

Good Habits

Materials

Worksheet 7, Kala & Friends stick puppets, a bar of soap, a toothbrush, a picture of a messy bedroom, a large container filled with building blocks, scissors, a stapler and crayons or colored pencils

Preparation

Make photocopies of *Worksheet 7* (1 per student). Color and cut out strips from *Worksheet 7* to use as an example.

Before

Distribute Luka stick puppets. Show your stick puppet to the group and ask *Who is she? (She's Luka.)* Continue *Luka is a child like you. She likes to play and run. She goes to school and she has good habits.* Hold the bar of soap with your other hand, show it and ask *What's this? Help students say (It's a bar of soap.) What does Luka do with it? (She washes her hands.) Yes, she washes her hands after she uses the bathroom and before she eats.* Move the bar near Luka's hands pretending that she's washing them. Have students do the same with their puppets and mimic washing their own hands. Add *Washing your hands is a good habit.* Show the toothbrush and ask *What's this? (It's a toothbrush.) What does Luka do with it? (She brushes her teeth.) She brushes her teeth in the morning, after she eats and before she goes to bed.* Move the toothbrush near Luka's mouth to brush her

teeth. Have students do the same and mimic brushing their teeth. *Brushing your teeth is a good habit. But Luka has bad habits, too.* Show the picture of the messy bedroom and say *Look, this is Luka's bedroom. Is it clean or messy? (It's messy.) Yes, Luka doesn't clean her bedroom and this is a bad habit. Let's see some other habits.*

While

Play the video and ask students to clap one time when they see a child with a bad habit. When the video ends, ask *Are there children with bad habits? (Yes, there are.)* Play the video again and pause it after Luka and the first character finish talking. Say *He doesn't brush his teeth. Is this a good or bad habit? (It's a bad habit.) Yes, we all have to brush our teeth.* Play the video again and pause it after the second character thanks Luka. Say *She doesn't have breakfast. Is this a good or bad habit? (It's a bad habit.) Yes, it is. Breakfast is very important to start the day.* Play the video again and pause it after the third character starts snoring. Say *He doesn't go to bed early. Is this a good or bad habit? (It's a bad habit.) Yes, going to bed late is bad because we need to rest.*

After

Distribute *Worksheet 7*. Point to the first drawing and ask *What is the girl/boy doing? (She/He is playing.) Oh, look at his/her bedroom; is it clean or messy? (It's messy.) Is this a good or bad habit? (It's a bad habit.)* Ask students to show you a red crayon or colored pencil and to draw a red cross (X) in the corner of the drawing. Point to the

next drawing and ask *What is she/he doing? (She/He is swimming/doing exercise.) Is this a good or bad habit? (It's a good habit.)* Have students show you a green crayon or colored pencil. Ask them to draw a green check (✓) in the corner of the drawing. Do the same for the rest of the drawings. Finally, let students color the drawings marked with the green check.

