

Week 5: Health & Safety

Virtual Chinese School

健康



Overview

欢迎(huān yíng) Welcome!

谢谢(xiè xiè) Thank you for joining with me on this Chinese learning adventure! I have poured my heart into these lessons and I hope you and your little one(s) experience great joy while learning Chinese.

How to access materials

You can access all content for our Chinese virtual school from my website: www.xiaopandapreschool.com.

Sharing Online

Feel free to tag me online in photos and videos from your participation and activities as you use Virtual Chinese School. You can use the hashtag #xiaopandapreschool or tag my Instagram @xiaopandapreschool so I can see the fun you're having. I would love to see the class in action!

However, sharing of any course materials: videos, login access, downloads, etc. is prohibited as these materials are protected by copyright. (See Terms and Conditions)



Creating a Routine

Choose a routine time and set up that your child can rely on a predictable routine.

Here is a SAMPLE schedule you can try with your child while using Virtual Chinese School.

9:30–10:00 Watch Virtual Chinese School video. There are new videos for Monday through Thursday, and you can rewatch one for Friday morning if you'd like!

10:00–10:20 Stretch break, snack, finish any art or project they may want to do from the video. Parent prep extension activity.

10:20–10:50 Try to speak Chinese and use vocabulary words as you play and learn using extension activity ideas.

10:50–12:00 Free Play

12:00 Lunch

12:30 Try another extension learning activity or review materials from the video and practice using Chinese words.



Supplies Needed for this Week:

- Printer and Paper
- Liquid Watercolors
- Paper
- Straws
- Dish Soap
- Food coloring
- Apples
- Peanut Butter
- Mini Marshmallows
- Bar Soap

Supplies Needed for Extension Lesson Plans:

- Printer and paper
- Doctor Toys
- White Bread
- Ziplock Bags
- Soap
- Blender or Mixer
- Lamination or Page Protector
- Old Toothbrush
- White Paint
- Yellow Paper
- Magazines
- Scissors
- Band aids

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You May:	You May NOT:
<ul style="list-style-type: none">• Use Virtual Chinese school materials in a single classroom or in a single home.• Have older and younger siblings watch and learn together.• Print multiple copies of worksheets for siblings to practice as well.	<ul style="list-style-type: none">• Give login information or access to your friends or colleagues.• Copy videos or files for use by others.• Post videos or materials on a website for download. This includes personal websites, school websites, Amazon, WeChat, etc.• Post any portion of this or a like copy for sale or for free.

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Clip Art Credits:



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Parents should supervise children as they participate in these videos as well as any extension activities.

Please be aware of any allergies your child or student may have. Never allow children to consume any foods they may be allergic to. If a child is allergic to any materials or foods recommended in Virtual Chinese School, do not use them.

Xiao Panda Preschool LLC and Suzy Williams is not liable or responsible for any bodily harm or other harm due to engagement with the activities or materials included in Virtual Chinese School.

Activities should only be offered under adult supervision. By paying, you are agreeing to these terms.



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
Mouth Page (included) Laminator or Page Protector	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
Tooth Page (included) White paint Old Toothbrush Yellow Paper	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
Magazines or Newspapers Scissors	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
Space to move around safely	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
Poster with the Toothbrush song (included) Pinyin and characters are both provided on separate pages	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
Printable Page with a body outline Marker Bandages	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

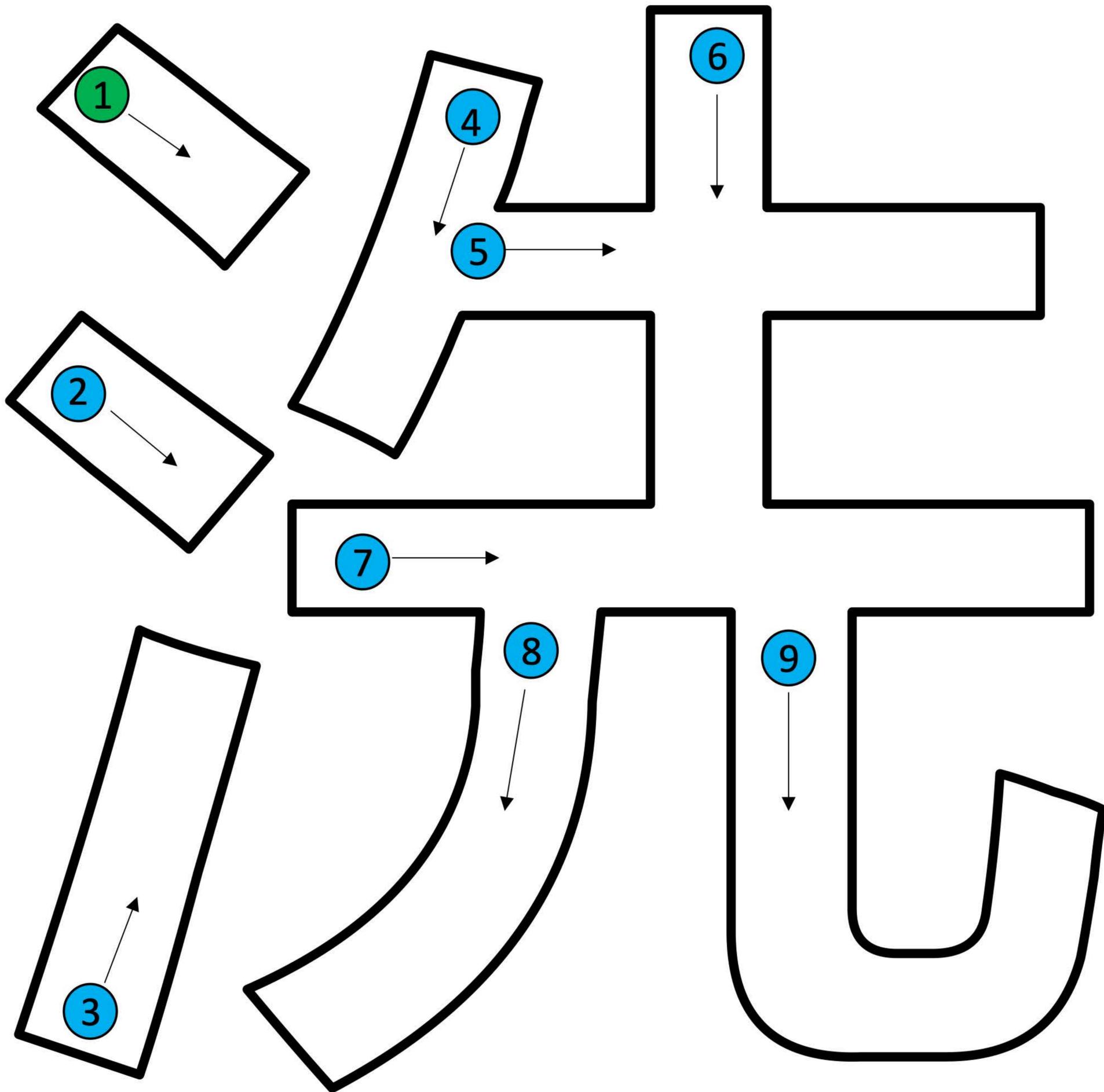
Week 5: Health & Safety

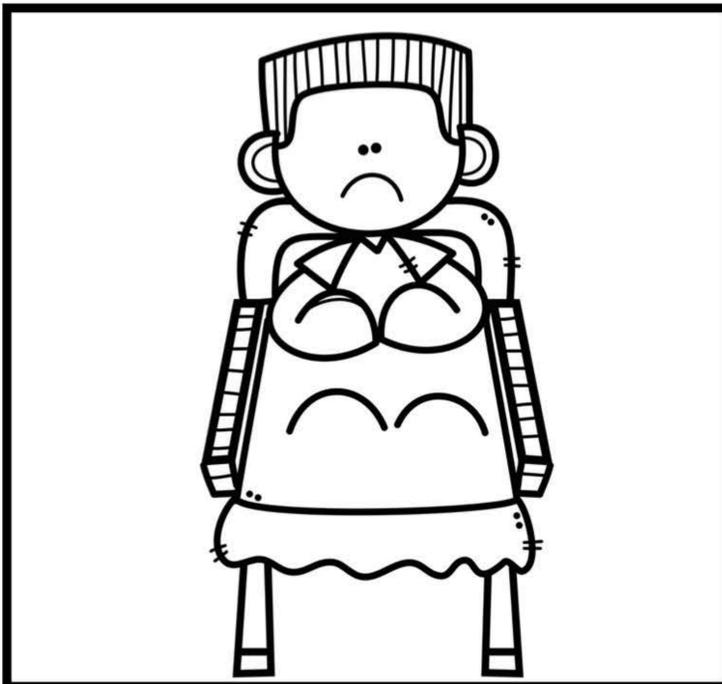
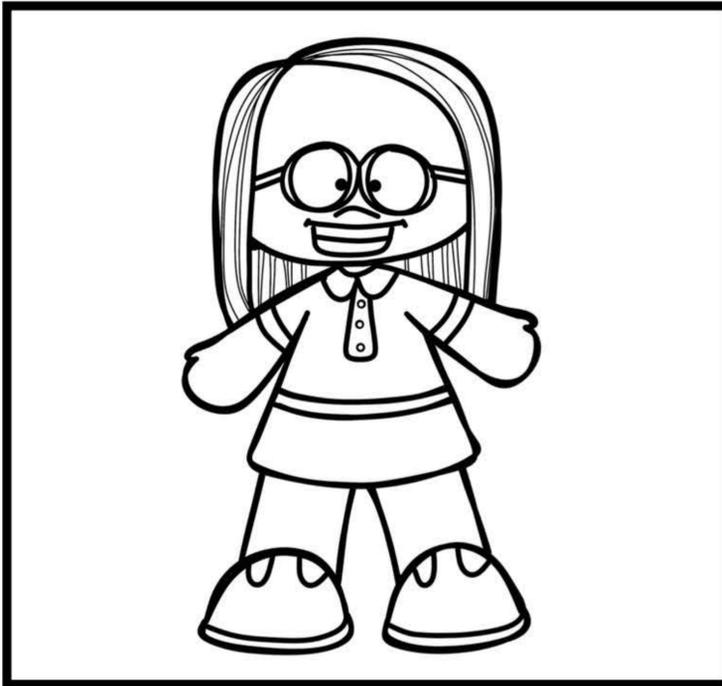
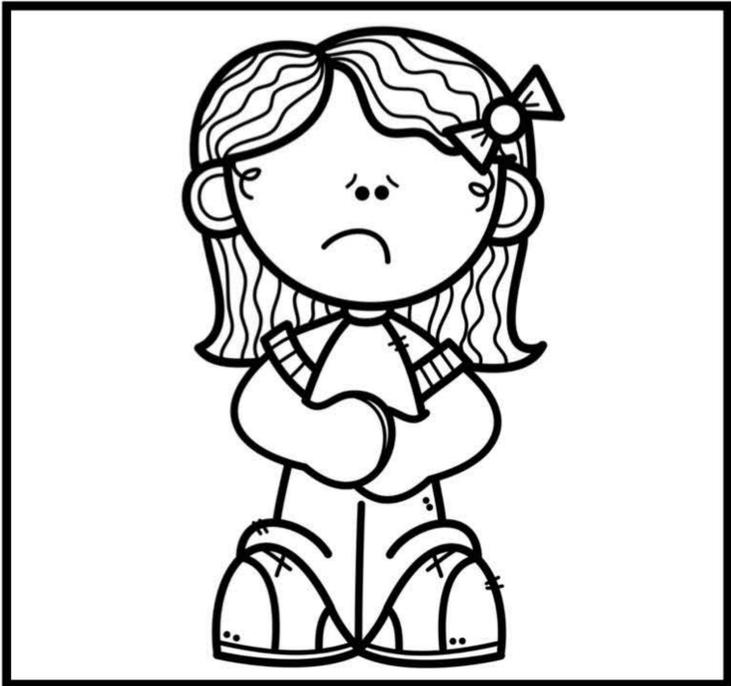
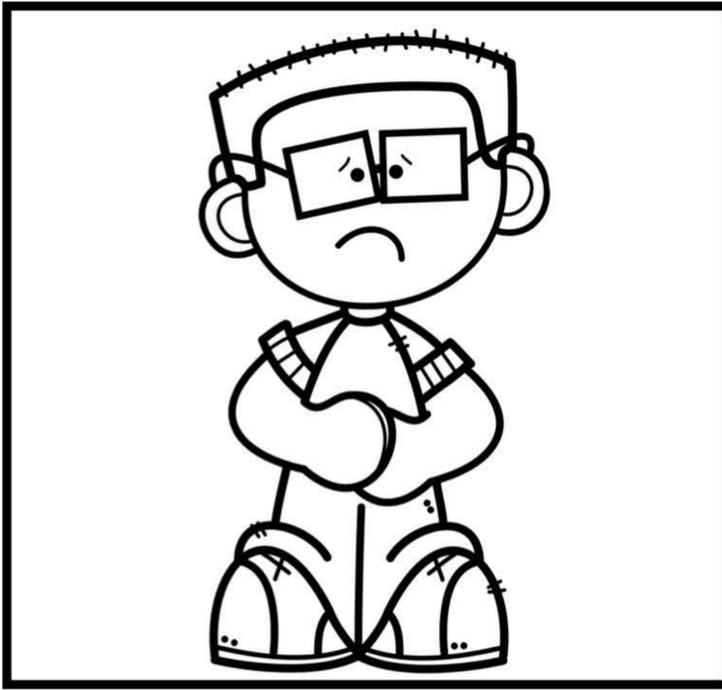
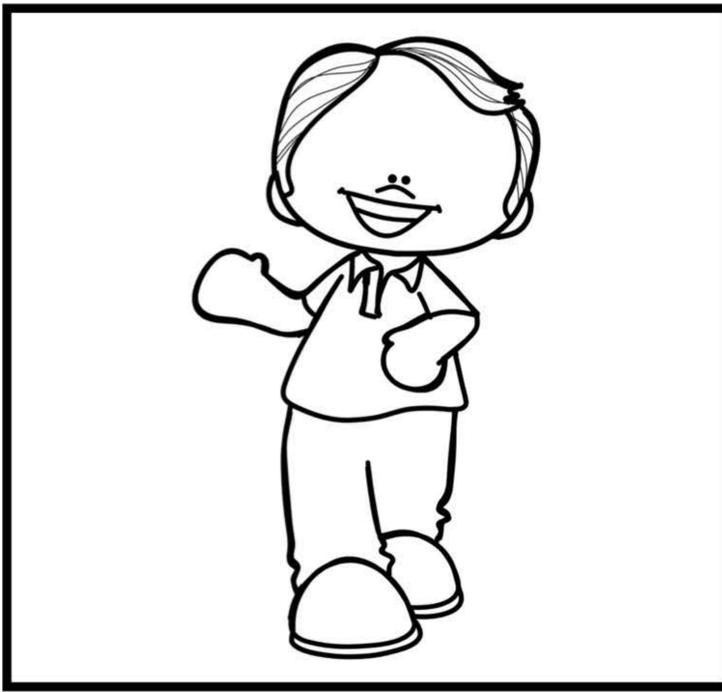
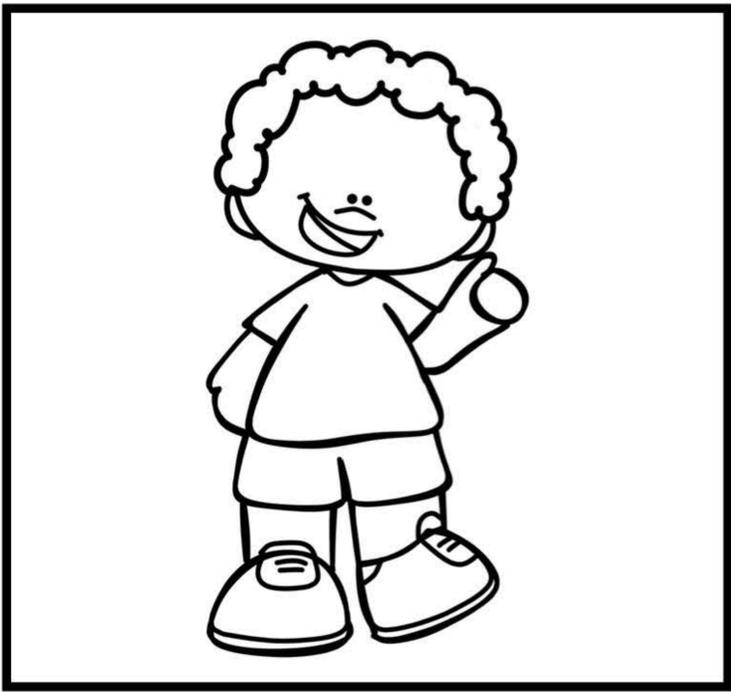
Activity Printables



健康







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

Healthy
jiàn kāng
健康

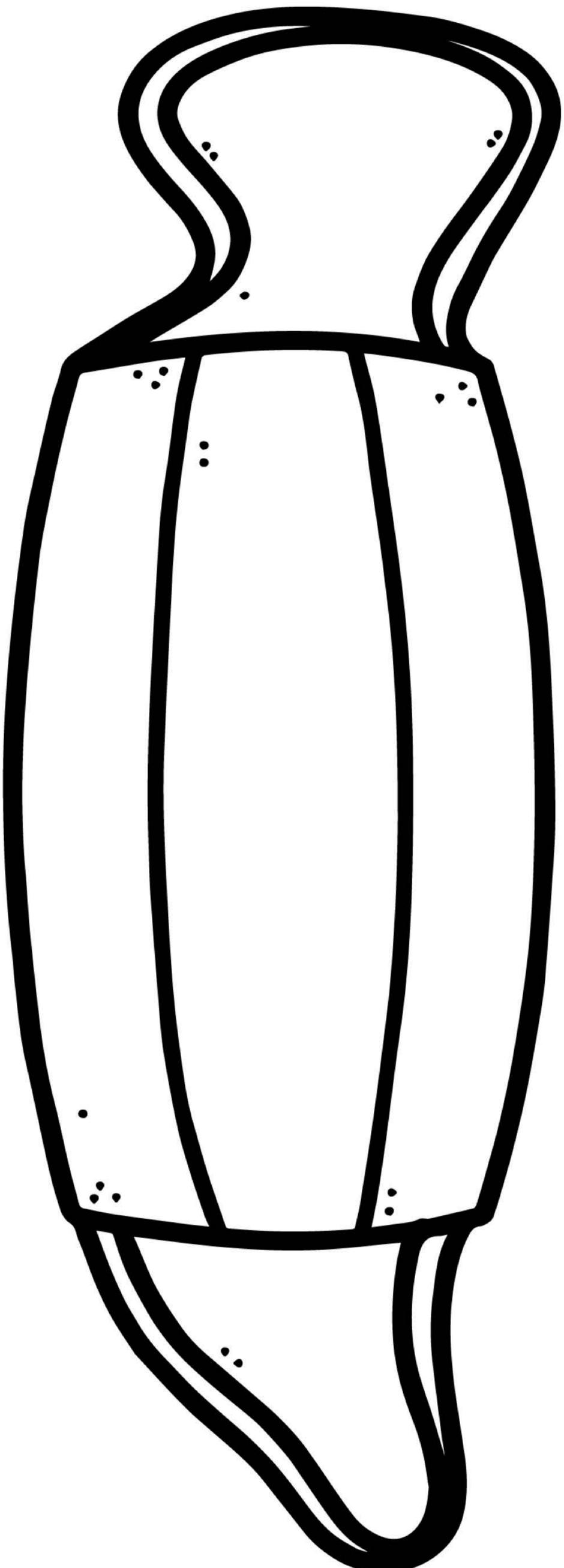
Sick
shēng bing

生病

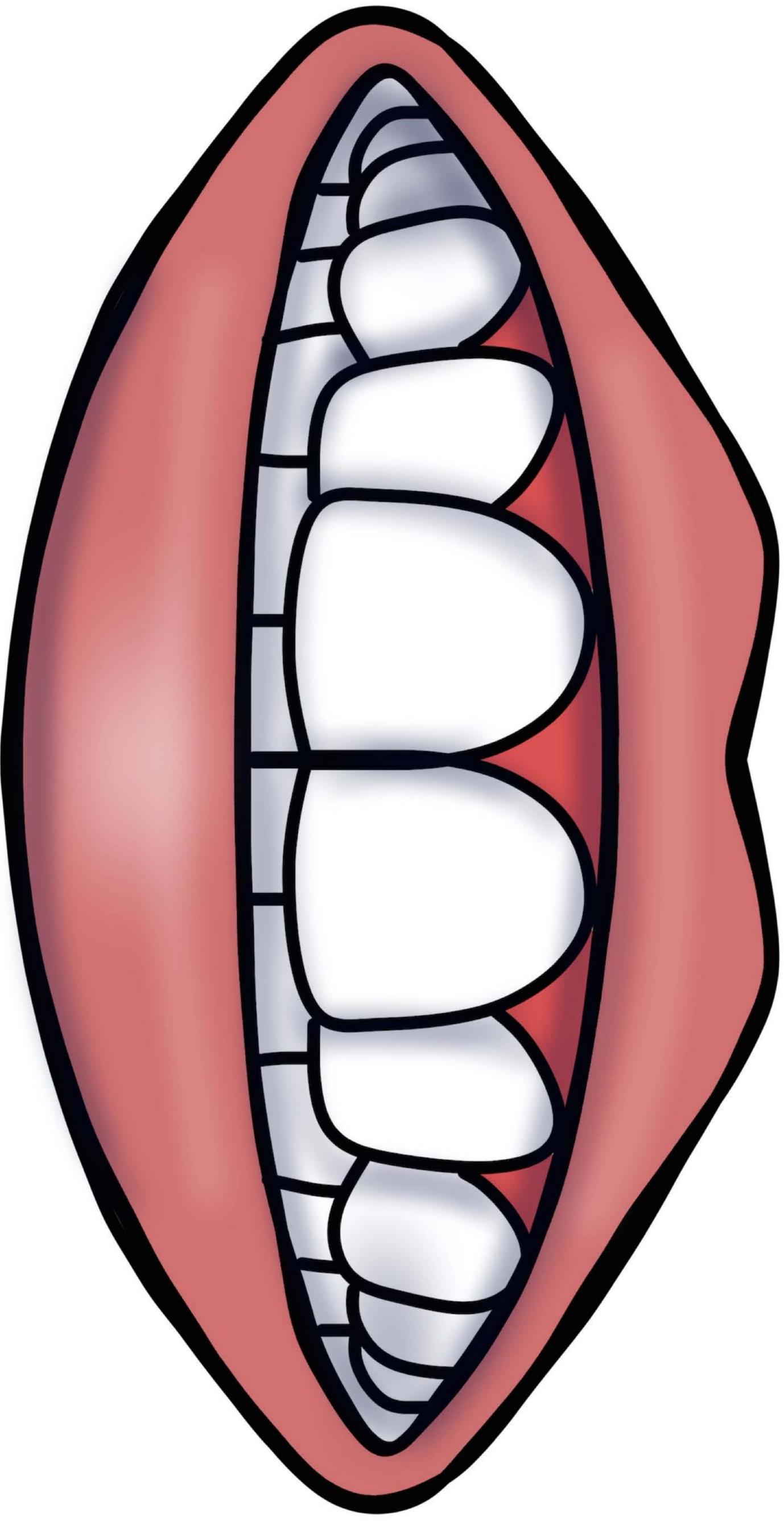
Mask

口罩

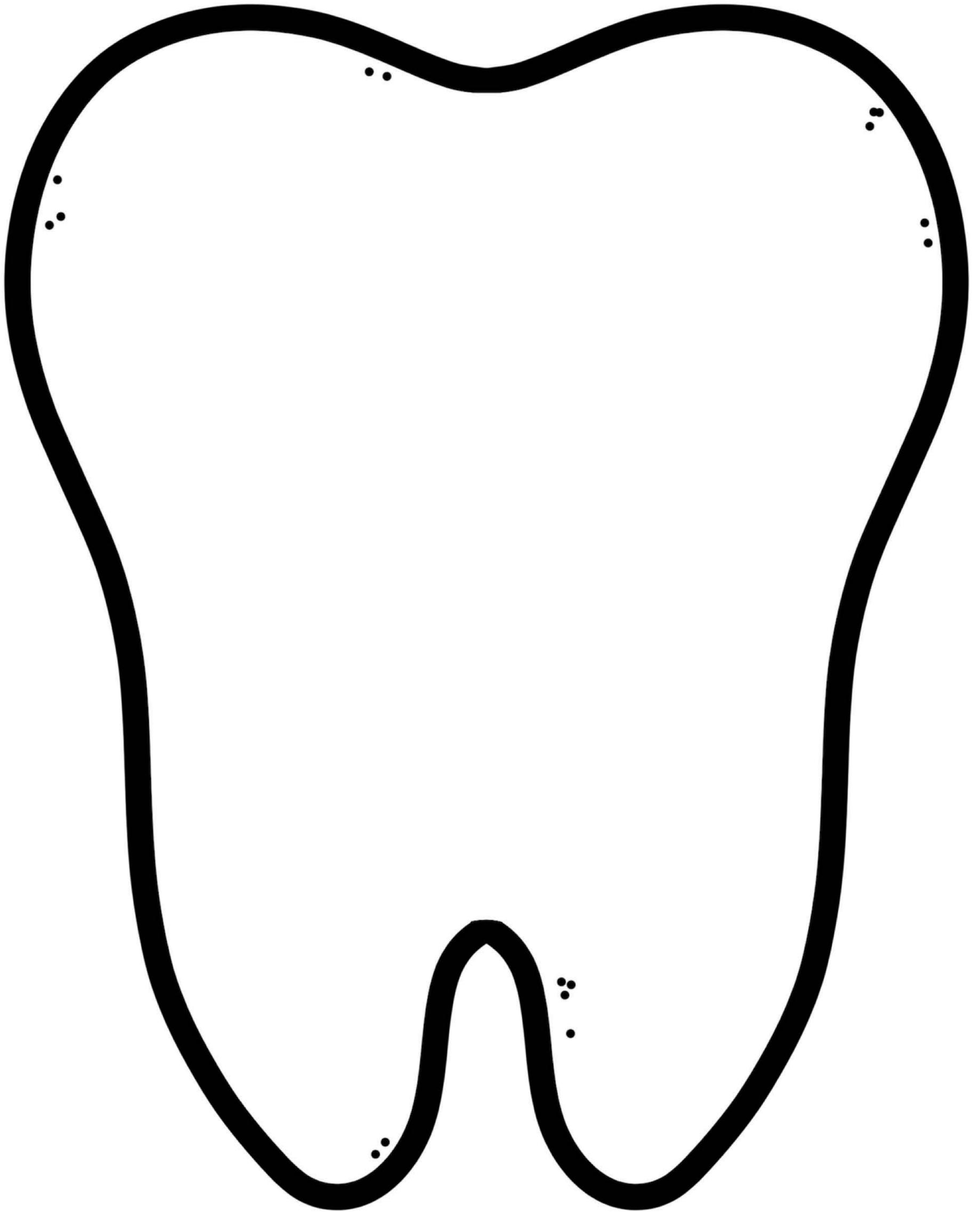
kǒu zhào



shuā yá/刷牙= brush teeth



shuā yá/刷牙= brush teeth



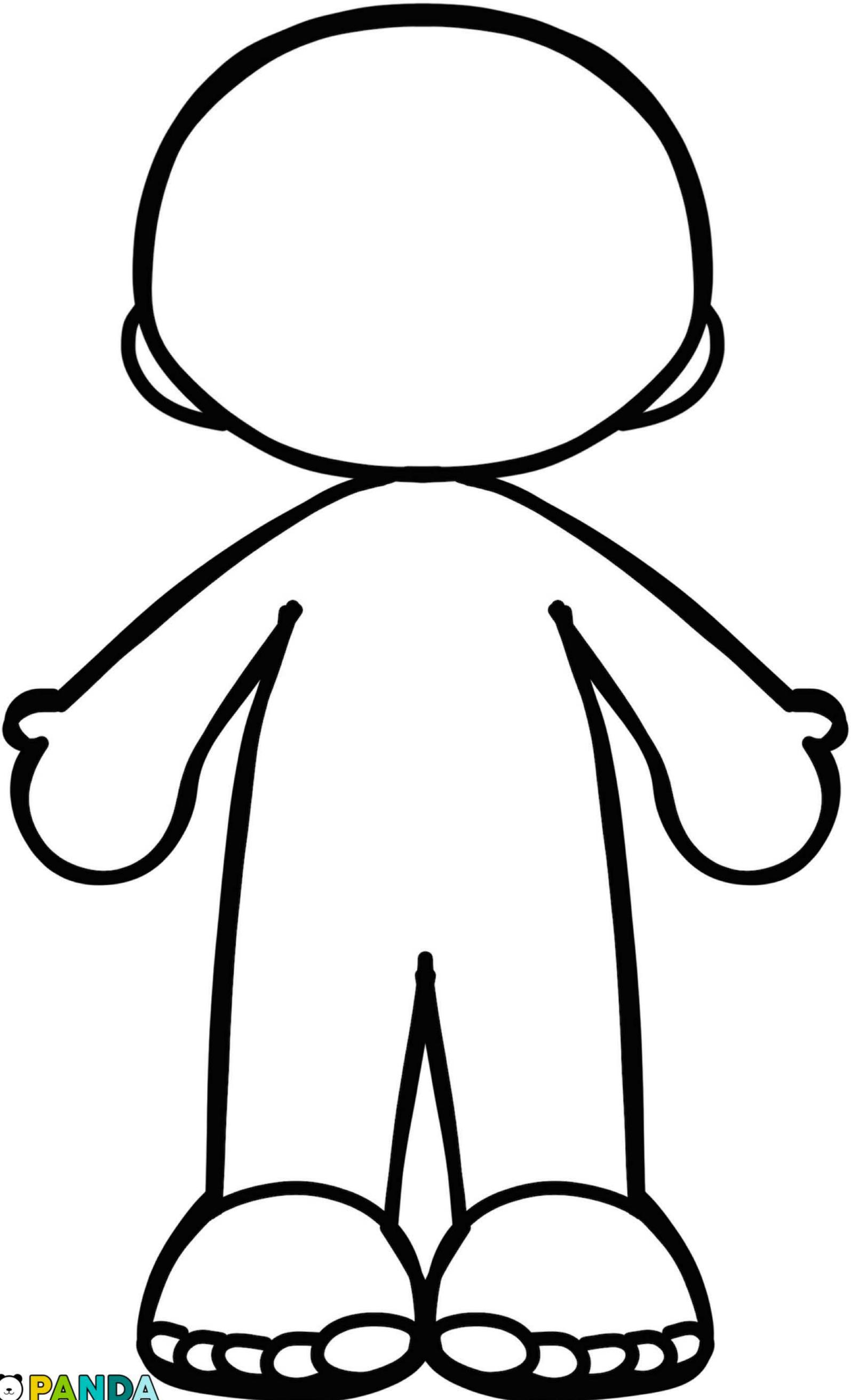
XIAO PANDA
PRESCHOOL





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



Week 5: Health & Safety

Weekly Poem/Song



健康



手背手心

手背手心

手指头

手指头

不要忘记大拇指

不要忘记大拇指

洗干净

洗干净

手背手心

shǒu bèi shǒu xīn

手背手心

shǒu bèi shǒu xīn

手指头

shǒu zhǐ tou

手指头

shǒu zhǐ tou

不要忘记大拇指

bú yào wàng jì dà mǔ zhǐ

不要忘记大拇指

bú yào wàng jì dà mǔ zhǐ

洗干净

xǐ gān jìng

洗干净

xǐ gān jìng

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PRESCHOOL

Week 5: Health & Safety

Vocabulary & Phrases List



健康



Vocabulary List

Wash Hands	xǐ shǒu	洗手
Healthy	jiànkāng	健康
Sick	shēngbìng	生病
Cough	késòu	咳嗽
Sneeze	dǎ pēntì	打喷嚏
to have a cold	gǎnmào	感冒
Germs	xìjūn	细菌
Not Feeling Well	bù shūfu	不舒服
Tummy Ache	dùzi téng	肚子疼
Drink Water	hē shuǐ	喝水
Take Medicine	chī yào	吃药
Vitamins	wéishēngsù	维生素
Sleep	shuìjiào	睡觉
Exercise	duànliàn/yùndòng	锻炼/运动
Eat Healthy Food	chī jiànkāng de shíwù	吃健康的食物
Brush Teeth	shuāyá	刷牙
Toothbrush	yáshuā	牙刷
Floss	yáxiàn	牙线
Toothpaste	yágāo	牙膏
Soap (liquid)	xǐshǒu yè	洗手液
Soap (bar)	féizào	肥皂
Use the Bathroom	shàng cèsuǒ	上厕所
Doctor	yīshēng	医生
Headache	tóuténg	头疼

Phrases List:

Phrases to try and practice this week:

①

I'm not feeling well.
wǒ bù shūfu.
我不舒服。

②

I have a cold.
wǒ gǎn mào.
我感冒。

③

Have you brushed your teeth?
nǐ shuāyá le ma?
你刷牙了吗?

④

Do you need to use the bathroom?
nǐ xūyào shàng cèsuǒ ma?
你需要上厕所吗?

Possible Response: I need to go pee-pee!
wǒ yào niào niào!
我要尿尿!

Week 5: Health & Safety

Extras

Resources & Supplies



健康



Chinese Virtual School: Week 5, Health & Safety

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Dentist Play Doh



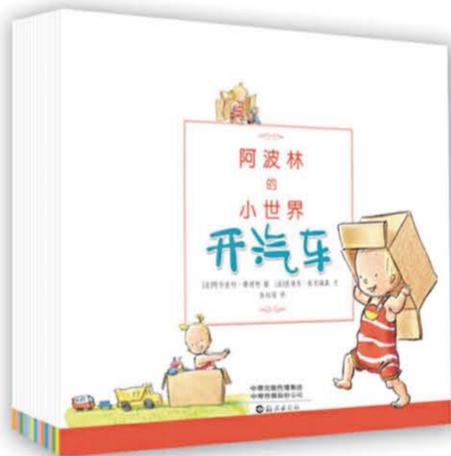
Doctor Toy set



Tooth Ice Cube Tray



Apolline Books



Peppa Pig Books



Pigeon Needs a Bath Book



YouTube Teeth Brushing Book



Chinese Doctor Office Printables



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