

KINDERGARTEN - 3RD GRADE TOOLKIT

TIPS FOR PRESENTATION STYLE

- Fidgets and wiggles are common in this age group.
- Try! Sing “Head, shoulders, knees, and toes” with medical terms (or basic “head shoulders, knees, and toes” for kindergarten)
- Sing: Occiput, acromion, patellas, phalanges, patellas, phalanges.
Occiput, acromion, patellas, phalanges, patellas, phalanges.
Orbits, auricles, oral cavity, and nares.
Occiput, acromion, patellas, phalanges.

<i>Head = occiput</i>	<i>Shoulders = acromion</i>	<i>Knees = Patellas</i>	<i>Toes = phalanges</i>
<i>Eyes = orbits</i>	<i>Ears = auricles</i>	<i>Mouth = oral cavity</i>	<i>Nose = nares</i>
- Be as concise as possible. Attention spans are short in this group!
- Concrete examples are best. Think props! Don’t bring anything you don’t want to be played with.
- Understanding at this age is relatively self-focused. Consider approaching from the child’s experience - have you been to the doctor? Do you know a doctor? What does a doctor do?
- You can expand each section to accommodate more time with additional activities.

INTRODUCING FAMILY MEDICINE (3-5 min)

- Do! Choose a volunteer to try on your white coat.
- Teach!
Do you know what kind of school I went to in order to wear this white coat?
First, I went to elementary school, then middle school, then high school. Then I went to college, then doctor school (called medical school), and then more training after doctor school, practicing being a doctor (called residency).
How many years do you think that is?
Answer: 11 years after high school or 24 years of school all together!
- Do! Raise your hand if you have been to the doctor!
What does a doctor do?
- Teach! I’m a special kind of doctor - called a Family Medicine doctor.
Ask: What do you think that means?
I take care of moms with babies in their bellies, babies, kids, grownups, and grandparents!
- Do! Give out nametag stickers “Future Doctor _____”

HEART HEALTH (10-30 min)

- Do! [Download a Sample Heart Health Worksheet](https://kidshealth.org/classroom/prekto2/body/systems/cardiovascular_handout1.pdf) at:
https://kidshealth.org/classroom/prekto2/body/systems/cardiovascular_handout1.pdf

- Teach!
The heart is a muscle, and it works like a pump!
How does the heart beat? Before each beat, your heart fills with blood. Then its muscle contracts to squirt the blood along. When the heart contracts, it squeezes — try squeezing your hand into a fist.

Quiz: how long does it take your heart to pump blood to the rest of your body?
It takes your heart less than 1 minute to pump blood to every cell in your body!

For 2nd and 3rd grade, you may consider discussing atria and ventricles here.
- Do! [Sample Quiz](https://kidshealth.org/classroom/prekto2/body/systems/cardiovascular_quiz.pdf): https://kidshealth.org/classroom/prekto2/body/systems/cardiovascular_quiz.pdf
[Quiz Answers](https://kidshealth.org/classroom/prekto2/body/systems/cardiovascular_quiz_answers.pdf): https://kidshealth.org/classroom/prekto2/body/systems/cardiovascular_quiz_answers.pdf
- Teach!
When you go for a checkup, your doctor uses a stethoscope to listen carefully to your heart. A healthy heart makes a lub-dub sound with each beat. This sound comes from the valves shutting on the blood inside the heart.

Even though your heart is inside you, there is a cool way to know it's working from the outside. It's your pulse.
- Do!
Enlist teachers to help students who aren't using the stethoscope to feel their pulse.
Take turns using stethoscope to auscultate.
- Teach!
You can keep your heart happy and strong by working the muscle - through exercise like running, jumping, and playing sports!
- Do! Have kids do jumping jacks and then feel their pulse again.

EAT SMART MOVE MORE! (10-20 min)

- Teach!
What are five things you can do to be healthier? (Ask them – participation):
 - 1) Eat more fruits and vegetables
 - 2) Move more every day – walk, exercise
 - 3) Limit screen time
 - 4) Watch what you drink – less sugar, sweetened beverages
 - 5) Prepare more meals at home
Helpful Resource: <https://myeatssmartmovemore.com/SimpleTips.html>
- Teach! Nutrition --
What colors should you eat?

Remember to Eat All Your Colors

[Helpful Resource](https://myeatsmartmovemore.com/Texts/0716/RememberToEatAllYourColors.pdf): <https://myeatsmartmovemore.com/Texts/0716/RememberToEatAllYourColors.pdf>

Ask? What should your plate look like?

- [Sample Handout](https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/2013-WhatsMyPlateAllAboutInfographic.pdf): <https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/2013-WhatsMyPlateAllAboutInfographic.pdf>
- Do!
Coloring Assignment: MyPlate for Lunch – Draw something you can have for lunch.
[Sample Handout](https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school_lunch_handout1.pdf): https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school_lunch_handout1.pdf
- Teach!
We can think about foods as GO (eat these anytime and as much as you want!), SLOW (eat these sometimes), and WHOA (eat these treats or less nutritious foods every once in a while).

[Go, Slow, and Whoa flashcards](https://www.nlm.nih.gov/health/educational/wecan/downloads/gswflashcards.pdf) - have volunteers help hold up for the class.
Available at <https://www.nlm.nih.gov/health/educational/wecan/downloads/gswflashcards.pdf>

[More GS&W resources](https://www.nlm.nih.gov/health/educational/wecan/downloads/gswtips.pdf) at <https://www.nlm.nih.gov/health/educational/wecan/downloads/gswtips.pdf>
- Do!
[Go, Slow, and Whoa activity quiz](https://kidshealth.org/classroom/prekto2/problems/conditions/obesity_quiz.pdf): https://kidshealth.org/classroom/prekto2/problems/conditions/obesity_quiz.pdf
[Quiz answers](https://kidshealth.org/classroom/prekto2/problems/conditions/obesity_quiz_answers.pdf): https://kidshealth.org/classroom/prekto2/problems/conditions/obesity_quiz_answers.pdf
- Teach!
Movement helps get your muscles and bones strong. Moving daily also keeps your heart and lungs working well!
- Do!
Use addition to do jumping jacks. For example, ask them to do the number of jumping jacks that 2 plus 2 equals.
[Movement worksheet to take home](https://kidshealth.org/classroom/prekto2/problems/conditions/obesity_handout1.pdf): https://kidshealth.org/classroom/prekto2/problems/conditions/obesity_handout1.pdf

Sources: *Sample handouts come from KidsHealth in the Classroom, which comes from KidsHealth, the most-visited site on the web for information about health, behavior, and development from before birth through the teen years. KidsHealth has been providing free online information for kids, teens, and parents since 1995. KidsHealth in the Classroom and KidsHealth are part of The Nemours Foundation, created by philanthropist Alfred I. duPont in 1936 to improve children's health. KidsHealth in the Classroom offers free health education resources for PreK through 12th grade, all aligned with National Health Education Standards.*

The following children's books are also available online to purchase that are both written by family physicians.

- Dr. Crystal Bowe: [Doc Like Mommy](#)

https://www.amazon.com/dp/1973757591/ref=cm_sw_r_cp_api_i_61x6DbRGDHE7W

- Dr. Ashley Denmark: [Olivia's Doctor Adventures](#)

https://www.amazon.com/dp/1985390388/ref=cm_sw_r_cp_api_i_P2x6Db0AM8E3J