



## Health

### **Daily routines as curriculum**

“Such routines offer opportunities for children to build language skills, to learn the rituals of sharing time with others, to relate one action in a sequence to another, to coordinate emerging fine and gross motor skills, and to learn and practice health and safety procedures.”

(p. 25) *California Preschool Curriculum Framework, Volume 2*

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- Glossary at the end of the domain (pp. 290–293)
- Suggested environments and materials (pp. 229–231)



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How could each of the suggestions for environments and materials support children's development in each of the health substrands? Find some examples in the suggested text and add more if you can.	Health Habits				Safety	Nutrition		
	Basic Hygiene (pp. 234–235)	Oral Health (p.238)	Knowledge of Wellness (pp. 241–243)	Sun Safety (p. 246)	Injury Prevention (pp. 253–255)	Nutrition Knowledge (pp. 263–264)	Nutrition Choices (pp. 267–268)	Self-Regulation of Eating (pp. 271–272)
Establish a physical learning environment designed for children's initiative.								
Provide safe, inviting learning environments and appropriate supervision of children.								
Maintain a clean, healthy, and sanitary environment.								

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- Where are the routines?
- What examples from Handout 1 would support the development of health habits, safety, and nutrition in those routines?

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- What was hard about doing this?
- What worked well in your pair or small group?
- What did you think about that you had not thought much about before doing this exercise?
- What was familiar and comfortable in this exercise?
- What are some new ideas that emerged in this exercise?
- How can you find out more about them?
- How will this impact the work you do or will do with young children and their families?

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