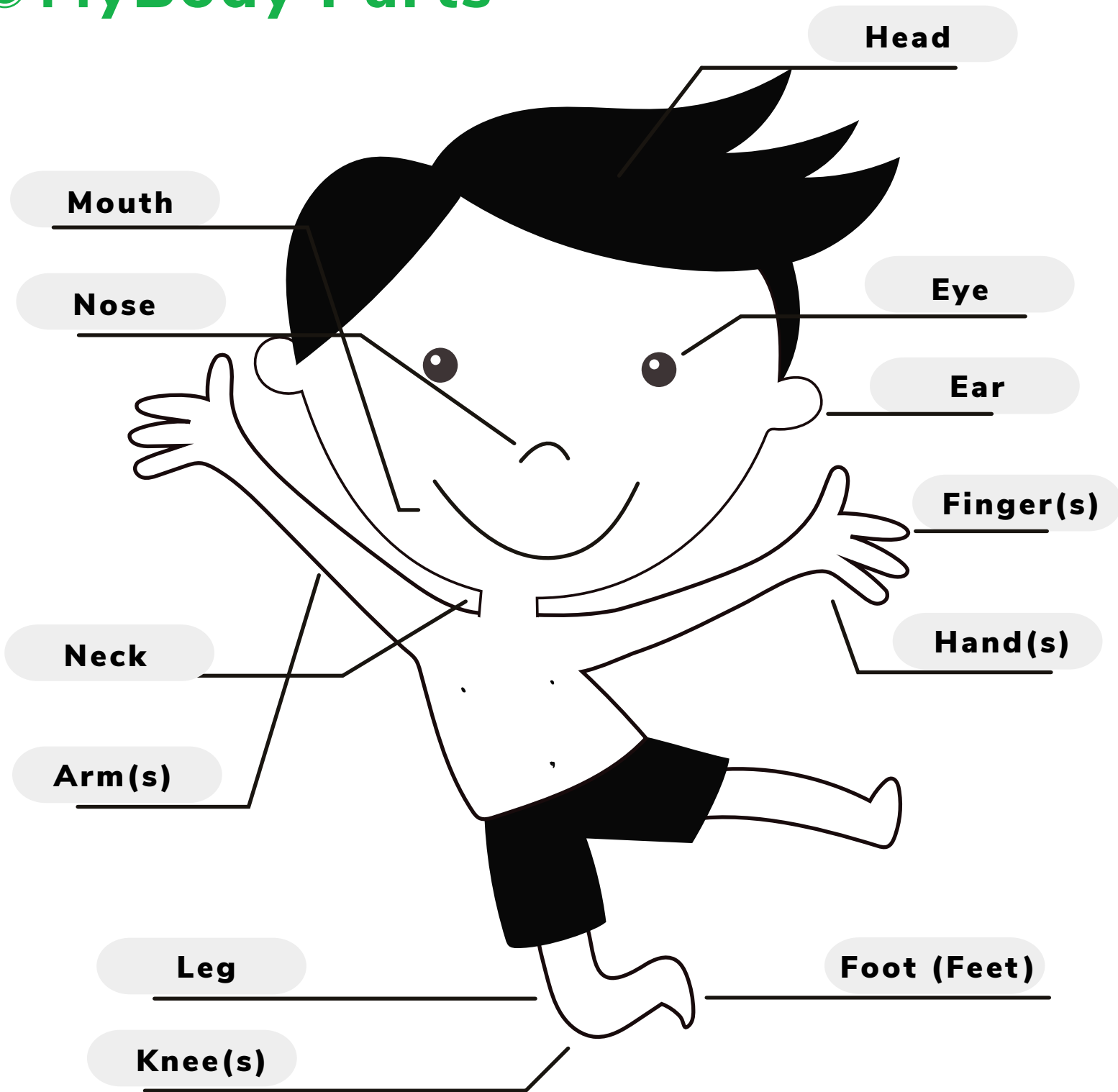




MY Body Parts senses & Hygiene



● MyBody Parts



My Body Parts/Complete the Word

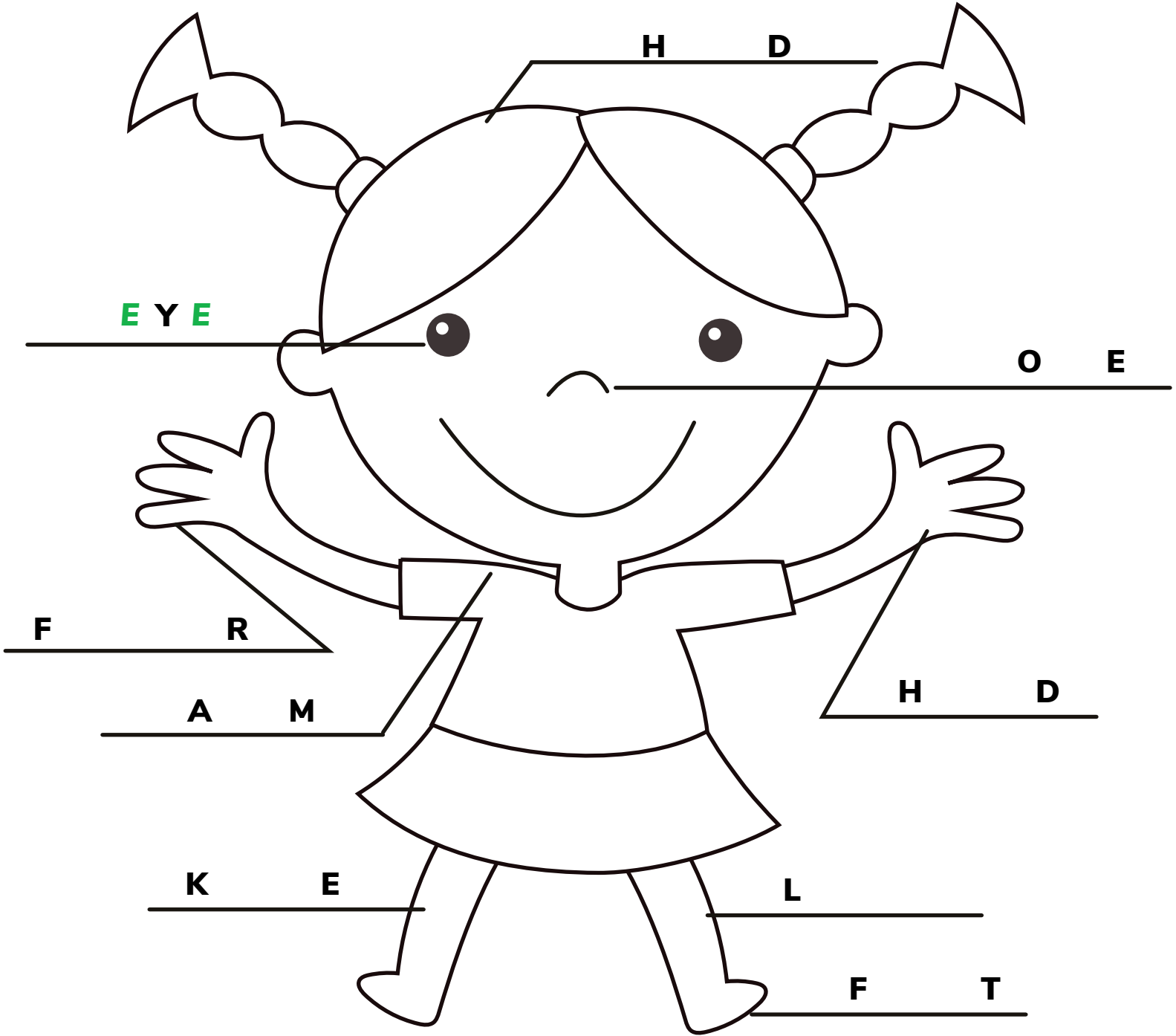
-Eye
-Head

-Nose
-Hand

-Finger
-Arm

-Knee
-Foot

-Leg



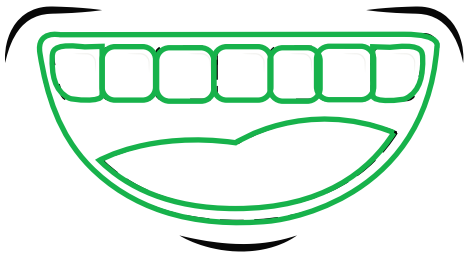
● My Body Parts

My Body Parts/Join the dots and write the word

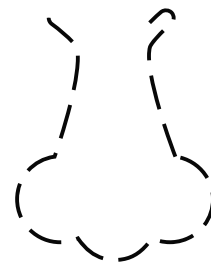
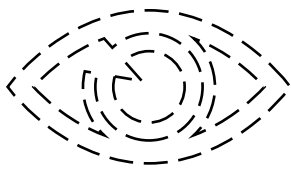
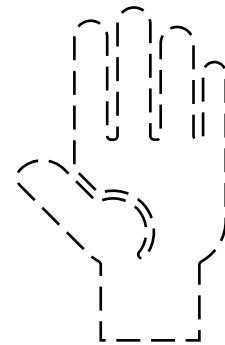
-Eye
-Hand

-Feet
-Ear

-Mouth
-Nose



Mouth



● My Body Parts

-Mouth

-Nose

-Ear

-Hand

-Arms

-Leg

-Head

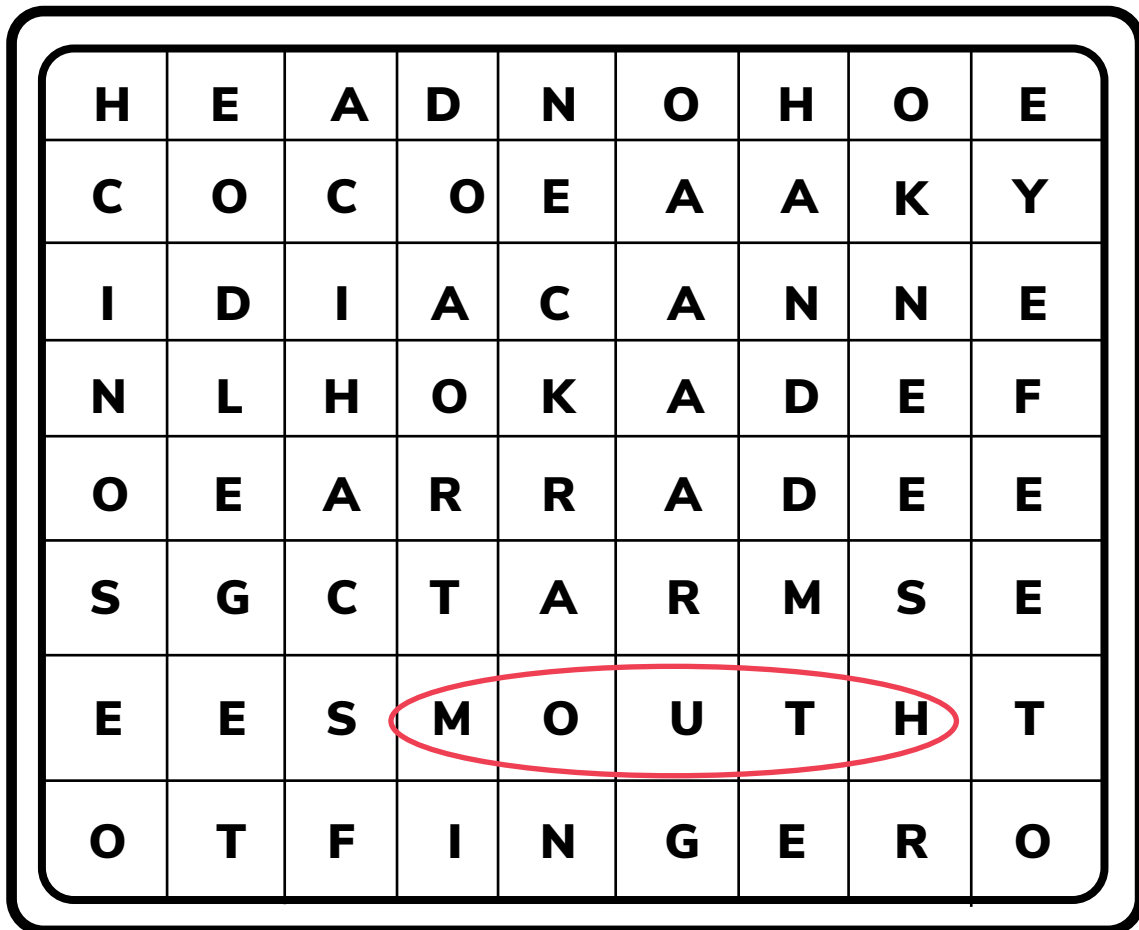
-Eye

-Finger

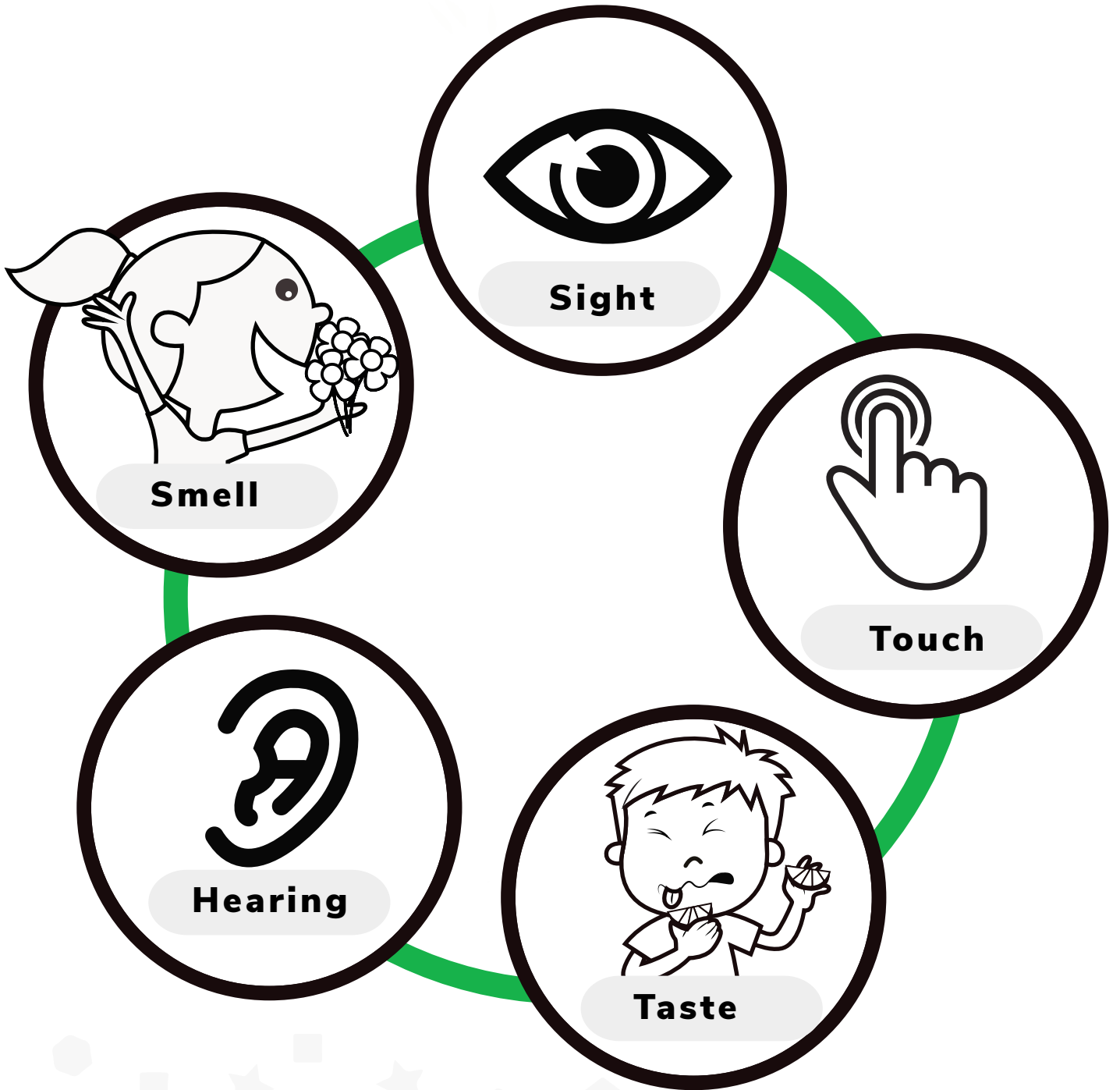
-Neck

-Knee

-Feet



● Senses

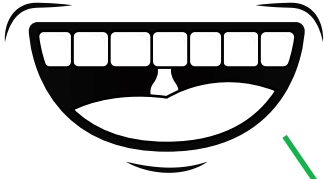


Senses/Connect the senses

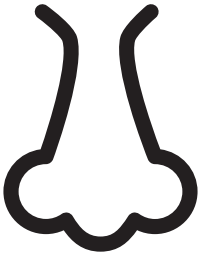
-Touch
-Smell

-Taste
-Hearingz

-Sight



Taste



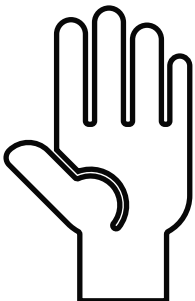
Smell



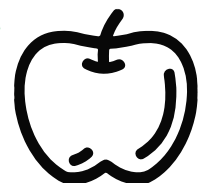
Sight



Hearing



Touch



● Habits

Healthy Activities



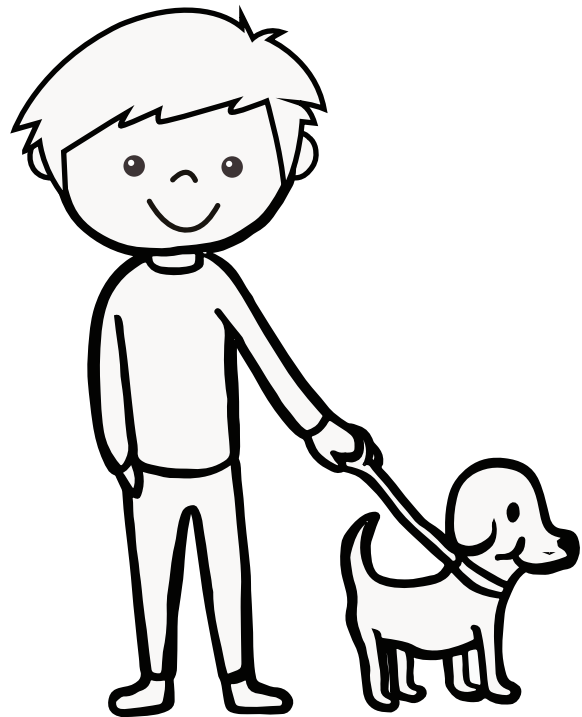
Play



Sport



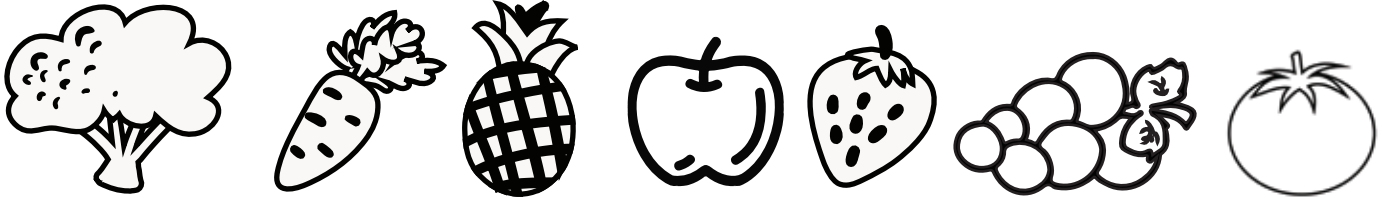
Eat fruit and vegetables



Walk

● Healthy Habits

Healthy Daily Activities



7 servings fruits & vegetables



8 glasses of water



2 hours or less screen time



1 hour physical activity



10 hours or more sleep

Buenos hábitos de Higiene



Bañarme todos los días



Limpiarme las orejas con un paño húmedo, con la ayuda de un adulto.



Cortarme las uñas cada 2 semanas.



Peinarme todos los días



Cepillar mis dientes después de cada comida.



Lavarme las manos con agua y jabón

RECUERDA

lavarte las manos después de...



De tener contacto con una persona enferma



De usar el baño



De tocar secreciones, como sudor, sangre o saliva



De jugar con tu mascota

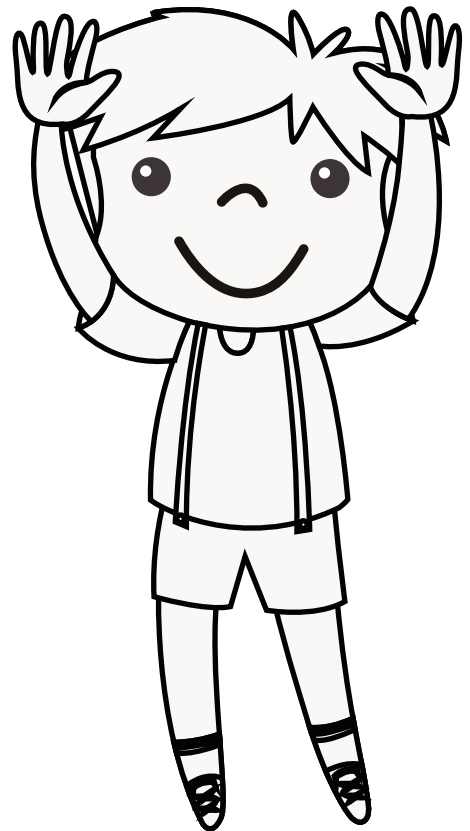


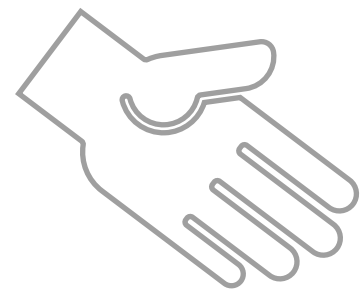
De jugar en el parque



Antes de comer o tocar alimentos

-
- Number 1, touch your tongue
Number 2, touch your shoe
Number 3, touch your knee
Number 4, touch your floor
Number 5, jump alive
Number 6, give some kicks
Number 7, look to heaven
Number 8, stand up straight
Number 9, touch your spine
Number 10, do it again





**Head, shoulders, knees and toes,
knees and toes.**



**Head, shoulders, knees and toes,
knees and toes.**



Eyes and ears and mouth and nose.

**Head, shoulders, knees and toes,
knees and toes.**



I pull my ears,
I push my nose,
I tap my head,
I touch my toes,
I clap, clap, clap,
Now I sit down and make a lap.

I clap, clap, clap,
I touch my toes,
I tap my head,
I push my nose,
I pull my ears,
I stand up, my lap disappears.

