

# Healthy Habits Lesson

## Move and Learn! Example Circle Time

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1. Identify Learning Goal
2. Picture Dictionary Strategy
3. Song
4. Big Book

**Materials:** Pre-made lightly penciled **drawing of muscles**; 1 black, 1 red and 1 blue marker; Picture of muscles; **I'm a Mover Bugaloo** poster, **In the Classroom, On the Playground & At Home** Big Book; painter's tape

**TS GOLD Objectives 8 & 9:** Listens to and understands increasingly complex language. Uses language to express thoughts and needs.

**TS GOLD Objective 20:** Uses number concepts and operations

**TS GOLD Objectives 4 & 5:** Demonstrates traveling skills. Demonstrates balancing skills.

**Related Objectives:** 16, 25, 35, 37, 38

1. Let children know that today “We are learning more about how moving keeps us healthy and helps us learn.”

2. Introduce your picture dictionary word by saying: “Here is an important word for something that is really important to help your body move.” Plan your explanation of the word muscle before circle time. Follow the complete procedure for Visual Vocabulary, explaining while you draw, then underlining spaces for and counting the # of letters for the word muscle, having the children name the letter that goes with the first sound and echoing your letter naming as you write each letter. Have the children say the word three times to give them practice in forming, vocalizing and hearing the word. Create the gesture that goes with this signal word for the day.

3. Use your signal word/gesture to have the children stand up and sing/dance to the “I’m a Mover Bugaloo.” Use a call and response format. Have the children remain standing to read the Big Book so they can participate in the actions. Remind them that they will need room around them to help act out the movements and let them know when it says “run” they will run in place and demonstrate how to do that.

4. Read the Big Book **In the Classroom, On the Playground & At Home**. This book uses numbers related to actions in order to five (5). Be sure to use fingers to count as well as letting children imitate the actions in the Big Book. Act out the movements so that children understand the meaning. You may need to explain “flexible” and also explain that “communicate” means your brain tells your muscles what to do. “This is one way that moving helps us learn because it helps teach our bodies to do what our brains tell them to do.” You also might want to tell the children that their heart is a muscle too.