



Comparing “Me”

What you need:

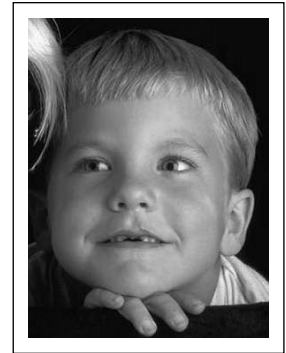
- Current photo of each child
- Paper
- White glue
- Large sheets of paper

What to do:

- Talk about how all children are the same and how they can be different.
- Have the children bring in a photo of themselves.
- Glue the photo to a piece of paper and make a class book.
- Have each child name some way they are all the same. For example — two eyes, one nose, two arms and legs, hair on their heads, etc.
- Then have each child mention ways they are different, such as hair, eye, and skin color, straight or curly hair, short or tall, etc.
- Talk about things they like to do, food they like to eat, favorite animals, sports they enjoy, etc. Make charts of these listing the children’s names with their favorites. The charts can really show other ways children are alike and different.



Have the children draw “self-portraits” and hang them up around the room. This is a good lesson in cultural awareness that stresses ways we are all the same, as well as some ways we are different.



Valentine Heartbeats

For a new twist to a familiar holiday, talk about our hearts and how important they are to us. Compare the valentine heart shape to the human heart. Talk about how children can take good care of themselves to keep healthy. Bring in a stethoscope so the children can listen to their heartbeats. Talk about ways the children can help themselves be healthy. These include:

- Exercising every day by doing things such as riding bikes, walking, running, playing ball, dancing, etc.
- Getting enough sleep.
- Eating healthy meals and snacks.
- Drinking lots of water.
- Taking baths regularly.
- Washing hands often.
- Brushing teeth after meals.
- Having fun with family and friends.



Yarn Art

What you need:

- Yarn of various colors
- White glue in small bowls
- Safety scissors
- Construction paper — any color

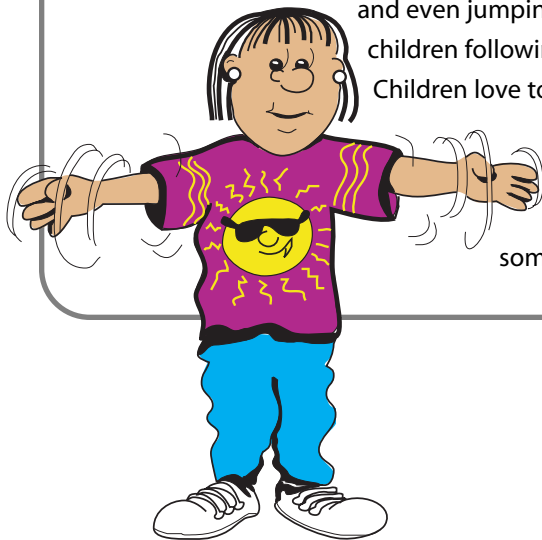
What to do:

Have the children cut pieces of yarn of various lengths, dip them in the glue, and place them on the paper in various shapes and patterns.

As an extra activity have the children cut out paper hearts from red construction paper, draw a picture of themselves, and glue it to the heart. Place them somewhere in the room as a reminder for the children to keep their own special heart healthy. You might want them posted around a Food Guide Pyramid or pictures of children doing active play activities.

Follow the Leader

It is important for preschool children to learn how to follow directions. One fun way to teach this is to play Follow the Leader. There are so many different ways to play this game. It can be done in a circle if space is limited or in a line if there is room to move around. You can simply call out a direction and have the children copy what you do. You can do simple exercises such as touch your toes, swing your arms, stomp your feet, and even jumping jacks. Have a pretend band and march around the room with the children following your lead as to what instrument they are pretending to play. Children love to pretend they are different animals. This can be done in a circle if space is limited.



Some other follow-the-leader games include "Simon Says," "Mother, May I?," and the "Hokey Pokey." The possibilities are endless. Get some ideas from the children and give each one a turn to be the "leader."

For more Activity ideas, visit us on the web at: betterkidcare.psu.edu or call the telephone help line: 1-800-859-8340.



Pennsylvania Pathways

Professional Development
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