

# Community Helpers — Doctors and Nurses

Base Sheet

Activity Sheet

Exploring the roles of doctors and nurses in our community. The child learns about the tools they use, how they help people, and practices a simple doctor visit role play.

## What You Need:

- Pictures of doctors and nurses
- Toy medical kit (stethoscope, thermometer, bandages)
- Stuffed animal as patient
- White shirt or smock (optional)
- Work mat

## Steps:

1. 'Who do we visit when we are sick or need a checkup? Doctors and nurses!'
2. Show pictures of doctors and nurses at work.
3. Introduce tools: stethoscope, thermometer, bandages, blood pressure cuff.
4. 'Doctors figure out what is wrong — they DIAGNOSE. Nurses help take care of you — they TREAT.'
5. Role play: set up a pretend doctor's office. Child is the doctor.
6. 'Check the patient (stuffed animal). Listen to the heart, take temperature, apply a bandage.'
7. Discuss: 'How do doctors and nurses help our community?'

## Work Space:

