**Lesson Theme Cleanliness: Lesson 01**

Memorization verse: Be ye the very essence of cleanliness amongst mankind.

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| **Time** | **Activity** | **Who** | **Details** | **Materials** |
| 3:30 | In the park: Greet children and parents, collect signed pages, hand out name tags | All teachers: greet and help | Michelle will bring extra pages and clip-board for parents to sign, name tags already written out including for teachers, a few extra name-tags for parents who are going to stay during class and a marker so we can make those name tags in the park | Clip board with extra pages for parents to sign, check-off list for signed pages, name tags for all |
| 4:05 | Enter Michelle's home | All teachers | Line up outside the house, instruct the children to enter quietly and reverently because we will start with prayers. *Ask children to remove shoes*. Children find their own carpet square. | Carpet squares, sign asking folks to remove shoes |
| 4:10 | Opening Prayer:Blessed is the Spot |  | Explain why we always start with a prayer: because God is the source of all spiritual qualities, and we want to call on Him to aid us in our spiritual development. Sing prayer with motions. | CD with songPoster with words |
| 4:15 | Hello Song |  | Sit in a circle, greet each child (and parents) |  |
| 4:20 | Explain class guidelines |  | 1. Keep your hands and feet to yourself2. Raise your hand before talking (when on carpet square)3. Be kind to each other | Already written out on poster ? |
| 4:25 | Introduce Topic |  | Dynamic description of Cleanliness, with examples using **coloring sheets or photos**:"Cleanliness means washing often, keeping your body clean, and wearing clean clothes. Cleanliness in your mind is concentrating your thoughts on things that are good for you. You can "clean up your act" by deciding to change when you have done something you are not proud of or have made a mistake. When we practice cleanliness, we make sure that your body, our room, our house, our classrooms, and our environment are clean. When we are clean, we will also be healthy and strong. People will also feel happy to be with us!" | File cards with notes,Coloring sheets of clean and not clean |
| 4:30 | Song: *Rub A Dub* |  | *Rub A Dub*, with motions. Wash each body part as it is named | Poster with wordsWashcloth for each person |
| 4:40 | Story 1 |  | *Harry the Dirty Dog* DVD | Book |
| 4:50 | Song: *Brush Your Teeth* |  | Sing with motions | Washcloth for each child, Poster |
| 5:00 | Memorize Verse |  | Sitting quietly in a circle, sing 3 times with motions (then turn music down) | Poster with words |
| 5:15 | Learning in Action:Drama | All teachers | *Germ Transfer*. Teacher paints hand blue, touches face in "surprise", then shakes hand with another teacher, maybe touches cheek. Offer to shake hands with children etc. This demonstrates how germs that you cannot see can easily be transferred to others, so washing hands frequently is important. | Blue WASHABLE paint, wipes to wash up afterward! |
| 5:20 | Practice washing hands with 'dry' hands, then at sink with soap & water. | One helper at each sink | All wash hands the tune of "Frere Jacques" but with these words. Tops and bottoms (x2), In between (x2)All around in circles (x2), 'Til they're clean (x2) | Stools to reach sinks, soap, towels |
| **Backup****Activity** | Game: Is this cleanliness? |  | Children sit in front of teacher, she reads an example, children either shout (or whisper) "Cleanliness" or remain quiet and shake their heads "No" | List of examples of activities clean, and not clean |
| 5:30 | Closing prayer |  |  |  |
| **Send home with Parents** |  | CD with songs, 4 coloring sheets, Discussion pages on cleanliness, Prayer books |  |

* **HOW SHOULD YOU WASH YOUR HANDS?**
* **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
* **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
* **Scrub** your hands for at least 20 seconds.
* **Rinse** your hands well under clean, running water.
* **Dry** your hands using a clean towel or air dry them.