

THEME: Keep Healthy

Back to school after the holidays often means sneezes, coughs and tummy upsets, the theme of this Programme emphasises the importance of health and hygiene to stay healthy.

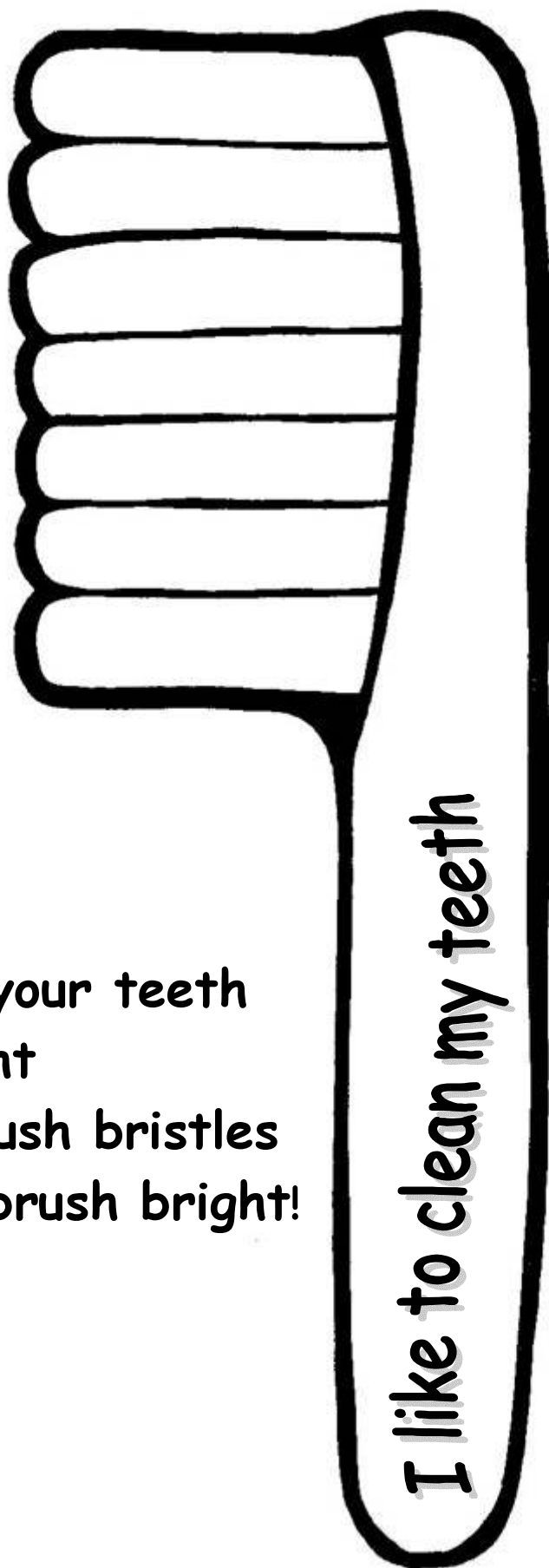
An introductory activity can be used as the Squirrels arrive at the meeting place – colouring or simple puzzles can keep children occupied until all the Drey arrives or use a ‘joining-in’ style game, such as ‘The farmer wants a wife’ or a circle format ball game.

Add a healthy snack time where necessary!

TIME (mins)	ACTIVITY	EQUIPMENT
5	Welcome, Register, Opening Ceremony, Introduction to Programme	
10	GAME: Freeze and Sneeze <ul style="list-style-type: none"> ○ Choose one child to be the ‘sneeze’ ○ The rest of the Drey run around but if they are caught by the ‘sneeze’ they must freeze ○ Anyone caught can be ‘cured’ if another player touches them 	None
10	GAME: Tooth Decay <ul style="list-style-type: none"> ○ Squirrels are the teeth and stand in a circle with their feet apart, the gap is a cavity waiting to decay! ○ A ball (dental decay) is rolled with the object of getting it between someone’s feet ○ Teeth can be protected from decay by brushing with a toothbrush – Squirrels can use their hands to stop the ball 	Soft football
10	CRAFT: Toothbrush Tally <ul style="list-style-type: none"> ○ Give each child a cardboard toothbrush ○ The handle can be coloured with crayon ○ The Squirrels take the toothbrush home and colour in one bristle each day that they clean their teeth 	Toothbrushes cut from cardboard, as template Crayons
10	GAME: Kim’s Game <ul style="list-style-type: none"> ○ On a tray spread a few items used for basic hygiene ○ Let the Squirrels look at the items and then cover with cloth ○ Remove one item, uncover the tray and let the Squirrels guess which is missing ○ After guessing, discuss the item and its use with the children 	Tray & cloth Hygiene objects - toothpaste, toothbrush, soap, nailbrush, shampoo, facecloth
10	GAME: Catch it, Bin it <ul style="list-style-type: none"> ○ Fill the cardboard box with balls, either made from crunched up newspaper or soft foam tennis balls ○ A Leader pretends to sneeze or cough and scatters the germs (balls) around the meeting place ○ The Squirrels run to ‘catch it’, pick up the balls and ‘bin it’ by putting them back in the box ○ Make this game as quick or slow as desired by frequency of sneezes or coughs! 	Small cardboard box Newspaper balls or soft tennis balls
5	Closing, Home	



Toothbrush Tally Template



every day you clean your teeth
morning time and night
colour in the toothbrush bristles
and make your toothbrush bright!

