

Spectacular Me Activity 12



Teach the children this rhyme with motions. You can say one or two lines and have the children repeat after you. Have the children point to themselves for the first verse, pantomime the actions in the second and third verses, and hug themselves for the last verse.

*This is the body
that I'm inside
I take care of my body
With lots of pride*

*I brush my teeth
I wash my hands
I comb my hair
Do you understand?*

*I eat good foods
I exercise
I stay aware
Don't be surprised!*

*I love the body
that I'm inside
I take care of my body
With lots of pride.*

Ask the children:

Who is inside of your body? ("I am.")

Who takes care of your body? ("I do." The aim of the question is taking care of our own bodies.)

What are some good ways to take care of your body? (Anything healthy, eating healthy food, etc.)

Why is it important to take care of our bodies? (So we can be healthy and strong and not get sick etc.)



Getting Along Activity 1

Read the poem, "I get mad"

*Rainy days with nothing to do,
A broken lace on my shoe,
A flat tire on my bike,
These are things I really don't like.*

*My older brother ignoring me
Things that I'm too small to see
Toys that are lost or broken or bent
Things that I drop by accident.*

*I get mad when my dog won't play
or when the bees won't stay away
or when my friend misunderstands
I use my words but not my hands!*

*I don't hit or kick or bite!
I don't throw things or start a fight
I don't break dishes or scream or shout
I don't smash things! I work it out.*

*When I'm mad I try to talk
If I'm way too mad I go for a walk
When I'm calmer and don't want to fight
I will use my brain to make things right.*

Ask the children:

What makes you mad?

Who makes you mad? (Help children to recognize that even people that they love can sometimes make them angry, just as parents and other people who love them can get angry and still love them.)

What do you do when you are mad? (Use your brain to solve the problem, cool off, take some time to think and use your brain and then make it right with words.)

What should you never do? (hit or break things or do something that will hurt another person)

Stress that everyone gets mad sometimes and that is okay. But some people do not handle their anger the right way. Some people break things or try to hurt people when they are angry and this only makes things worse. This is never OK.

If the children see someone taking their anger out on another person or by breaking things, they should stay away, go and tell a calm adult who they trust. Angry people like that should be treated like unsafe things or situations. (No, go, tell.)