-type: none"><li>- Get peace while listening to music</li><li>- Relax by playing with colors</li></ul> <p>Operational goals :</p> <p>Child:</p> <ul style="list-style-type: none"><li>- Understand how to get a brown color</li><li>- Listen to a fairy tale and answer questions</li><li>- Generate ideas on how to complement the colorwork</li></ul>	audio Vivaldi „Autumn”, fairy tale „How a greengrass with a red mapleleaf met”, brush, A3 sheet of paper, red and green gouache

### Classes process:

At the beginning of the lesson, the children sit in chairs in a semicircle and listen to the teacher's tale „How a greengrass with a red mapleleaf met”, after listening to the tale answer the questions.

„How did the greengrass feel?”

„How did the red mapleleaf feel?”

„What color was formed when the greengrass met the red mapleleaf?”

„How would you have acted instead of grass and leaf?”

Next, the children were invited to find a place in the grouproom - to sit on a chair, sleep on the carpet, etc. Children's task - if you want to close your eyes and listen to the audio recording of Vivaldi „Autum” After the audio recording, the one who wanted to tell how they felt while listening to the recording.

In the end, the children played with red and greenc olor on the page and in the background, playing the repeated recording of Vivaldi „Autum”.

When the colorwork was completed, the teacher asked the children to think about how each of us could complete the work and begin looking for the materials needed to continue the work in the afternoon or the next day.



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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Everyone is different	4 year olds	<ul style="list-style-type: none"> <li>- developing calming and relaxing skills</li> <li>- developing cognitive skills</li> <li>- developing listening skills</li> <li>- developing cooperation skills</li> <li>- developing art expression, imagination</li> </ul>	Puppet, tambourine, rhyming poems, box, pictures, CD, smiles

### Classes process:

1. Welcoming children using a small bell and passing it silently.
2. Telling poem „Magic words”.
3. Discussion about situations in which we use such words: thank you, I’m sorry, please.
4. Brainstorming – why are these words magical, indicating other magic words.
5. Breathing exercises „Dispersing clouds” – children breathe air by nose, put their hands up and disper clouds but they did not manage to disperse them so they have to blow by breathing air out.
6. Drawing lots of pictures, thinking of situations in which we can say magic words.
7. Relaxing story „The mage” while listening to relaxation music.  
One day, there was the mage who made everyone’s dreams come true. Lie down, children, close your eyes, and think what would be your dream. It can be a toy but, in your thoughts, you have to show the mage how it looks like. It can be an event too but you have to show the mage what you would like to see. Remember to use the magic word... Later, you will tell me your dreams. When the music stops, the mage will take your dreams and will try to make them come true.
8. Art work: „My dreams ” using semolina. Children express their emotions by art.  
They paint in semolina any style without any patterns.
9. Relaxation with relaxation music. Children clap their hands and do smooth movements which develops sense of community and sense of release.
10. Evaluation – identifying emotion by choosing its symbol.



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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Mindfulness	3-11 year olds	To understand how physical education helps you become a winner in all areas of life	Each class to use Real P.E lessons to show children the importance of physical health

### Classes process:

Presentation - Real P.E lessons

Lesson:

What happens to the body when we exercise? - Children to discuss how their bodies feel and understand the importance of warming up before starting exercise

What impact do exercise have on our body? - Discuss other aspects of healthy bodies - healthy minds, helps us focus, helps us in different situations.

Look at the importance of social and personal skills whilst taking part in competitions.

- How did winners become winners? Do they do it by themselves or do they work as a team?

Children to understand that to become winners, they need to work hard and work with others to ensure they are the best of themselves.

Evaluation -

All classes engaged in the Real P.E lessons, we found that it has really helped children with their confidence in their learning and in themselves. They are working better together as a team. Children now understand the importance that a healthy body also creates a healthy mind. They are now aware that it is a team effort in ensuring that one person wins and that everyone needs to work together by using their personal and social skills to help them with their learning







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**WALES**  
Pillgwenlly Primary School



# **The importance of physical activity for health**

**Physical activity plays a very important role in child's development. It shapes the human body and its functions, influences the proper physical, mental and social development. Through movement and and physical activity the child becomes to be independent, gets to know the whole world, gains experience and develops memory and attention.**



## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Be physically active, be healthy!	6 year olds	<p>General goals: Raise awareness of how physical activity improves physical, mental and social health.</p> <p>Operational goals : To strengthen the ability to perform general developmental exercises for the development of arm and leg muscles. To develop the ability to act in pairs by performing exercises with a ball. Be able to calm yourself after active movement play.</p>	Balls, relaxing music

### Classes process:

The children stand in line and listen to the teacher's story „Imagine we are in a deep, deep forest. There is a lot of snow all around. Our task is to get out of this forest to meet the approaching spring.” The children turn along the dance path and form a circle while walking. Children start a quiet run, go high on their knees, go on their heels, go on their toes. Until there is an obstacle where children have the task - to perform general exercises, to ask winter leave, agreeing which of the children will show them. Once the children have agreed on who will take on the role of leader, everyone will follow the exercises offered by the leader, if necessary with the help of a teacher.

The teacher continues the story „Winter has left you snowballs, let's getup!” The children divide into pairs and, at the request to the teacher, perform various exercises with balls.

Finally, the children's task is to create a symbol that invites spring to arrive as soon as possible.

There are discussions between the children. They agree to create a sun. There is calm music in the background of the teacher. Children lie on the floor, close their eyes and take deep breaths and exhale.



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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Physical Activity	4-6 year olds	to be able to coordinate their movements with balance to be able to complete their tasks to be active to be able to share, take turns and cooperate to be able to walk quickly	traffic bricks Traffic Cones paper tape rope

### Classes process:

#### Obstacle Activity

Place several traffic cones a foot from each other and guide the children to maneuver around them by weaving in and out.

Repeat the activity with traffic bricks. The students jump every brick they meet.

ZigZagWalking - Using tape, create a zigzag lines ever all feet long. Invite the children to quickly zig and zag as they cross over it.



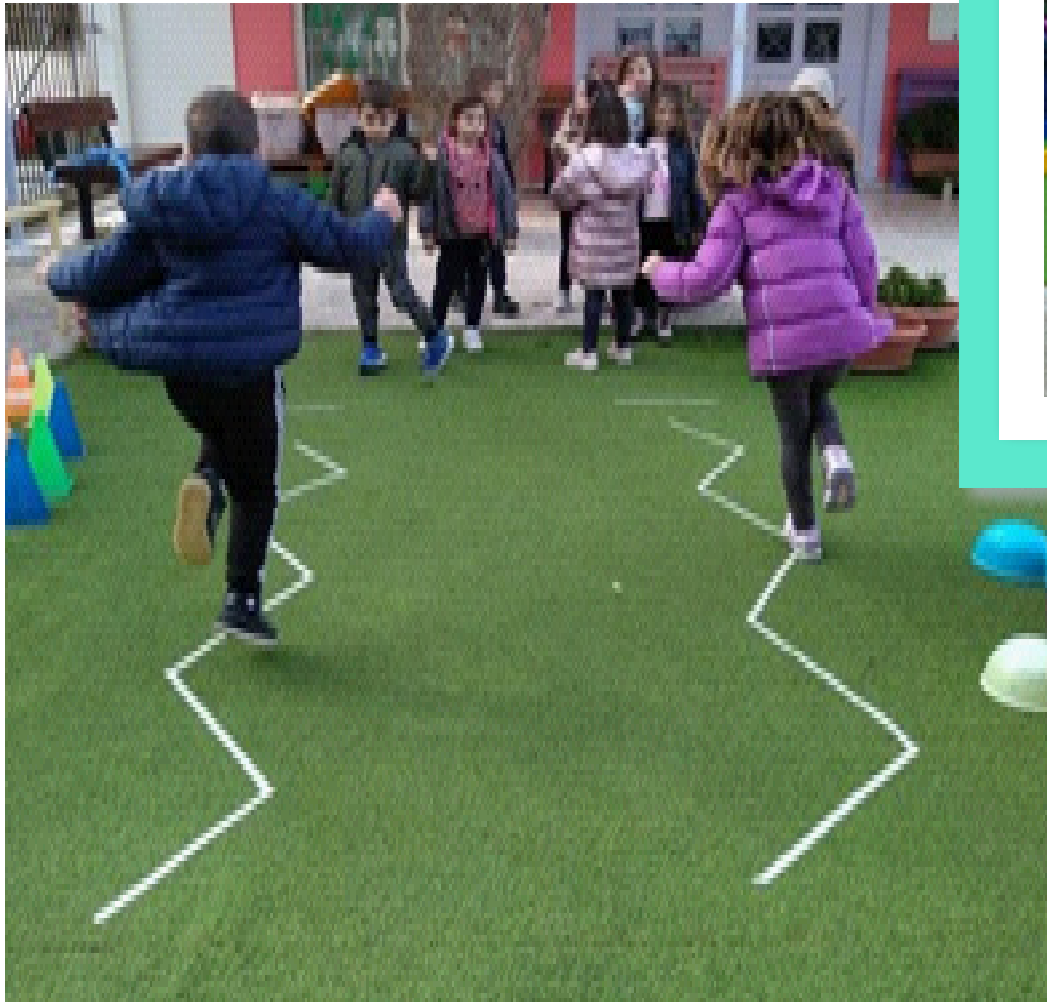
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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Let's play all together	5-6 year olds	<p>The main goals for children:</p> <ul style="list-style-type: none"> <li>• to be able to cooperate with others</li> <li>• to develop communication skills               <ul style="list-style-type: none"> <li>• to be creative</li> </ul> </li> <li>• to develop movement skills</li> <li>• to pay attention in details</li> <li>• to become stronger</li> </ul>	Music, CD player, laptop, 1 jump rope per student, balls, scarves

### Classes process:

Good morning - Welcome in the Kindergarten

Greetings to each student by the whole group in different ways. For example, they greet each other happily, by clapping, by singing a lovely song, etc. Completing the daily tasks and preparing for the next activities

They follow the daily routine during the day in kindergarten. They complete the calendar and put the date, the day of the week - month in the right place. They observe the weather and they complete the attendance list.

Intro to the class: Introducing the theme of the class. The teacher asks the children to explain to us why we should exercise. We explain that physical activities are beneficial for our health and school performance.

Dance freeze: The children spread out safely around the space. Instruct the children that when the music starts, they will move around the space (or stay in one space) performing the skill you call out. When the music stops they freeze like a statue until a new action is called out and the music starts again. For example, we tell the children, "When the music starts, I would like you to walk or move or run around the room and when the music stops, you will freeze like a statue as quickly as possible" (until a new action is called out and the music starts again).

Zumba for kids: Children watch the videos that are titled "I like to move it" and "Gummy bear". They dance as they watch in the videos.

Jump rope: Divide the class into groups of 3 or 4, each group with a long jump rope. 2. Have the students spread out in general space with enough space to turn the rope safely. The teacher says: "When I say, "GO!" following the rhythm (slowly, fast, etc) with your partners when you jump. After you master each rhythm, work to try all of the different tricks that you've learned with your group.

The closure activity - Catch : Children Toss scarves or tissues into the air and catch them on various body parts (e.g., arm, foot, knee), while counting. Also, they use a playground ball, they bounce the ball and catch it. Furthermore, they use a beachball or playground ball. They practice tossing and catching with a partner.





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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Let's exercise	4-5 year olds	<ul style="list-style-type: none"> <li>• good physical condition of the body</li> <li>• fair competition</li> <li>• cooperation</li> <li>• it is the participation that matters, not the victory</li> <li>• numbers 1-10</li> </ul>	bowling, balls hop hop, paper, crayon

### Classes process:

#### Information

We explain to the children what we are going to do.

#### Street racing

Using the balls the children try to reach the end. The first who arrives is the winner.

#### Bowling

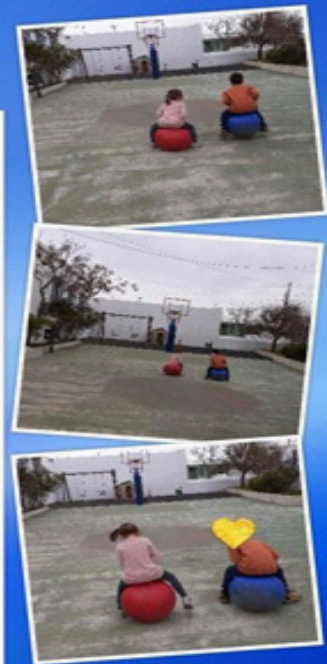
The children try to throw down the skittles with the balls. Each time they write the number of the skittles they threw down. The one who will throw down the most is the winner.







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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Get everybody to participate and try!	4-6 year olds	Learning the value of physical exercise, the importance of regular exercises in our life and getting to know different kind of exercises.	Gymnastresses x 3, Football, 6 x Cones, Football goal, Floor basket, Rice pads, Hockeybats, Hockeyball, Hockeygoal, 2 x sportsbench, Wall bars

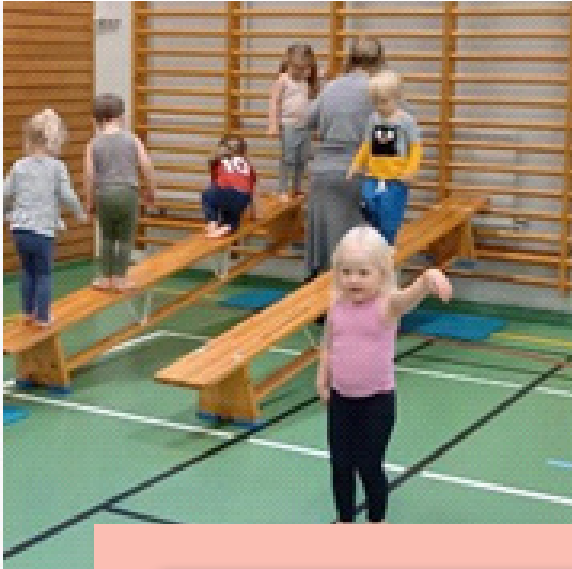
### Classes process:

1. Teachers welcome children to class Warm up by running 3-4 circles around the hall while fun song is playing.
2. Everyone sit together in a ring. One teacher leads the group in stretches. Children stretch up their arms and pretend to pick apples from a tree and count from 1-20 apples. Then they bend and pretend to pick apples from the ground and count from 1-20
3. Teachers and children help prepare sport track with 6 stations
  - Football station: Children kick football around 6 cones in a row and then in football goal.
  - Throw ricepads in a floor basket with 1,5 m distance.
  - Using hockey bats to shoot a ball in hockey goal.
  - Floor exercises on a gym mattresses.
  - Frog jumps forth and back a 4 m.
4. Divide group of children on those six stations and after about 5 min they move to next station until they have tried all six stations.  
Catching music can be played in the background.
5. Children help gathering sports tools in storage and then they sit together in a circle.
6. Everybody lay down and listen to a short mindfulness story. Lights are reduced. Teacher can walk around and assist children.
7. Children slowly start moving again, massage their own face slowly, first cheeks for few seconds, then chin for few seconds, then circles around eyes for few seconds.
8. End of lesson, everybody thank for the time spent together.





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Warmup



Walk up a sportsbench



Frogjump



Relaxing



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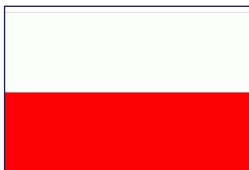


## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Colorful gymnastics	4 year olds	Developing physical skills, agility and eye-hand coordination Presenting advantages of doing physical exercises	CD player, sashes, cone, sensory discs, bags, tunnel, balls, Klanza sheet

### Classes process:

1. Integration play „Happy hello” /childrensay hello using different parts of body/:  
fingers, hands, elbows, knees, feet, toes.
2. March around the circle, warm-up.
  - Gymnastics with sashes:
    - stretching – goingthrough the sash,
    - straightening – putting the sash on the cone.
  - Gymnastics with bags – going through the tunel, jumping over the books and throwing bags to a box.
    - Stamping on the bags. Waiting for the signal to take bags with their toes.
3. Exercises in pairs using balls:
  - Children sit on a carpet in a sitting position, they roll the ball.
- Playing while listening to music: holding ball in pairs with their hands, holding balls in pairs with their tummies, holding balls in pairs with theirf oreheads.
4. Exercises with sensory discs:  
Children stamp on different sensory discs.
5. Relax – children lie on the carpet, listening to relaxation music, they breathe in and out deeply.
6. Evaluation – children who like classes – go on Klanzasheet; childrenwho do not like classes – stay on the carpet.
7. Saying thank you for the play.



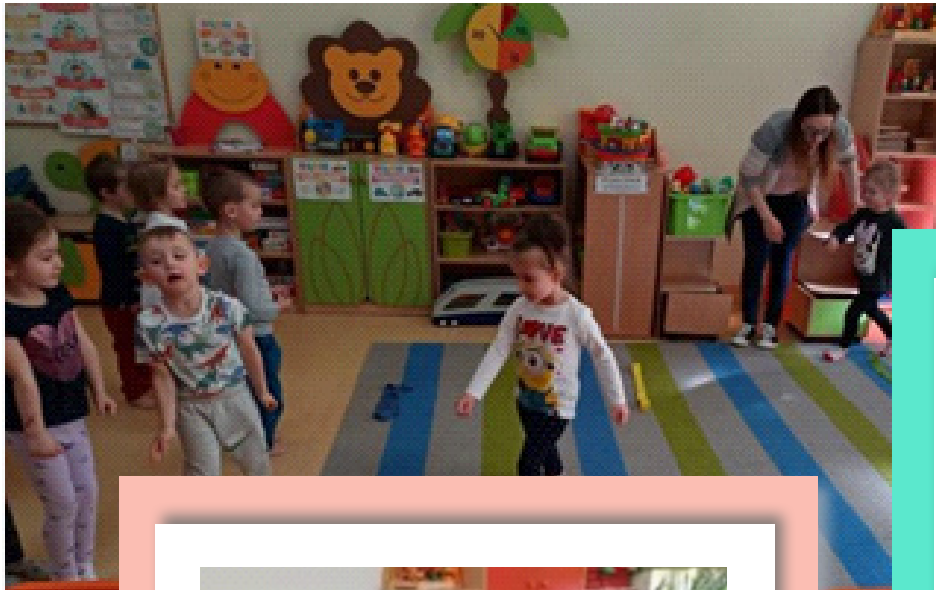
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# **We care for a healthy smile**

**Teaching a young child to take good care of their oral cavity is an investment for their future health. First, we can set an example - taking care of our own teeth is a signal to children that oral health is something valued. Second, we can turn caring for their teeth into fun, such as brushing our teeth together.**



## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Healthy smile Plaque attack experiment	5-6 year olds	to understand how sugar creates plaque to acquire the habit to brush and floss their teeth two times everyday to understand why we should take care of our teeth	2 cups 2 tps yeast in each cup 1 cup warm water in each cup 1 tbsp sugar in one cup tooth brushes for the students

### Classes process:

We put the same amount of warm water in each cup.  
After that we add the yeast and the sugar in ONE cup.  
The children observe that the yeast that is in the cup with sugar is rising. A  
brown foam will start coming out of the cup you added sugar into.

We ask the kids to try and guess why this did not happen in the other cup.  
As we discuss the experiment with the class, we talk about how sugar in our mouths creates plaque  
too. We provide them with a new tooth brush in order to eliminate any  
Plaque attacks in their own mouths by brushing 2 times a day and flossing too.





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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Healthy and beautiful smile	5 year olds	<p>General goals:</p> <ul style="list-style-type: none"> <li>-To create an understanding of the importance of dental cleanliness</li> <li>-knows the rules for cleaning your teeth properly</li> <li>-is able to clean teeth independently</li> </ul> <p>Operational goals:</p> <ul style="list-style-type: none"> <li>-Listen song "white teeth"</li> <li>-group the offered food products according to the smiling and sad tooth.</li> <li>- children have a large tooth brush and show how to brush their teeth properly.</li> <li>- washing teeth and hour glass watching for two minutes</li> </ul>	<p>Song "whiteteeth"</p> <p><a href="https://www.youtube.com/watch?v=Jsk61yM4AMw">https://www.youtube.com/watch?v=Jsk61yM4AMw</a></p> <p>large tooth brush two pictures with a happy and sad tooth food products hour glass story „I have clean-teeth"</p> <p><a href="https://www.youtube.com/watch?v=vETfLpe0WQs">https://www.youtube.com/watch?v=vETfLpe0WQs</a></p>

### Classes process:

The song „WhiteTeeth" is played to the children. After listening to the song, the teacher asks various questions about what he hear in the song.

Children share their experiences of brushing their teeth.

The teacher offers the children a large tooth brush and asks them to show how they think they need to brush their teeth properly.

Children's thoughts and opinions are heard.

Children are shown two pictures with a happy and sad tooth. The task of the children is to group the offered food products according to the smiling and sad tooth.

After lunch, the children go to brush their teeth and watch the hour glass for how long they should brush their teeth.

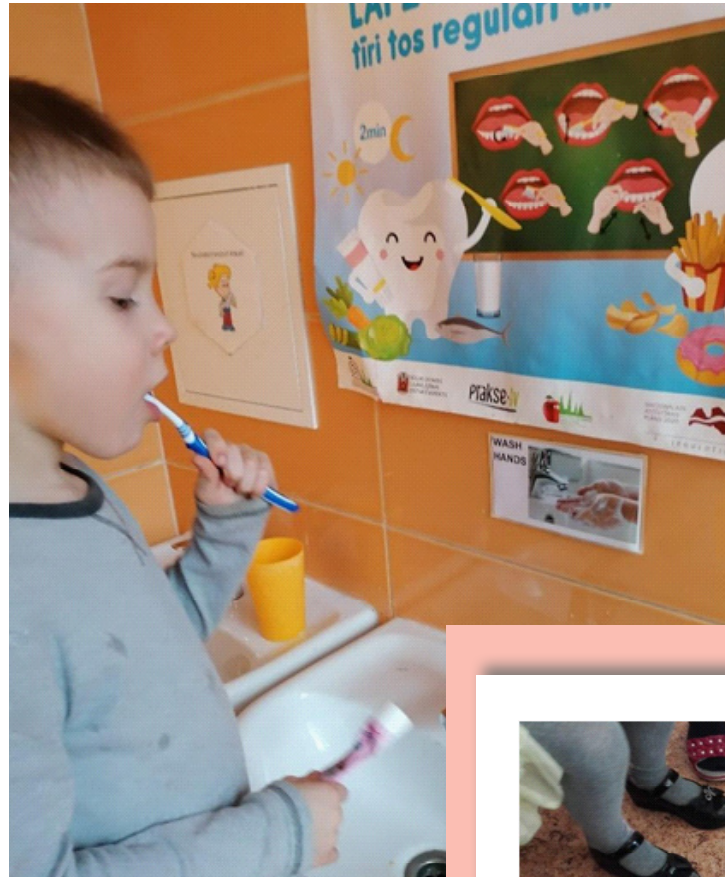
Children listen to the story „I have clean teeth" before going to bed.



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## LATVIA

Rigas pirmsskolas izglitības iestāde Mežrozīte



## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Why is it worth taking care of your teeth?	5 year olds	Shaping active attitudes and habits of children towards health. Learning to brush the teeth properly.	A large sheet of paper, marker pen, bag or box with openings for hands, toothbrush, cup, dental floss, mouthwash, interdental brushes, CD player, CD with the recording of „My Teeth” Faselki, multimedia presentation, multimedia board, jaw model, large brush, work card „Order of the CleanTooth”, pictures showing: healthy tooth, sick tooth, tooth brushing, sweets, carrot, apple, water, sweet drinks

### Classes process:

1. Welcoming children using a small bell and passing it silently.
2. Brain storming – „What affects our health?” – the teacher writes down the children’s proposals on a large sheet of paper.
3. „Magic box” – Children, without looking, draw items used for oral hygiene and try to name them.
4. Movement fun with the song “Brush my teeth” Faselki („Myję zęby” Faselki)
5. The multimedia presentation on oral hygiene.
6. Instruction in proper tooth brushing.  
The teacher on the jaw model shows how to properly clean your teeth, next he says an easy rhyme for children to remember:  
„Shuru buru up and down, shuru buru here and there. Shuru buru to the right to the left, and my teeth are clean now.”  
(M.Strzałkowska: ”In the bathroom”)  
“By patiently twirling the wheelbrush, you can make a little lather.  
And growl at the same time like a mixer, which mimes to whip cream. (E.Piotrowska:”TupcioChrupcio - I take care of my teeth”)
7. Self-brushing of teeth by preschoolers while maintaining correct movements.
8. Art work – “Order of the CleanTooth”  
Each child decorates the „Order of the CleanTooth” according to their own idea.  
Then, the child presents an order to another child as a reward for careful tooth brushing and a motivator for further  
. prophylaxis.  
9. valuation
- „Sick tooth and healthy tooth” - children assign pictures of a healthy tooth to pictures of food products and activities contributing to the maintenance of healthy teeth.  
Similarly - to the illustration of a sick tooth - pictures and activities contributing to the development of caries.



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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Little dentists	5-6 year olds	Understand and appreciate the importance of oral health in proper physical development. Understand the process of caries and identify preventive measures for good oral health.	Book, cardboard, crayons, paper egg cases sticks, embossed paper

### Classes process:

We are reading story about teeth « The crocodile that went to the dentist» We talk with the children about oral hygiene, how important is to visit the dentist  
They make the crocodile's mouth and learn the right way to brush the teeth



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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
We care for a healthy smile	5 year olds	<p>General goals:</p> <ul style="list-style-type: none"> <li>-To talk to children about the importance of brushing teeth twice a day.</li> <li>-Getting to know how to brush teeth with help from parents.</li> <li>-Practice fine motor skills by cutting and painting</li> </ul>	<ul style="list-style-type: none"> <li>-An Iceland children's book, "Emma goes to the dentist", it is about a girl that is going to a dentist.</li> <li>-Play dough that children make with the teacher and use as spots on the teeth that they are then going to brush off.</li> <li>-Toothbrush to brush play dough (spots) off the teeth.</li> <li>-4-12 bottoms of 0,5 L empty plastic bottles for one papermouth (depending on how many teeth are going to be in the paper-mouth that the children are going to make and how big the mouth is). A3 cardboard in any color, White acrylic paint, Paint brush, Small piece of red paper to cut out a paper tongue, Glue</li> <li>-Song about brushing teeth</li> </ul>

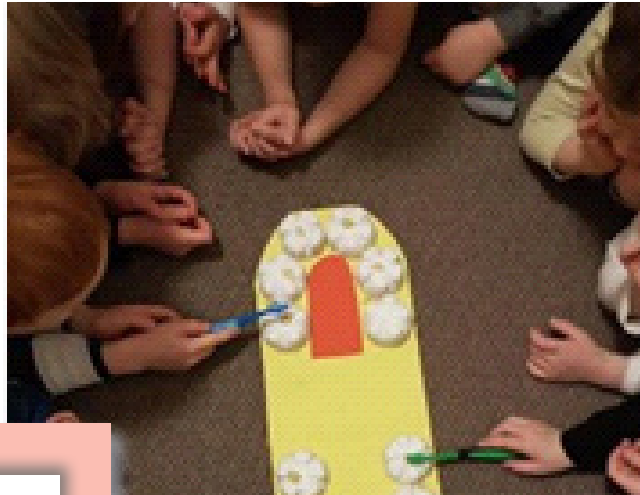
### Classes process:

- Welcome children to class.
- Teacher reads the book and discuss the story with children.
- Children get one A3 cardboard and break it in half. They draw a U- line on the for a mouth from the folded line in U and back to the folded. Then they cut after the U-line and they have a mouth that opens.
- Children then get to paint one bottom of plastic bottle with acrylic paint (it sticks to the plastic). The paint then needs to dry before they can glue to the plastic bottles as teeth in the cardboard mouth.
- Cut out a tongue from the red paper and glue in the papermouth
- The children make a playdough from the recipe with assist and from the teacher (one amount of recipe is enough for the whole group). -Children and teacher watch together on a video on Youtube, song about brushing teeth.
- Teacher gives each child a small amount of dough and then the children place small pieces of dough on the teeth they made in the papermouth. Every child gets to practice brushing the playdough off.





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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Looking after your teeth	3 - 7 years All Found action Phase classes	To understand how to look after your teeth.	Assembly Presentation for the week- Keep Smiling.

### Classes process:

**Assembly presentation to the Foundation Phase linked to healthy teeth.**

**Monday : What makes you smile .**

**In your circle time discuss the things that make you smile. Children to draw smiley faces to create a class collage.**

**Year 2 to complete a smiley face as part of their home learning.**

**Tuesday: Looking after your teeth. Teachers to show a video of children going to the dentist. Discuss how to look after your teeth.**

**Discuss healthy diet, cleaning your teeth, visiting the dentist regularly for checkups.**

**Year 2 asked to create a poster for the younger children on hold to look after their teeth.**

**Wednesday : Listen to a story Children to listen to children's story of the selfish crocodile. Revise how to care for your teeth.**

**Nursery to make some teeth out of playdough .**

**Thursday : Singing Children to learn two songs about looking after their teeth.**

**Evaluation -**

Allclasses engaged in this activity. Many teachers discovered that children are not brushing their teeth so it was an excellent reminder to do this. Year 2 worked from home as they were selfisolating due to Covid and produced smiling collages using a computer programme called purplemash. They also made posters for the younger children to tell them how to look after their teeth. The posters were tweeted . A presentation of class miles and the posters has been uploaded with a link to the assembly.





- Taking photos of our toothy smiles!





# Healthy environment

**Ecology is the study of our common home in which we live. It is worth making children aware that our environment is influenced not only by humans, but also by animals and plants. Being close to nature from very young age helps children to love it and make them willing to help their environment.**



## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
The develop-mental stages of the plant	4-5 year olds	<ul style="list-style-type: none"><li>• contact with the environment</li><li>• acquaintance with the parts of the plant</li><li>• to learn the stages of plant development</li><li>• collaboration</li></ul>	seeds, pots, watering can, soil

**Classes process:**

Information  
We ask children questions related to plant growth to see their knowledge on the subject  
we explain to the children what we are going to do

Planting  
We plant the seeds in pots and the children say what the seed needs to grow  
observation children observe the developmental stages of the plant as it grows





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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Children will get to know how to take care of the environment by picking up trash and then sorting it and recycle.	2-3 year olds	Learning how to take care of the environment by putting trash in the trashbin and picking up trash in the environment around us. Then sorting the trash into suitable recycle bins.	- A basket to put trash in - Gloves - Recycle bins for: *plastic waste *paper waste *plastic bottles *unrecycable trash

### Classes process:

1. Teachers welcome children to group and go with them for a walk in the kindergardens neighbourhood for an hour, to collect trash that the children find in the environment and put it in their baskets.
2. When the children have collected some trash they return to the kindergarden.
3. The children and the teacher help each other to sort the trash and put it in the correct trash bin. For an example, plastic, paper, bottles, unrecycable trash.







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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Healthy Environment Air pollution	5-6 year olds	to be able to understand what polluted air is to differentiate polluted air from fresh air to realize the air impact on our health to improve and enrich their vocabulary concerning with the environmental issues to be able to think why we should take action for the environment	4 white plastic plates or big cups petroleum jelly duct tape

### Classes process:

The students cover the top of the white plastic with petroleum jelly. They secure the plastic using duct tape. Identify an outdoor location that is mostly open with decent air circulation (on a fence is preferable to on the ground). They do the same inside the classroom. They let the plastic sit for at least 24 hours. At the end of the experimental time, they collect the plastics and bring them inside. If the children use a magnifier, they can see dust or other small pieces of matter. They observe the top of the plastic for any particles collected. They discuss the similarities and differences





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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
How long does it take to decompose waste and how to sort it properly	5 year olds	General goals: To create an understanding of the importance of waste sorting for the improvement of the environment.	large bottle, earth, various types of waste, paper, paints, colored paper, stationery, various types and structures of materials

### Classes process:

Children discuss their experience on the topic of „Waste”, the teacher offers to perform an experiment in a long time different types of waste decompose.

Place the bottle in a visible place and agree that it will stand there for some time. Next, children will be offered to create an informative poster about waste sorting. Children cut out the rubbish bins from the application paper in the appropriate colors as they are actually glued to the paper and write on the squares the type of waste that should be placed there.

The teacher then offers different materials to be glued to the appropriate paint container.

As a result, children come up with and write an informative idea about waste sorting.

Ten months later, a bottle of land and rubbish is opened. The children watch and discuss which waste has broken down during this time and which has not.

Children fill in a table in which the name of the waste, its type and whether it is decomposed or not must be entered.

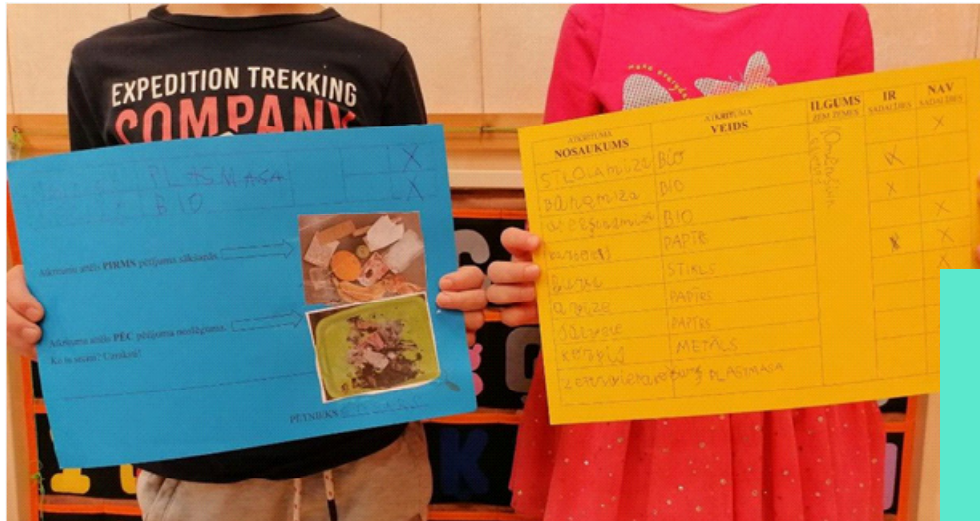
The children find that the bio-waste decomposes completely in the compost.



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## LATVIA

Rigas pirmsskolas izglītības iestāde Mežrozīte



## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
We learn how to segregate rubbish	3 year olds	<p>General goals:</p> <ul style="list-style-type: none"> <li>- shaping awareness of the need segregate rubbish</li> <li>- shaping the emotional attitude to nature</li> </ul> <p>Opreational goals :</p> <p>Child:</p> <ul style="list-style-type: none"> <li>-knows the need to segregate rubbish</li> <li>- knows how to sort rubbish in a proper way</li> <li>- knows how to segregate plastic, metal, paper, glass</li> <li>- programes the educational Robot -Photon</li> </ul>	Coding mat, Photon, tablet, plastic bottles, jars, pictures of bins.

### Classes process:

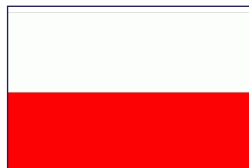
Greeting children with a song  
Hello, Hello, how are you? Hello, Hello, how are you?  
Hello, Hello, How are you?  
How are you today? I am fine; I am great  
I am fine; I am just great  
I am fine; I am great  
I'm very well today! Great! (Super Simple Songs)  
Littred Earth

Conversation with children about the need to segregate rubbish on the basis of pictures showing a littered Earth.  
Showing children segregation bins,  
We collect rubbish

Children march to the music. For a music break they collect rubbish ( plastic bottles, glass jars, newspapers) placed in the classroom. They segregate them into the proper container.  
Photon – coding

Children code the Photon's path to the container of their choice.  
They choose which rubbish they should throw in it.  
End of the classes

Summarizing the classes. Encouraging children to segregate rubbish daily.



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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Good and bad actions for the environment	5-6 year olds	<ul style="list-style-type: none"> <li>• to detect behaviors that pollute the environment</li> <li>• to collect and classify different actions</li> <li>• to suggest solutions</li> <li>• to develop strategies for protecting the environment</li> <li>• to develop positive attitudes towards environment protection</li> </ul>	Pictures with good and bad actions for the environment, canson papers, tempera or markers, glue, paper plates, pieces of eco-paper, a worksheet

### Classes process:

Good morning - Welcome in the Kindergarten

Greetings to each student by the whole group in different ways. For example, they greet each other happily, by clapping, by singing a lovely song, etc.

Completing the daily tasks and preparing for the next activities

They follow the daily routine during the day in kindergarten. They complete the calendar and put the date, the day of the week - month in the right place. They observe the weather and they complete the attendance list.

Circle time: Introducing the theme to the class. The teacher shows a picture to the children to activate them. We can see an air polluted area in this picture. The teacher asks them as follows: What can we see in this picture? Why is it happening? What can we do about this? In which ways can we pollute the environment? How does it affect our health? What health problems can it cause to us? What should we do? In this way the discussion follows and the children think of different environmental problems.

Good and bad behaviors for the environment: We have prepared a canson paper divided into two columns. In the first column the teacher has put the sad earth and in the second one the happy earth. The teacher gives pictures to the children and they try to decide what picture shows a good action for the environment and what a bad action. After that, they classify the pictures one by one. They put each picture in the suitable column.

Paper bags: They create paper bags to use at home when they go to the grocery with their parents. They stick two pieces of eco-paper and they paint on them fruit and vegetables.

Making crafts by using small plastic cups and paper plates:: Divide the class into groups of 3 or 4 students. Each group is responsible to paint the paper plates and to create fruit such as watermelon, orange, lemon, kiwi, and whatever they want. Also, they make a collage to decorate the classroom by using small plastic cups. They use plastic cups to stick on the canson to create spring flowers in the garden.

The closure activity: The teacher gives a worksheet to the children which is titled "What can I do for the environment?" The students think of it and they suggest their solutions.



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# **SUMMARY**

## **Children's health in our hands**

**Knowledge about nutrition and lifestyle elements and their influence on human health is extensive and is subject to constant changes. That is why the program “Game for the Health – Game for the Future” is based on the Healthy Eating Pyramid. The latest research shows how important the physical activity, proper sleep, relax, oral hygiene, environmental protection and awareness when using computers, cellphones and other electronical devices are for the proper development and obesity prevention of children and youths. That is why Healthy Eating Pyramid is in the picture helping us to understand that healthy eating has to be implemented along with other elements of healthy lifestyle. This program, based on Healthy Eating Pyramid is directed to children and youth (4-18 years old), their parents and teachers and also inspires and challenges us when healthy lifestyle of the youth generation is taken into account.**



## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Nurse visit	5-6 year olds	Develop awareness of people who help us – nurse. Understand where we can meet a nurse and what do they do. Explore any new vocabulary. Developing empathy	Plaster, cannula, syringe, bandage, pressure gauge, thermometer, gloves, teddy bear.

### Classes process:

1. Welcoming children using “hello” song and our guest - nurse.
2. Introducing the nurse to the children. Nursing is a profession. It takes years to train to be a nurse and involves lots of learning. Nurses are trained to take care of people when they are sick or injured and need to be looked after.
3. “Oh no Teddy Bear” The nurse brings a teddy bear which doesn’t feel very well. She asks children if we could help him. The nurse shows tools she uses to help people - Plaster, cannula, syringe, bandage, pressure gauge, thermometer, teddy bear.
4. Let’s help teddy bear. The nurse slowly introduce equipment she brought. Along with the children she checks blood pressure, temperature, puts cannula into teddy bear’s arm and “injects medication” using syringe.
5. “Our turn to help” Now is children’s turn to help. The nurse passes all equipment to the children and with her support they try to heal the teddybear. We make sure they use the words they learnt today.
6. “Thank you nurse” The children give a card to the nurse to say thank you for visiting us.
10. Evaluation – identifying emotion by choosing its symbol.



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## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Ways adults can enrich children's knowledge and skills about a healthy lifestyle	5 year olds	<p>General goals: Enrich knowledge about creating a healthy environment around yourself at home</p> <p>Operational goals : To acquire the skill of growing onions Find out the moments when you need to water the land Acquire the ability to cut onions with scissors Cut with a knife finely onions Add onions according to your wishes in the soup</p>	seeds, ground, pots, scissors, water, knife, board, soup, plate, emotion faces

### Classes process:

At the beginning of the month, the children planted onions and sowed various other vegetables and flowers within the theme „Garden works”.

As the days went by, the children followed the moisture in the ground in the pots where the onions grew. If the ground is dry, there is a sad face of emotion in the pot, if the ground is wet, there is a smiling face of emotion. Everyday the children follow up, watch and water the onions. When the bulbs grow, the teacher encourages the children to think about how we can use these bulbs to improve their health. Children share their answers and experiences. As a result, it is decided that the children will cut these bulbs, then finely cut with a knife and add to the soup as they wish.

As a result, children have an understanding of how to grow vitamins at home.



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Rigas pirmsskolas izglitibas iestade Mezrozite



## ACTIVITY PLAN

Theme	Age	Aims of classes	Teaching aids
Therapeutic group „Ants”	5-6 year olds	<p>General goals:</p> <ul style="list-style-type: none"> <li>• shaping dexterity, agility, balance and motor coordination</li> <li>• learning the value of healthy eating in the context of a healthy lifestyle</li> <li>• developing fine motor skills - cutting out elements from the newspaper and sticking them on the card               <ul style="list-style-type: none"> <li>• developing persistence in completing tasks</li> <li>• developing the self-satisfaction with the completed task</li> </ul> </li> <li>• developing independence in the preparation of accessories and materials for the lesson</li> </ul>	<p>CD Song No. 13 „Swan”, colorful magazines and advertising leaflets from grocery stores, scissors, glue, card stock, 7 cardboard boxes from a large block, marker, drum, cards with contour drawings of vegetables and fruits - one for a child, crayons</p>

### Classes process:

1. Greeting: greeting children with a song  
- „Welcome Andrzej! We're greeting you very cheerfully! We're clapping/ stomping / waving / sending kisses just for you!”
2. Creating a day plan based on the PCS symbol system  
Determining the order of individual activities during the day in kindergarten. Checking the attendance list, observing the weather outside the window and completing the weather calendar; setting the date, day of the week, month, season.
3. „ Vitamins” - Movement game.  
Reacting to an acoustic signal with movement
4. Meeting with a dietitian.  
Conversation about the work of a dietitian and healthy eating.
5. „Healthy eating pyramid”  
Introducing children to the food pyramid, classifying products into the pyramid.
6. „Healthy - unhealthy”  
Classification exercise, improving the ability to justify one's own choice. Making the artwork „ Niezdrowek” (unhealthy creature) i “Zdrowisia” (healthy creature)
7. End of the lesson  
„Sparkle” - holding hands in a circle and gently squeezing the hand of a colleague standing next to you .



**POLAND**

Przedszkole nr 32 z oddziałami integracyjnymi w Koninie





4th kindergarten of Artemis - Greece

Workshop with the parents - presentation

Game for the health - game for the future

WORKSHOP WITH THE PARENTS AND THE STUDENTS

4th Kindergarten of Artemis - Greece

**Food Pyramid**

A good daily meal plan

4th Kindergarten of Artemis-Greece

The mediterranean food pyramid

Kindergarten Tolegandrou