

LIFE SKILLS FOR PRE-SCHOOLERS

CHILDREN ACTIVITY BOOK AND TEACHER NOTES



Isabelle Adams
Dip Teach, BEd, MEd

Empower Children Education
www.empowerchildreneducation.com.au

Life Skills for Pre-Schoolers: Children's Activity Book and Teacher Notes©

Copyright© 2015
All rights reserved.

Permission is given by the author for copying of the children's activity book – *A Book About Me* in its original format for use with young children by teachers who purchase the resource. No part of this book may be copied or reproduced by non-purchasers for any use.

Disclaimer:

The intent of the book is to provide a book of learning activities for young children related to *Life Skills for Pre-Schoolers©* education program. The author assumes no responsibility for the use of the activity book by teachers and/or other educators, and any immediate and future learning results that transpire from the use of the book.

Published by:

Vision Network Pty Ltd
PO Box 1229
Morley Western Australia 6943
Toll Free Number: 1800 882 678 (Australia)
Email: sales@empowerchildreducation.com.au

National Library of Australia Cataloguing-in-Publication entry

Creator: Adams, Isabelle, 1944- author.
Title: Life skills for pre-schoolers: children activity book and teacher notes / Isabelle Adams.
Edition: 1st edition.
ISBN: 9780987113856 (ebook)
Series: Life skills for pre-schoolers.
Subjects: Early childhood education.
Motivation in education
Self-actualization (Psychology)--Study and teaching (Primary)
Self-esteem--Study and teaching (Primary)
Dewey Number: 372.21

TEACHER NOTES

The children's activity book - *A Book About Me*: is a resource designed for use with children on themes in *Life Skills for Pre-Schoolers: Curriculum Guide for Teachers*

The themes are:

- A. Children Are People
- B. Children Have Bodies
- C. Children Use Their Senses
- D. Children Have Feelings
- E. Children Have Physical Needs
- F. Children Have Families
- G. Children Live in Homes
- H. Children Have Friends
- I. Children Live In A Community
- J. Children Visit Places
- K. Children Can Travel
- L. Children Have Many Things in Their World

The activities in the book relate to each of the themes in sequence. The teacher notes provide directions for use of the book with children and provide answers to some of the content.

It is intended that the child provides answers to the content which is written in the spaces by a teacher, apart from where it is specified that the child write the answers. The purpose of the book is to assist and assess the internalization of a child's learning related to each theme in *Life Skills for Pre-Schoolers: Curriculum Guide for Teachers*© after the curriculum content for the theme is implemented and children have participated in the learning activities for the theme with ample time and opportunities.

Suggestions for use of the activity book by teachers are:

- Do each theme activity with the child after the theme has been covered.
- Read each theme activity to the child.
- Encourage the child to provide the answers for the activity recognising cultural, linguistic and class diversities.

- Acknowledge and thank the child for his/her answers.
- Provide help when required to the child with the answers.
- Encourage the child to do a drawing about each theme on the page opposite the activity after they have given their answers.
- Let parents and caregivers know about the activity book and when it will be used with their child.

Keep each child's activity book as part of their portfolio to give to parents or caregivers as a record of their learning on themes related to *Life Skills for Pre-Schoolers: Curriculum Guide for Teachers©*.

SAMPLE ONLY

Space for Child's Photograph

I AM A PERSON

Child to give answers

My name is **child's first and last name**

I am a **child** which is a young person.

I am a **girl or boy** (one only) not a **girl or boy** (one only).

I am **child's age** years old.

I was born on **child's date of birth**.

I was born at **child's place of birth**.

My nationality is **child's country of birth or citizenship**.

The language I speak most is **child's home language**.

A PICTURE OF ME

(Child to draw picture)

SAMPLE ONLY

I HAVE A BODY

Child to give answers

I have **one** head and **one** face.

On top of my head I have **hair**.

I have **two** ears and **one** nose.

I have **two** eyes and **two** eye brows.

Around my eyes I have **eye lashes**.

I have **two** cheeks and **one** jaw.

I have **one** mouth with **two** lips.

In my mouth I have a **tongue** and **teeth**.

I have **one** neck and **one** chest.

I have **two** hands and **ten** fingers.

My feet can leave **footprints**.

I have **two** feet and **ten** toes.

My hands can leave **handprints**.

I have **two** arms and **two** legs.

I have **two** knees and **two** ankles.

A PICTURE OF MY BODY
(Child to draw picture)

SAMPLE ONLY

I HAVE A BODY

Child to give answers

My body is covered with **skin**.

The colour of my skin is **child's skin colour**.

The colour of my hair is **child's hair colour**.

The colour of my eyes is **colour of child's eyes**.

My height is **child's height**.

My weight is **child's weight**.

My body has an **in** side and an **out** side.

My body has a **right** side and a **left** side.

Inside my body I have **bones** and **organs**.

My bones join together to make a **skeleton**.

My heart and lungs are called **organs**.

My brain is an organ **inside** my head.

The red fluid inside my body is called **blood**.

My body has a **shadow** which follows me.

In the mirror my body has a **reflection**.

Sometimes my body makes noises. A **burp**

is a noise my body makes sometimes.

A PICTURE OF MY BODY PARTS
(Child to draw picture)

SAMPLE ONLY

I HAVE A BODY

Child to name things they can do

I am very clever and can do many things:

1. I can _____
2. I can _____
3. I can _____
4. I can _____
5. I can _____
6. I can _____
7. I can _____
8. I can _____
9. I can _____
10. I can _____
11. I can _____
12. I can _____
13. I can _____
14. I can _____
15. I can _____

A PICTURE OF WHAT MY BODY CAN DO
(Child to draw picture)

SAMPLE ONLY

LIFE SKILLS FOR
PRE-SCHOOLERS
EMPOWER CHILDREN
EDUCATION PROGRAM

The children activity book - *A Book About Me*: is a resource designed for use by teachers with children on themes in the *Life Skills for Pre-Schoolers: Curriculum Guide for Teachers*©

The activities in the book relate to each of the themes in sequence. The teacher notes provide directions for use of the book with children and provide answers to some of the content to be completed by children.

The activity book is designed by Isabelle Adams, an experienced early childhood teacher and professional who has successfully used a life skills curriculum and learning approach in the classroom and as an education focus for teachers and early educators.