

## Winter health week

*Applicant:* Szivárvány Kindergarten – Kistelek, Hungary

*Kindergarten teacher:* Csilla Novák

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### Project diary

Educating children about the importance of a healthy lifestyle is exceedingly important during their kindergarten years. Our task is to provide a safe, healthy environment for the children where we can aid their healthy physical development and the formation of positive habits and also preserve their health and happiness, while we protect, train, teach and nurse them.

The kindergarten organizes "health weeks" every season. The goal of our Winter Health Week was to teach the children in a playful manner how to stay healthy, and why it is important to take care of our body and eat healthily, focusing on the

importance of vitamins, fruit and vegetable consumption, and healthy ingredients. It is a daunting task for small children to learn all the rules and habits that help us stay healthy. We emphasized the importance of regular physical activity, and to spend a lot of time outdoors. However, this requires proper clothing. The process of thinking and comprehension in the case of kindergarten children is still dominated by emotions, therefore short poems in connection with the topic and rhymes, stories, and tales about body parts proved to be particularly helpful.

## The course of the project

### Session 1

#### Health protection day „Cleanliness is half health”

**Time and date of the session: 09.01.2017, 2x30 min.**

**Form of activity:**

Preliminary activity: Discussion group:

- Discussion about health protection, what can we do to stay healthy?
- Walking: Visiting the Health Centre
- Measuring body weight and height, making comparisons by using tape measure, measuring blood pressure, sight-testing

**Goal of the activity:**

- Improving social skills: by shaping social relations, communication habits and cooperative skills
- Mental abilities: developing cognition, improving perception by discovering cause and effect relationships, improving attentiveness and memory (by recalling experiences)
- Verbal skills: by improving verbal expressiveness

**Task of the activity:**

- Learning about the work of doctors and health visitors by experience
- Improving verbal communication skills by learning the names of medical equipment, vocabulary development
- Practicing polite communication and behaviour
- Improving tactile sense



## Session 2

### Music

**Time and date of the session: 10.01.2017, 1x30 min.**

**Form of activity:**

- Discussion: Our body, body parts. The heart, the engine of our body. The heart's function: observing heartbeat, ventilation rate after physical activity.
- How does the state of our environment affect us? What can we do to keep our environment clean?
- Proper clothing (depending on the weather)
- What can we do to keep our teeth healthy? The importance of brushing our teeth.

Songs: Body part song, "I wash my hands before I eat", "Squirrel, Squirrel..." (children's songs about health)

Rhymes: "Here are my eyes, here is my mouth" "I clap my hands"

Story: The truth of the heart

**Goal of the activity:**

- Developing social skills: by forming social relationships, communication habits and the ability to cooperate
- Mental abilities: developing cognition, improving perception by discovering cause and effect relationships, improving attentiveness and memory
- Verbal skills: by improving verbal expressiveness
- Developing musical skills

**Task of the activity:**

- Making an effort for clear, brave singing
- Providing literary experience related to the topic
- Vocabulary development
- Phrasing the moral of a story; expressing thoughts in a proper, articulate way; improving expressiveness





## Session 3

### Physical Education

**Time and date of the session: 11.01.2017, 1x30 min.**

**Form of activity:**

Activities:

- Medium speed running
- Crawling, passing under various obstacles
- Balancing on various apparatuses
- Games

Preparatory exercises:

- Running games connected to various tasks. E.g. dropping on all fours, on hands and knees, squat position, running in place when signalled

Primary exercises:

- Medium speed running in circles, avoiding obstacles in a zigzag pattern (form of organization: whole group)
- Bench exercises: tuck vault with hands on the bench, crawling in heel sitting position, two-handed vault in straddling position, bunny hop
- Balancing on various apparatuses: Obstacles of varying height and size, upside-down bench

Game: "Vitamin soldiers" - Tag

**Goal of the activity:**

Improving attention, memory, thinking, endurance, bravery, rule consciousness, and balance

**Task of the activity:**

- Developing basic stamina
- Developing spatial orientation
- Developing strength and endurance



## Session 4

### Healthy diet

**Time and date of the session: 12.01.2017, 1x30 min.**

**Form of activity:**

- Making a poster from pictures brought from home that depict elements of a healthy lifestyle
- Learning about the connection between eating fruit and vegetables and a healthy lifestyle
- The importance of washing our hands and fruit

**Goal of the activity:**

- Developing social skills by improving the ability to cooperate, paying attention to each other
- Developing mental skills by recognizing and comparing different shapes and properties
- Developing verbal skills by improving verbal expressiveness
- Developing the sense of touch and taste by sampling

**Task of the activity:**

- Discussion about the importance of eating fruit and vegetables, and that all fruit are tasty and very healthy, while working together on the poster
- Learning the names of fruit and vegetables. Familiarizing the children with the properties, shape, colour, smell, and taste of various fruit and vegetables
- Game: Recognizing fruit and vegetables by touching and smelling while blindfolded





**Session 5**  
**Making herbal tea**  
**"Plants and trees: your health needs these"**

**Time and date of the session: 13.01.2017, 1x30 min.**

**Form of activity:**

Discussion about the positive effects of herbal tea, making herbal tea (camomile and plantain tea)

**Goal of the activity:**

- Learning about home-made food's positive effects on health and the importance of healthy ingredients
- Developing social skills by improving the ability to cooperate, paying attention to each other, and forming positive hygienic habits
- Developing verbal skills by improving verbal expressiveness

**Task of the activity:**

Learning about the positive effects of herbs





**Session 6**  
**Family gymnastics**  
**„A sound mind in a sound body”**

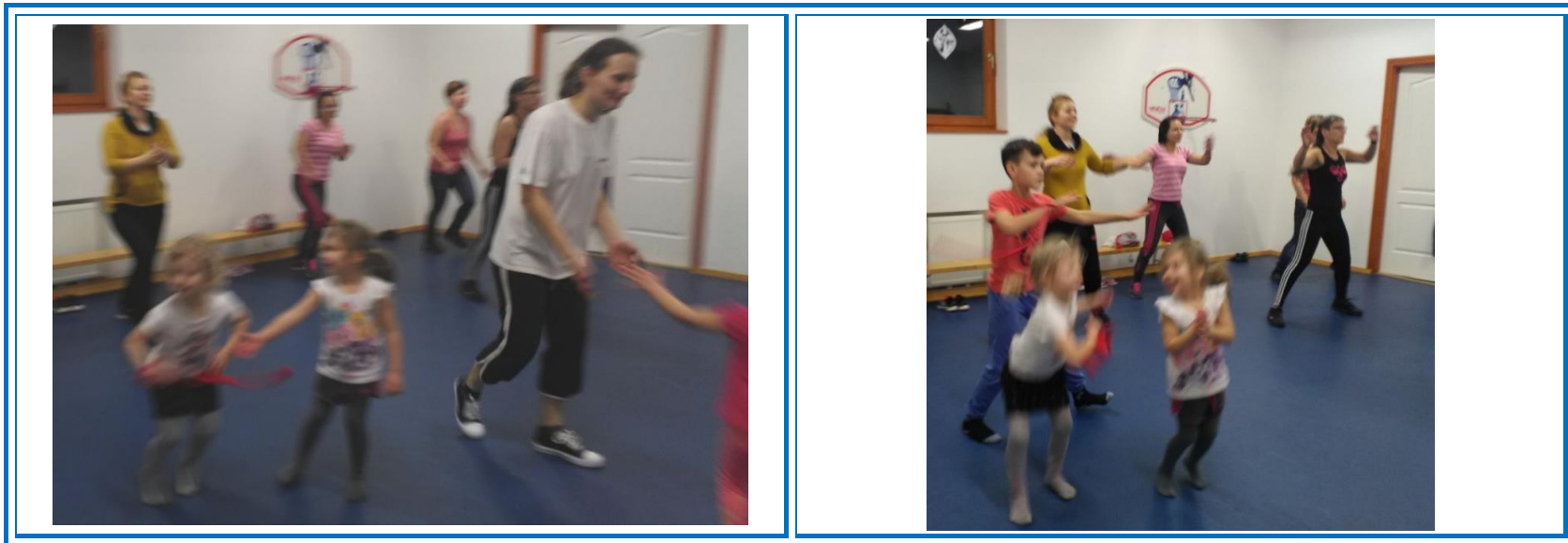
**Time and date of the session: 13.01.2017, 1x40 min.**

**Form of activity:**

Gymnastics with children, parents, and teachers

**Goal of the activity:**

- Experiencing physical activity in a group
- Raising awareness of the importance of physical activity
- Forming community, helping the children grow to like physical activity





## Reflections

There is an eventful, memorable week behind us. The new experiences affected the games of the children as well. During playtime they healed the dolls, and even each other. We have formed a doctor's office, and later a pharmacy as well. For the week the children brought their own medical toys as well (empty medicine canisters, medical bag).

The children really enjoyed the musical elements of the activities. When they heard the sound of the guitar they immediately started moving to the rhythm, the music caused them great joy.

Friday afternoon children and adults both participated in the special Family Gymnastics event. The parents could relax and enjoy the group activity with their children, the teachers and the other parents.

It was important for us to make the activities diverse, as this makes it much easier for the children to learn the habits necessary for staying healthy. For the future, my goal is to patiently and consistently organize playful activities where the children can develop physically, mentally, and emotionally in a relaxed and happy environment in their second home, the kindergarten.