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Story Kits at Windsor Public Library

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Grooming

Storytelling Tips

- Discuss why it's important to groom
- Discuss the different body parts we groom
- Discuss how often we clean certain body parts (e.g. teeth three times a day)
- Discuss the repercussions of not grooming (e.g. poor health, social reasons)



Use the word trim when talking about fingernails and hair. The word cut makes children think it will hurt.

Activities

- Help children learn to groom properly
- Visit the dentist (great to inspire children to brush)
- Sing songs on song sheet while grooming
- Do creative activities in guide
- Build grooming into a routine in your day (before bed we brush our teeth)



Vocabulary

(some words to think about and use in your discussions)

brush	shampoo	nail clippers	haircut
wash	floss	scrub	scrub brush
soap	clean	trim	scissors
toothbrush	hygiene	bubbles	Q-tips
toothpaste	smell	toenails	kleenex
comb	gums	fingernails	hands
germs			



Songs

BRUSH YOUR TEETH



When you wake up in the morning
and its quarter to one,
And you just want to have a little fun,
BRUSH YOUR TEETH
SHHH, SHHH, SHHH, SHHH (toothbrushing sound)
SHHH, SHHH, SHHH, SHHH, SHHH



(repeat with the following verses)

- When you wake up in the morning and its quarter to two,
and you just don't have a thing to do you...
- When you wake up in the morning and its quarter to three,
and your mind starts humming fiddle-dee-dee you...
- When you wake up in the morning and its quarter to four
and you just heard a knock on the door you...
- When you wake up in the morning and its quarter to five
and you just want to do that jive you...



THE WASH CLOTH ON THE FACE

(sung to The Wheels On The Bus)



The wash clothes on the face goes round and round,
Round and round, round and round.
The wash cloth on the face goes round and round
E-very morning.

The brush for your hair goes up and down,
Up and down, up and down.
The brush for your hair goes up and down,
E-very morning.

The toothbrush in your mouth goes back and forth,
Back and forth, back and forth.
The toothbrush in your mouth goes back and forth,
Three times a day

The soap on your hands goes squish, squish, squish,
Squish, squish, squish.
Squish, squish, squish.
The soap on your hands goes squish, squish, squish,
All day long.

I AM HEALTHY

(sung to Frère Jacques)



I am healthy, I am healthy
Yes I am, yes I am
I like to brush my teeth
And pick good things to eat
Yes I do
Yes I do

WASHING

This little hand is a good little hand
(wave)
This little hand is its brother
(wave other hand)
Together they wash, and wash, and wash
(pretend to wash hands)
One hand washes the other

(Brush Your Teeth taken from Raffi)
(I Am Healthy taken from 123child.com)
(Washing taken from preschooleducation.com)

Things to Make

TOOTHBRUSH PAINTING

Materials

- old toothbrush (one for each child)
- Paper (white that you see through)
- Paint (any colour), paint shirt
- Marker (black)

How-To

- place lots of newspaper around to contain mess
- Trace picture of tooth provided
- Dip toothbrushes in paint then rub bristles to splatter paint on tooth



(variation use toothpaste and spread with toothbrush)

PAPER PLATE DESIGN

Materials

- paper plates
- Scissors
- Crayons
- Dental floss (sometimes you can get different colours)
- Wool

How-To

- cut out center of the plate
- Colour plate
- Make little slits all around plate
- Wrap floss around the plate crossing over the center of plate
- Put hole in top of plate the tie wool for hanging



SOAP BUBBLES Materials

- dish soap
- Food colour
- Straw, cup
- Paper (glossy works best)

How-To

- put a squirt of dish soap into a cup
- Fill the cup half way with water
- Place cup on paper (middle)
- Put in a squirt or two of food colour
- Put straw in glass and blow bubbles till it overflows onto paper to create design



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