

# Week 5: Health & Safety

# Weekly Lesson Plans



健康



# Lesson Plans/Extension Activities

Materials	Activity/Lesson	Chinese Vocabulary Connection
Picture Sorting Page (included)	Cut up pictures and sort them into people who look healthy v. people who look sick.	Healthy=健康 /jiànkāng Sick=生病 /shēngbìng
Pretend Doctor Toys Optional: Suzy Laoshi printables for a doctor office (see extra resources page)	Let your child pretend to be a doctor and check to see if you are healthy or sick. This is a great way to review body parts as well as sick and healthy vocabulary words.	Doctor= 医生 /yīshēng Examine=检查 /jiǎnchá
White Bread Ziplock Bags	This science experiment teaches the importance of proper hand washing. Use 4 slices of bread and 4 baggies to watch what happens over time. Bag 1: put an untouched piece of bread. Bag 2: touch the bread with dirty hands. Bag 3: use only hand sanitizer before touching bread. Bag 4: Wash hands with soap and water before touching bread. Seal bags and observe changes over a few weeks/month.	Bread= 面包 /miànbāo Bag= 袋子/dàizi Dirty= 脏/zāng Clean= 干净 /gānjìng Get Moldy= 发霉 /fāméi
Mask Coloring Page (included)	Use the printable mask page provided to decorate a mask. Talk about the colors, discuss when you would want to wear a mask.	Mask = 口罩 /kǒuzhào
Red light and green light signs (included)	Play “Red Light Green Light.” Glue red/green circles back to front with a popsicle stick in between. Have one person hold the sign and make the sign red or green and the other person runs forward on green and stops on red until they reach the person with the sign.	红灯停, 绿灯行 hóngdēngtíng, lǜdēngxíng =Red Light Stop, Green Light Go
Soap Water Blender or Hand Mixer	Recipe for Soap Foam: 1 Cup Water 1 Cup Liquid Soap (optional add color) and blend until thick! Pour soap foam into a bin and let your child play, find toys, pretend to wash toys or give toys a bath etc. while you practice speaking Chinese!	Wash = 洗/xǐ Find = 找/zhǎo Fun = 好玩/hǎo wǎn Like = 喜欢/xǐ huān

## Lesson Plans/Extension Activities

Materials	Activity/Lesson	Chinese Vocabulary Connection
<b>Mouth Page (included)</b> <b>Laminator or Page Protector</b>	Print out the mouth page and laminate it or put it in a page protector. Write some Chinese words (You can use ones from past weeks of Virtual Chinese School) Say a word and have your child clean/erase it off the tooth with a rag or an old toothbrush.	Teeth= 牙齿/yáchǐ Brush Teeth= 刷牙/shuāyá Clean= 干净/gānjìng Mouth= 嘴巴/zǔiba
<b>Tooth Page (included)</b> <b>White paint</b> <b>Old Toothbrush</b> <b>Yellow Paper</b>	Print the tooth on a yellow piece of paper and let your child use an old toothbrush to paint/brush the tooth with white paint!	Teeth= 牙齿/yáchǐ Brush Teeth= 刷牙/shuāyá Toothbrush= 牙刷/yáshuā
<b>Magazines or Newspapers</b> <b>Scissors</b>	Let your child find photos of foods in magazines or coupon sections and cut them out (practice scissor skills). Sort them as "healthy" or "unhealthy" and whether they help or hurt your teeth.	Good= 好/hǎo Bad = 不好/bù hǎo Healthy = 健康/jiànkāng
<b>Space to move around safely</b>	Practice gross motor skills by creating an obstacle course. Outside is great if the weather permits or use chairs, couches, etc. to let your child move through the course and exercise their body. Practice words like fast and slow!	Fast= 快/kuài Slow= 慢/màn
<b>Poster with the Toothbrush song (included)</b> <b>Pinyin and characters are both provided on separate pages</b>	Hang the toothbrush song poster in your child's bathroom and sing it to them whenever they brush their teeth and help them practice good dental hygiene.	Song Vocabulary and fluency
<b>Printable Page with a body outline</b> <b>Marker</b> <b>Bandages</b>	Print out a picture of a person and draw some red dots on the body. Have the child add band aids to fix all the "ouchies." 	Hurt = 受伤/shòushāng Bandaid= 创可贴/chuàngkětīe

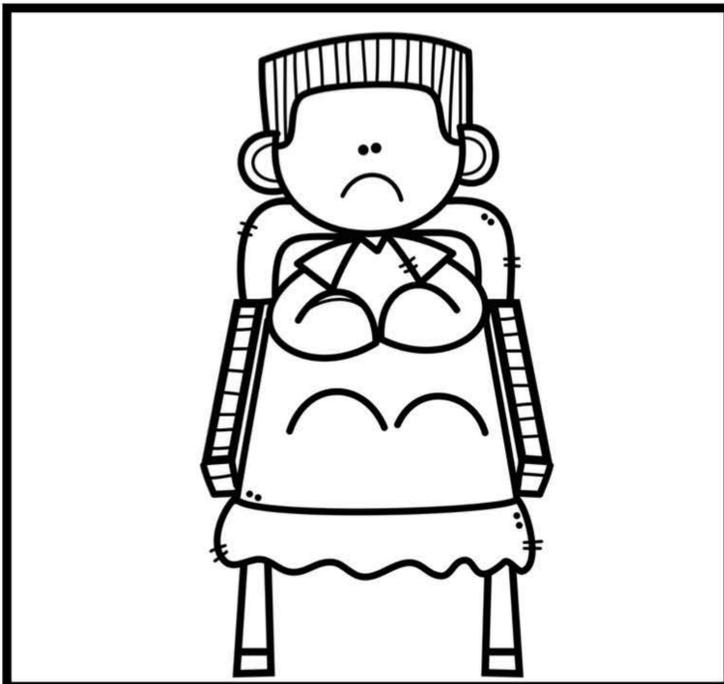
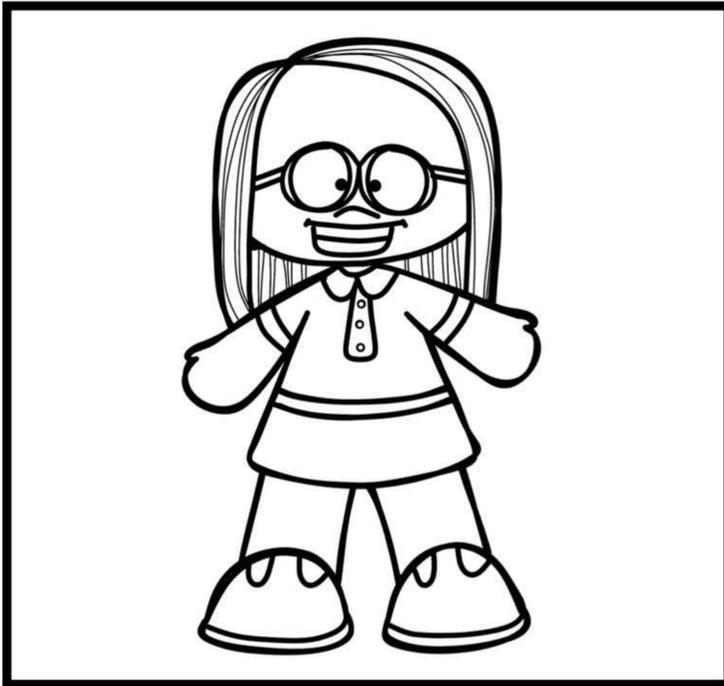
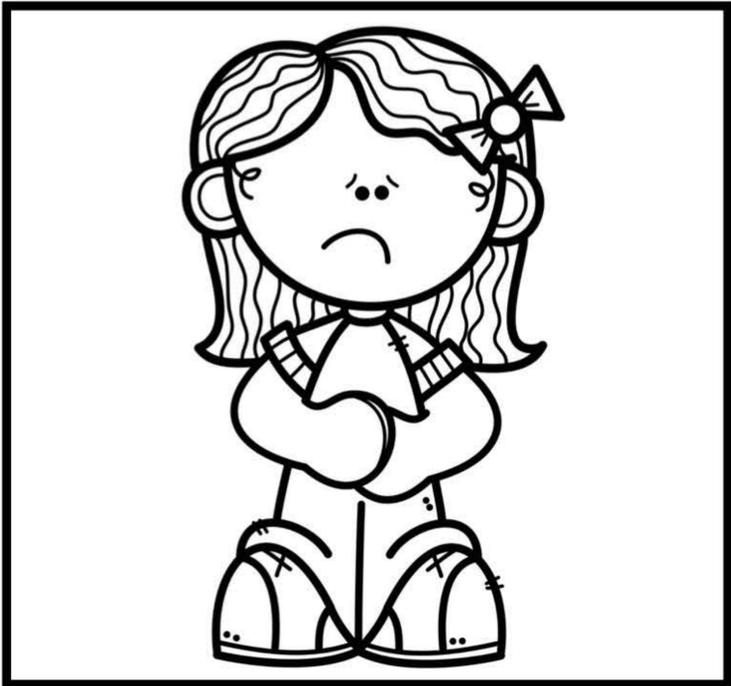
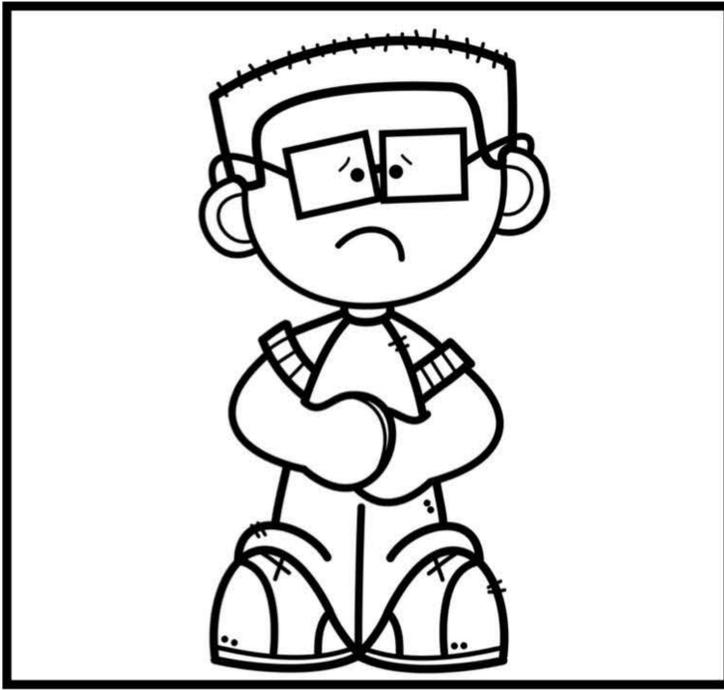
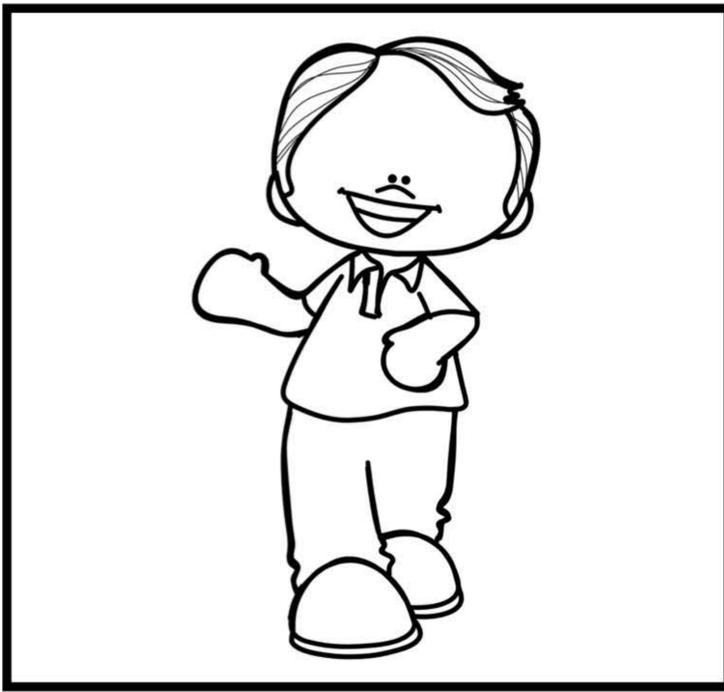
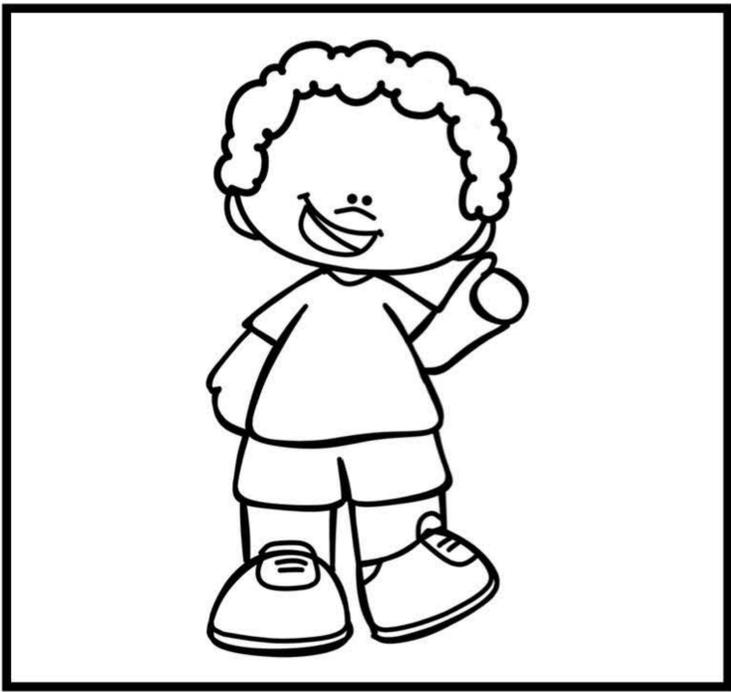
# Week 5: Health & Safety

# Activity Printables



健康





Cut out and color these cards. Sort and glue pictures onto the “healthy” and “sick” pages provided.

Healthy  
jiàn kāng  
健康

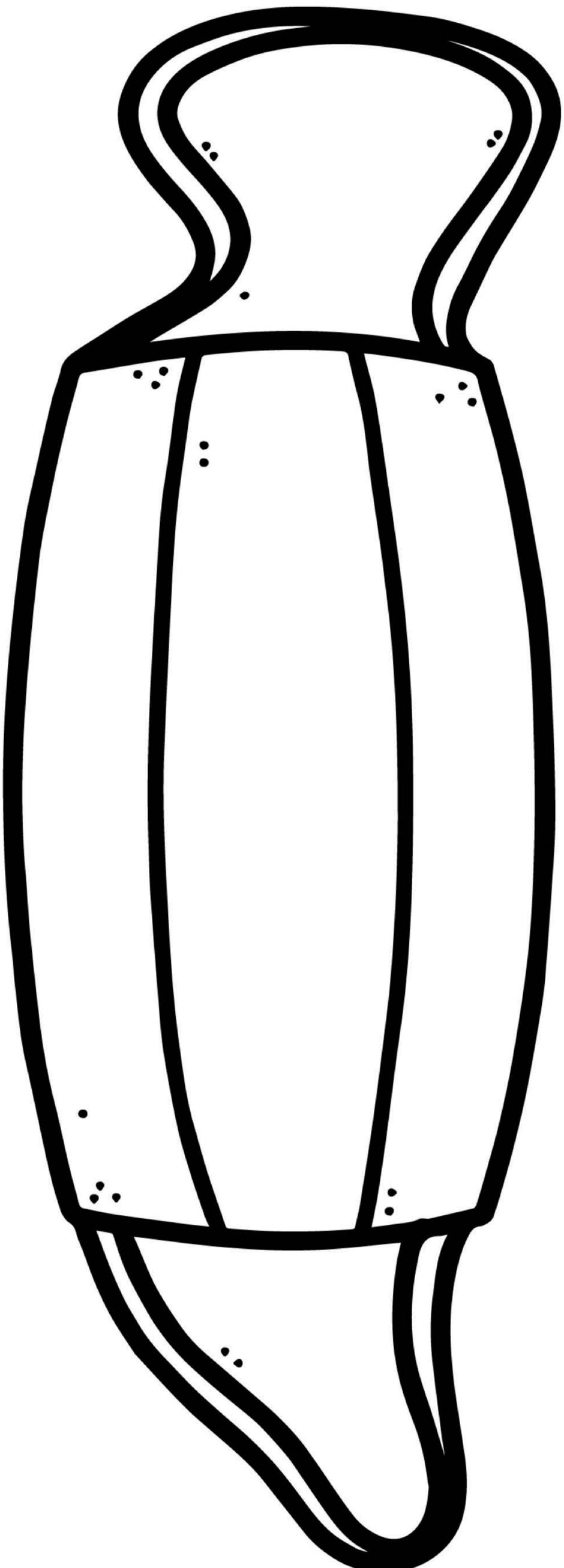
Sick  
shēng bing

生病

Mask

口罩

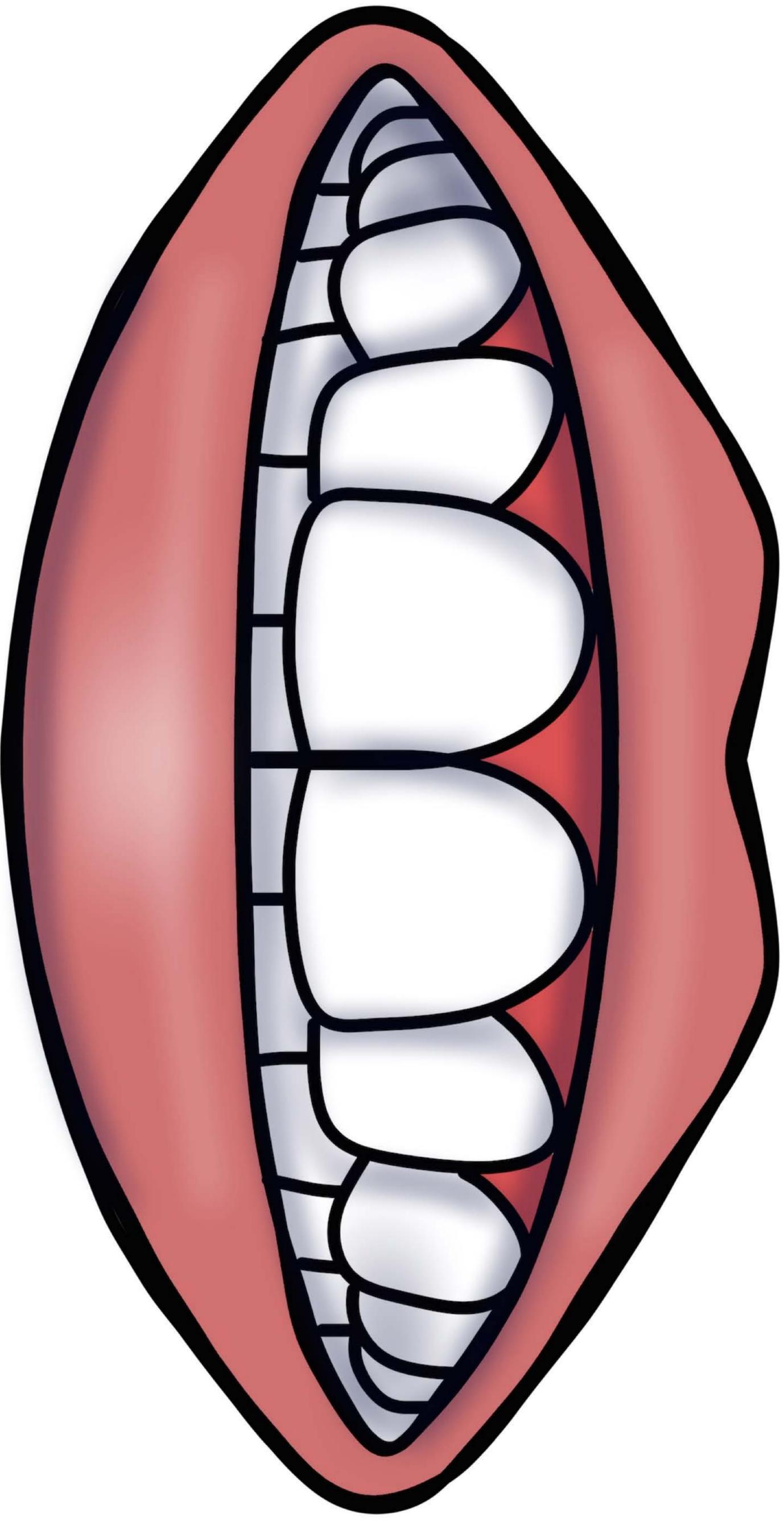
kǒu zhào



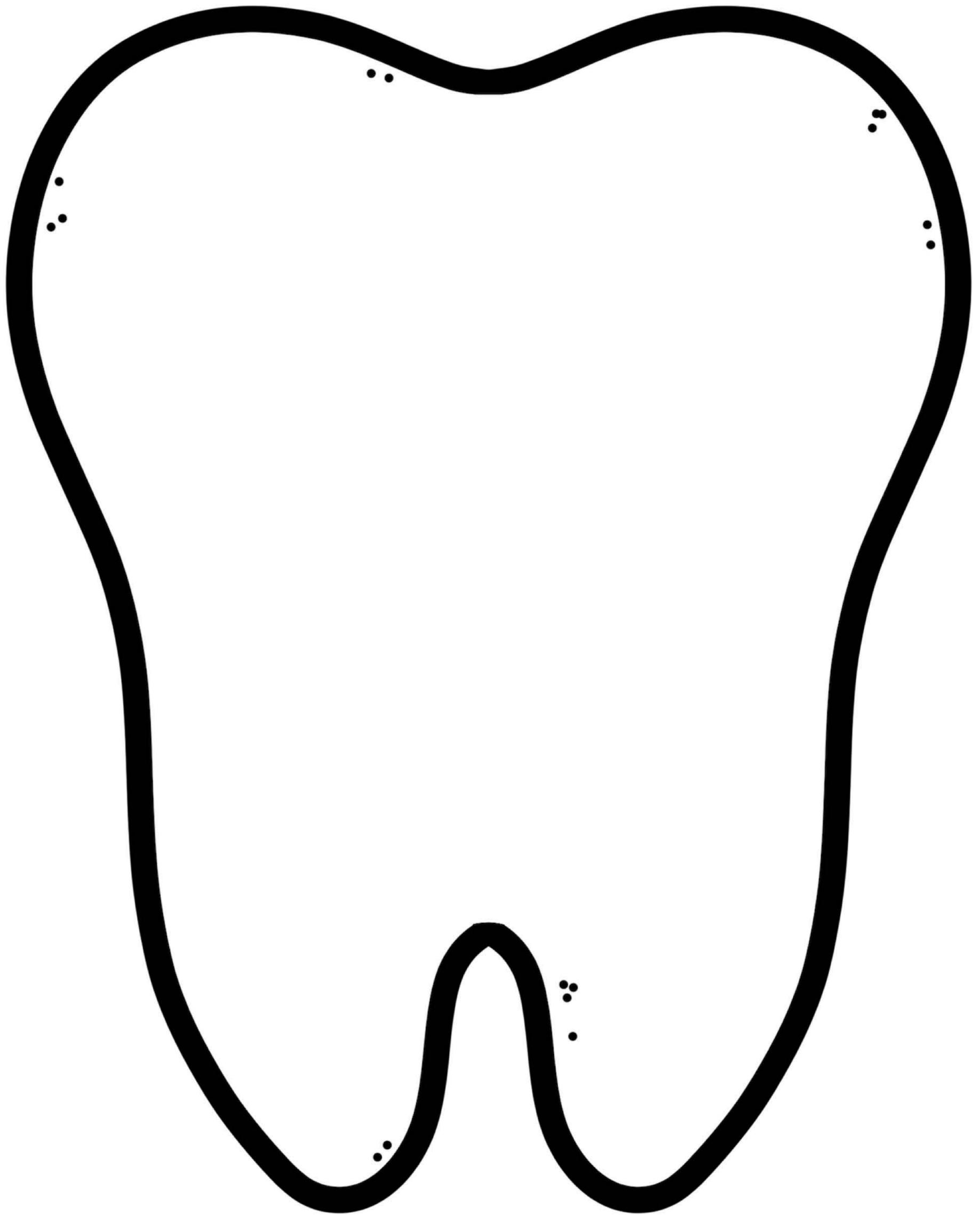




shuā yá / 刷牙 = brush teeth



shuā yá/刷牙= brush teeth



XIAO PANDA  
PRESCHOOL

小牙刷  
手中拿  
宝宝自己会刷牙  
上面刷  
下面刷  
里面外面都要刷  
每颗牙齿都要刷  
刷得洁白  
笑哈哈

xiǎo yáshuā  
shǒu zhōng ná  
bǎobao zìjǐ huì shuā yá  
shàngmian shuā  
xiàmiàn shuā  
lǐmian wàimian dōu yào shuā  
měi kē yáchi dōu yào shuā  
shuā dé jiébai  
xiào hāha

