



Songs and More

Mine, All Mine

At the conclusion of this song, select a few children to say their names for the class. Repeat the song until each child has shared her name.

(sung to the tune of "This Little Light of Mine")

I've got a name so fine,
And it is mine, all mine.
I've got a name so fine,
And it is mine all mine.
I've got a name so fine,
And it is mine, all mine,
Mine, all mine,
Mine, all mine,
Mine, all mine.



Kiera.

Lots of Letters

Invite each youngster to share a letter found in her name after singing this little ditty.

*(sung to the tune of
"If You're Happy and You Know It")*

There are letters in our names, in our names.
There are letters in our names, in our names.
There are letters in our names.
Some are different, some the same.
There are letters in our names, in our names.



My Name

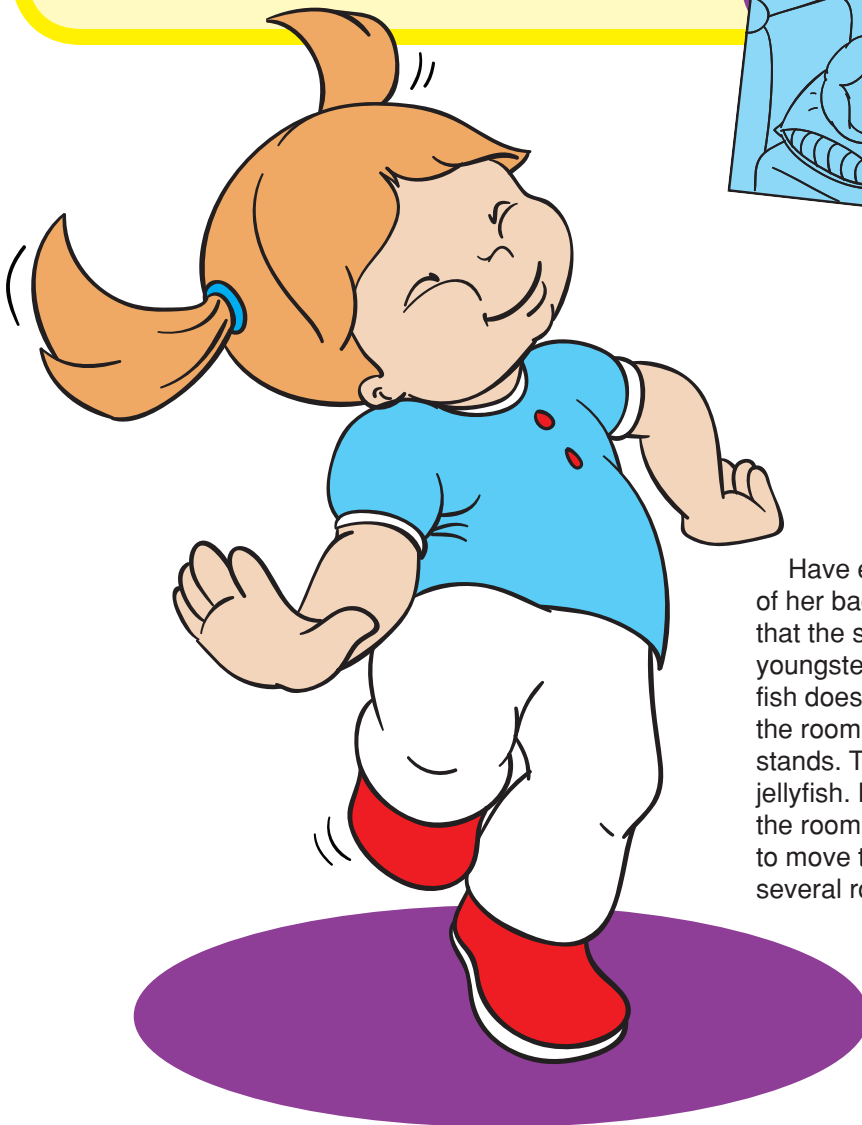


Group Time

That's Good!

Identifying healthy habits

Make a life-size body outline and attach it to a wall. Cut out a copy of the cards on page 103 and place them in a bag. Have a youngster choose a card from the bag and describe the picture. Help students discuss why the item or action pictured is good for their bodies. Then invite the child to attach the card to the body outline. Continue with each remaining card.



Spineless Jellyfish

Identifying body parts

Have each youngster feel the bumps in the middle of her back. Explain that the bumps are her spine and that the spine holds her body up straight. Then show youngsters a picture of a jellyfish. Explain that a jellyfish doesn't have a spine. Have students walk about the room as you comment on how straight everyone stands. Then prompt students to move as if they were jellyfish. Next, play music as children dance around the room. Call out, "Jellyfish!" and encourage students to move to the music as if they were jellyfish. Play several rounds of this fun game!