



# Dr. Goodbody

## Grade-K

Lesson

2

**Lesson Objectives – Students identify at least three ways to care for their bodies, such as eating healthy food, being active, brushing teeth, and wearing seat belts.**

	Time	Page
<b>Prepare Students</b> .....	5 min.	30
<b>Attention Grabber</b> .....	5 min.	30
<b>Explain/Demonstrate/Practice</b>		
Dr. Goodbody Game .....	10 min.	31
<b>Review</b> .....	5 min.	32
<b>Total Time</b> .....	<b>25 min.</b>	

**Equipment & Materials**

- ✓ “Dr Goodbody” hand puppet as shown in Appendix K-2, p. 33 or use a commercially purchased hand puppet.

**Teacher Preparation**

Prior to the start of this lesson:

- ✓ Make your own “Dr. Goodbody” puppet as shown in Appendix K-2, p. 33 or use a commercially purchased hand puppet.

*This lesson addresses the following content standards:*

Michigan Standards		National Standards	
<i>Physical Education</i>	<i>Health Education</i>	<i>Physical Education</i>	<i>Health Education</i>
Standard #12 Standard #14	Standard #3	Standard #7	Standard #3

***This lesson relates to Michigan Model for Comprehensive School Health Education:***

Kindergarten Lessons, II-1 to II-6: Have Five Senses and V-1 to V-10:  
Safe and Healthy Choices for Me.

**Key Message & Background Information for Teachers****Key Message:**

I value my body and do my best to keep it healthy, especially by eating healthy foods and being physically active.

**Background Information:**

Many of us might be surprised at how much attention and energy we give to “fixing” our bodies. Advertisements on TV tell us how we can improve ourselves with makeup, drugs, food, etc. We may talk to each other about the need to diet or lose weight to have a certain body size and shape. These are not the types of messages we want children to internalize. Rather than having an antagonistic relationship with their bodies, we want children to recognize all the ways they can care for their bodies in order to grow well and stay healthy.

**Prepare Students****5 min.**

**Gather** students together in a group seated on the floor.

**Introduce** the lesson:

- Introduce the puppet to the students as Dr. Goodbody.
- **Say:** “Hi. My name is Dr. Goodbody. Today, we are going to talk about ways to take good care of your good bodies.”

**Attention Grabber****5 min.**

**Use** the puppet to tell students:

- Raise your hand if you like coming to see doctors like me. (Let a few students explain why they do or do not like going to the doctor.)
- My job is to help you get better when you get sick. But did you know there are a lot of things you can do on your own—and with the help of your families—to help your body stay healthy? (Let students respond.)
- What are some things you do to stay healthy? (Let a few students answer.)
- Now we’re going to play a game to help us think about the different ways we can take care of our bodies.

## Dr. Goodbody Game

10 min.

## Explain/Demonstrate

## Practice

Use the puppet to set up the game.

**Using** the puppet, say:

- Please stand up and space yourself at least one arm's length from your nearest neighbor.

Use the puppet to explain how the game is to be played.

**Using** the puppet, say:

- I'm going to name different activities. Your job is to decide if the activity is a good way to take care of your body or not a good way to take care of your body. If you decide the activity is good for your body, act out the activity. If you decide the activity isn't good for your body, then sit down on the floor.

**Do** one example as a class to make sure students understand the game.

**Using** the puppet, say: I take care of my body by brushing my teeth before I go to bed at night.

- If you think brushing your teeth is good for your body, remain standing and act out brushing your teeth.
- If you think brushing your teeth isn't good for your body, then sit down on the floor.

**Continue** with the following activities:

- Looking both ways before you cross the street.
- Watching more than 1 or 2 TV shows after school.  
**Explain** that there's nothing bad about watching TV. Watching too much TV can be harmful, though, because it takes time away from doing other things. Watching TV involves sitting still. It's good for bodies to move, rather than sit still for a long time.
- Asking for an orange instead of a bag of potato chips.
- Jumping rope in the park after school with friends.
- Eating a candy bar every day after school.  
**Explain** that eating candy bars once in a while is OK. There is no such thing as a "bad food." But it's not good to eat a candy bar every day because candy bars don't give us the things we need to grow and be healthy.
- Asking to drink milk or water instead of a soft drink.
- Not wearing a seat belt while in a car.  
**Explain** that wearing a seat belt often helps people who are in car accidents from being seriously harmed.
- Walking up stairs instead of taking an elevator.
- Washing hands before eating.
- Getting enough sleep.
- Wearing a bike helmet while riding your bike.
- Taking a walk with a friend instead of watching TV.
- Helping your family with the yard work.

- Playing a game at recess instead of standing around.
- Dancing to commercials instead of sitting.
- Eating a healthy breakfast every day.
- Wearing sunscreen to protect you from the sun.

**Review****5 min.**

**Use** the puppet to act out and make the following points:

- There are many things we can do every day to take care of ourselves. One of the best ways is to make sure we eat healthy foods and be active with our bodies.
- Some of the activities in the game were about what we eat, and being active with our bodies. What were they? (Students review messages from game).
- What healthy snacks could you eat after school to take care of your body?
- We know we can take care of our bodies by not sitting still for too long at one time. What will you do after school that will be active and fun?
- When you go home after school, try telling someone at home three ways that you can take care of your body.
- It's been nice to spend some time with you all today. Remember, do everything you can to take care of your bodies!

## Making Dr. Goodbody

Instructions for making hand puppet:

- Use a rubber glove, an old gardening glove, or any similar light colored glove.
- Use a permanent marker to draw eyes, nose, mouth and eyebrows as in the drawing.
- Add a little color to the eyes and mouth.
- Decorate as creatively as desired.



