



Health and Playing “What Is It” Book 2



- Following the song “Five Little Monkeys”.
- Playing with the phrase “What is it?”
- Exploring with art and when outside.

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Following the Song

In this lesson we will continue practicing the body parts and focus on Health and staying healthy. First we will follow the famous English folk song 5 little Monkeys. The song goes together with playful hand motions that you can practice at home or in the group.

Make one of the hands a bed, hold up 5 fingers on the other hand to be the 5 monkeys and do the finger play. Continue until there are no monkeys.

Make your favorite toys jump when singing.

"Jump, jump, the monkey is jumping."

It can be monkeys at the beginning, but later your doggies or cats might jump too "five little cats jumping on the bed?" will make every child laugh.

Explain some vocabulary in playful ways. You can lift your hands or legs UP and DOWN. Up and down. To demonstrate.

Because the monkeys get hurt we can follow this song by playing doctor. We can use it to learn some new very useful words and phrases. This lesson should help you to find your English moments during this favorite children's game. Here you find the summary from the video and short notes, with phrases and vocabulary so you can play the kid's favorite roles of the doctor and the patient.

"I am the doctor. Are you hurt? Show me."



Where does it hurt? Here?
Ouch! Let me help you.



The monkey is ill, give her a pill. Is the cat healthy?

*Five little monkeys, jumping on the bed.
One fell off and bumped his head.
Mama called the doctor and the doctor said:
"No more monkeys jumping on the bed!"*

Four little monkeys.....



Playful hand motions.



Hands up, up very high and down to the ground. Try also legs up, legs down.

Playing

“What is it” is the easiest way for children to ask directly how things are named in English and can become a magical key for exploring the world in English. It is definitely worth practicing this phrase to become natural without children even noticing.

Try this super simple game. Slowly uncover toys from the magic backpack and start the guessing game “What is it”. Take turns. Go further on with conversation. What do you think what is it? I see something orange. Play around with the toys.



What is it?
It is the medical case.

Now let's draw a picture and start guessing “What is it”. And switch roles. Or you may use various materials you have at hand and let your imagination work. Hm. What could that be? Hmm, I do not know? What do you think?

Print out the game card if you want to have all the conversation tips at hand and easy to use any time.

*Switch roles
and let kids ask
YOU what is it.*

Exploring

*Practice in
various
settings.*

There are very nice materials to use such as wax and watercolors. Use white transparent wax from a candle draw a secret picture and let kids seek and guess “What is it”.

It is quite important to practice in various settings. So lets go outside find some chalk and let's play. Oh, What is it?

Below find the printouts that you can keep separately in a collection. If laminated they last longer. Notes with the phrases and the vocabulary is ready to be used for example as a sticker note.



NOTES

Keeping Healthy

Playing doctor and patient:

Teddy has hurt his head.

We need a bandage and a plaster.

Teddy is ill give him a pill.

Is he ok now? Healthy?

Glad to hear that!

I am the doctor you are the patient.

Are you hurt? Show me!

Where are you hurt?

It hurts here! Ouch. I am ill.

How do you feel?

You don't feel well?

I will listen to your heart.

Your tummy hurts?

Don't worry. Here is medicine.

Thank you. I feel better now.



Thermometer, syringe, medicine jar, stethoscope, ambulance, medical case, sick teddy, plaster, bandage, runny nose, box with tissues, nurse, scissors.

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GAME

What Is It?

*Uncover toys from the magic backpack or draw a picture.
Try also using various materials.*

I have a magic backpack.

What is it? Do you know?



*Help children express themselves by saying.
What do you think?
You do not know?
I see something orange.
I see ears. Is it an animal?
You think it isYes, you are right!*



*Enjoy playing around or making silly noises.
The cow says, "moo".
The mouse says, "squeak".
It is the shark! Help! Help!*



*Describe what you see or do - the shapes, sizes, body parts, colors.
Oval and triangle, whiskers and tail.
What is it? Yes, it is a big fat mouse.
I draw a big circle and a small circle.*

*Switch roles and let children be the leader.
Now you. It is your turn. Go on.
I will guess what it is, OK.*



STORY

What Is It?



Let's take wax, paper, watercolors and brushes and look for hidden pictures.



I think there is a cat. Gray cat.
There is a tail.

What is it?
Here is a blue car and here is a star.
Car, star, car, star.
Orange color helped us to find
some fruits and vegetables –
grapes, banana, apple and carrot.



Two circles and there is a car. Triangle
and square, door and window- it is a
house.



Circle, triangles, two dots, nose
and whiskers. Two legs and a tail.
What is it?
Yes, that is a cat.