



Meeting 13

Head to Toe

Here are some fun activities that encourage Little Lambs to play and explore while learning about healthy activities. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



MEETING LENGTH

60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about being healthy.

STAR COMPLETED

HEALTHY
ME



Lamb Tales

HEALTHY BODIES

10

MINUTES

Begin by telling the children a few things about their amazing bodies. Then read the book you selected and share that during the meeting they will be learning more about their bodies and how to stay healthy.

MATERIALS NEEDED

- *My Body Head to Toe* by Lisa Bullard (Picture Window, 2002) or a book of your choice





The following activities fulfill the requirement for My Family III, which is to complete the Healthy Me star.

What's Inside?

10
MINUTES

WHAT YOU DO

Ahead of time: Borrow stethoscopes or collect paper towel tubes. Fill the 2 liter bottles with water and replace the tops. Fill gallon containers with water. Set up the activity centers described below.

Heart Center

Have the children run in place and then listen to each other's or their own hearts.

Lung Center 1

Let the children place an ice cube in a plastic baggie and then rub it over a mirror. Then, holding the mirror close to their mouth, have them exhale onto it. They should see condensation.

Lung Center 2

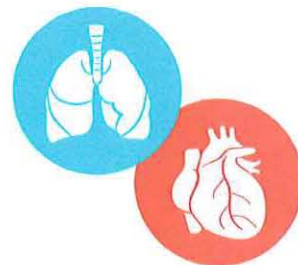
Have an adult place a 2-liter bottle filled with water into a gallon container filled with water. Once the bottle is upside down in the water, unscrew the bottle cap. Next, place the short end of a flexible straw into the bottle. Now have a child take a deep breath and blow as much air as possible through the straw into the bottle. (Don't forget to use a new straw for each child.) Explain that all the air from their lungs is now in the bottle.

1

ACTIVITY

MATERIALS NEEDED

- Stethoscopes or paper towel tubes
- 2-liter bottles with the tops
- Gallon containers (bowls, buckets)
- Plastic baggies
- Ice cubes
- Mirrors
- Flexible straws



ACTIVITY

2

Move It

10

MINUTES

WHAT YOU DO

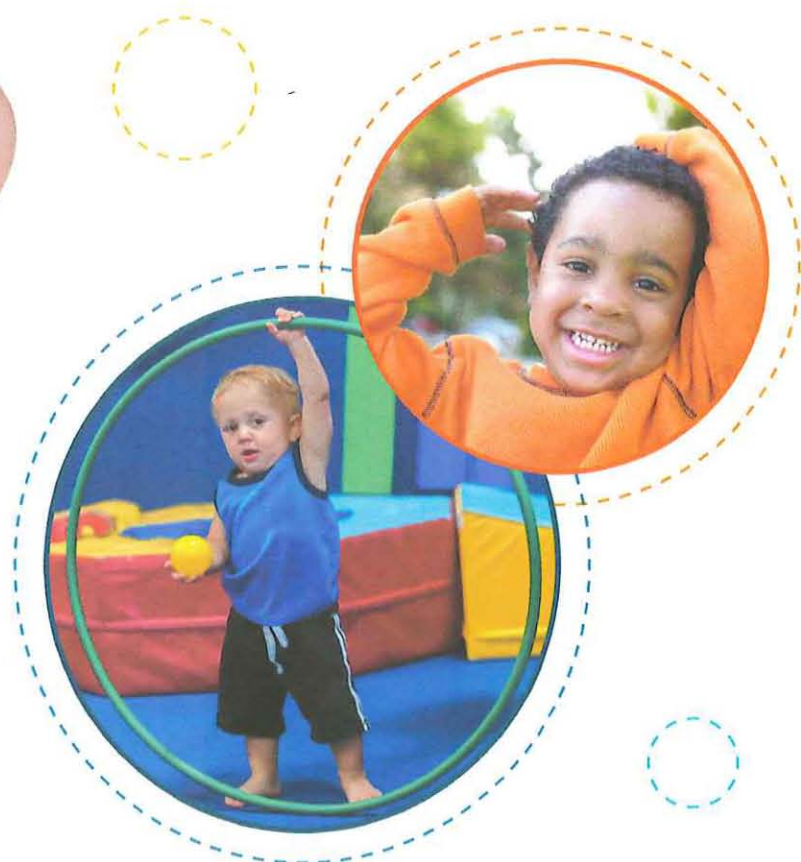
Ahead of time: Blow up balloons.

Do one or more of the following activities:

MATERIALS NEEDED

- Rope
- Balloons
- Hula hoops

- Sit in a circle and have each child grasp a rope with both hands. Call out different body parts and touch the rope to that part.
- Give each child a balloon and have them keep it in the air by batting it with their hands; then have them try to keep the ball afloat by just using their heads.
- Have the children use hula hoops like jump ropes or lay the hula hoops flat on the floor and hop in and out of the hula hoops or place several hula hoops together and have the children crawl through them. You can also let them try to hula hoop, but you'll need small hula hoops for this.



I've Got the Beat

10
MINUTES

3 ACTIVITY

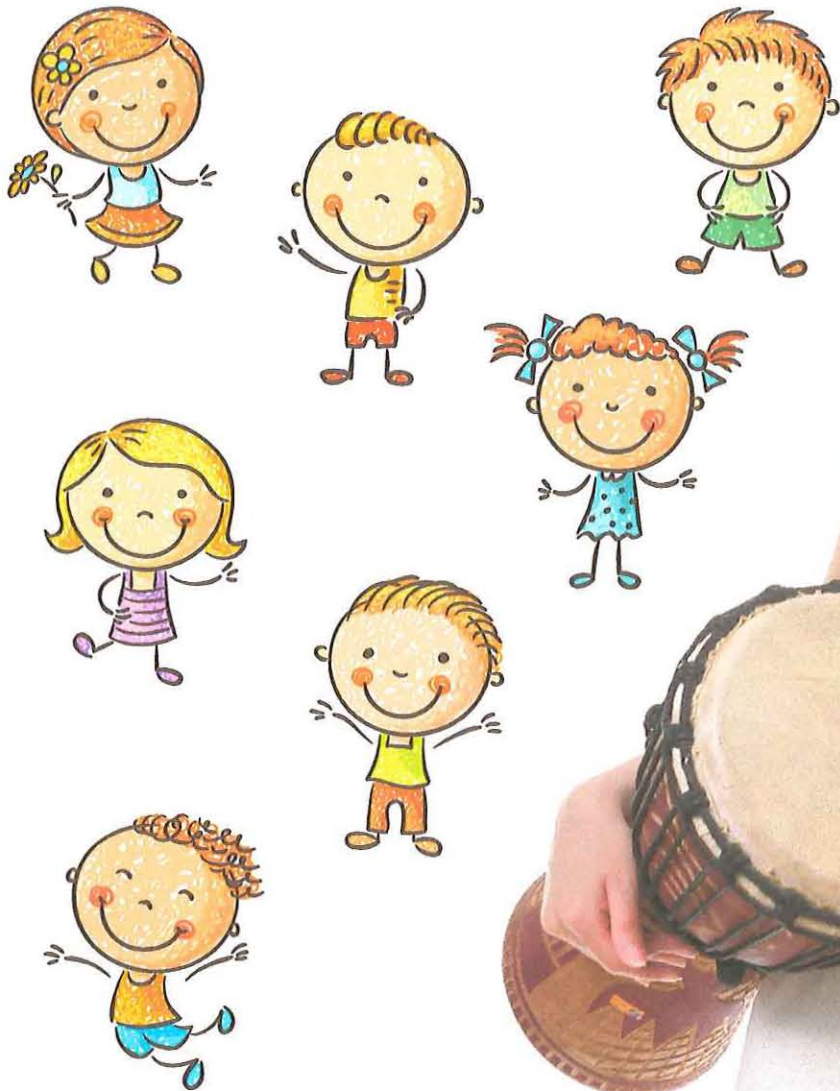
MATERIALS NEEDED

- Drum

WHAT YOU DO

Ahead of time: Arrange for an adult to play a drum.

Begin by having the children run in place. Then have an adult slowly beat the drum. As the beat increases, have the children run faster. As the beat slows, have the children run slower. Continue to vary the beat. You can also have the children hop or wave scarves to the beat. Another fun variation of this activities is to play statues. Have the children move around, jump, wiggle, and wave their arms. When the drummer stops playing, the children freeze.





ACTIVITY

4

People at Play

10

MINUTES

WHAT YOU DO

Ahead of time: Find pictures from magazines of people playing a variety of sports.

Have the children tear or cut out pictures of people playing sports or doing exercise, any kind of movement. Then have them glue the pictures onto a large sheet of construction paper. Encourage the children to use a lot of pictures and cover all of the construction paper.

MATERIALS NEEDED

- Old magazines
- Safety scissors
- Glue
- Sheets of construction paper, 8.5 × 11 in (21.5 × 28 cm)



Good-baa Little Lambs

5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What can you do to be healthy? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



Star: Healthy Me



Requirement: My Family III