

# How to take care of ourselves?

Let's be fit and healthy with Music and Arts.



**FAR EASTERN UNIVERSITY**

An Interactive Workbook for SPED Primary Level.

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# WHAT IS IN THIS WORKBOOK?

This is designed for learners in the Special Education classes who are under the primary level. Each page consists of lessons and activities that are incorporated with music and art lessons. Lessons in this workbook will also be helpful to students as they practice their fine and gross motor skills.

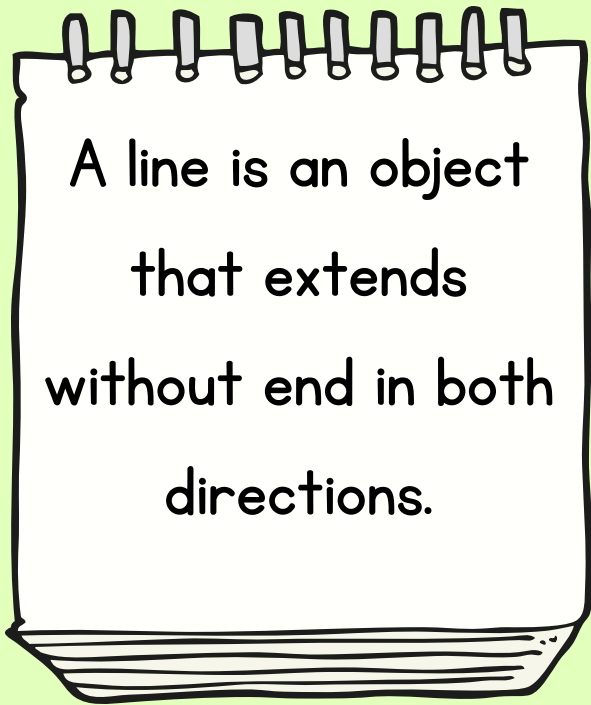
What are the things that can be learned through this workbook?

- Learners will be able to recognize and name different lines.
- Learners will be able to draw or make lines.
- Learners will be able to use different lines in making artworks.
- Learners will be able to practice and enhance their fine motor skills while following the instructions in the workbook.

# Lesson

# 1

# LINES



Trace the broken lines to form a line.

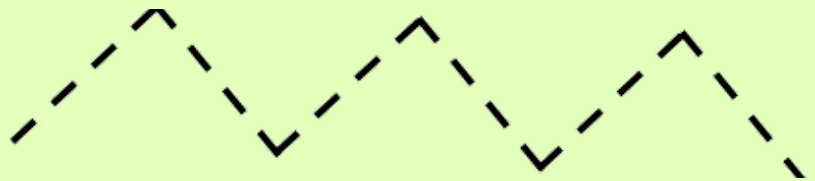


These are examples of lines:

STRAIGHT 

ZIGZAG 

CURVED 



# Lesson

# 1

# ACTIVITY 1

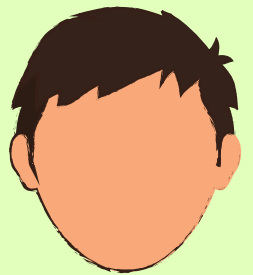
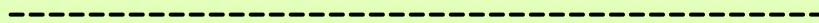


The following are the things we use to keep ourselves clean. Match the broken lines to create different kinds of lines.

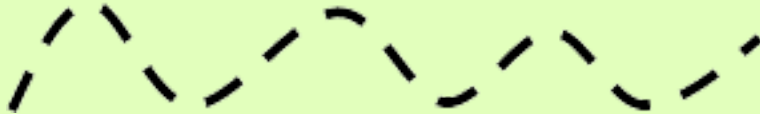
1



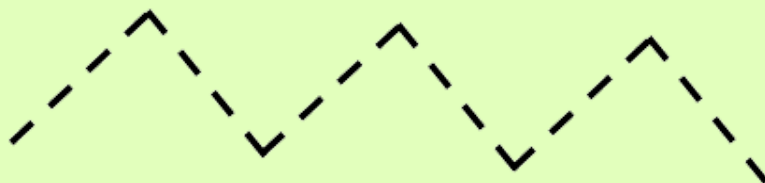
2



3



4





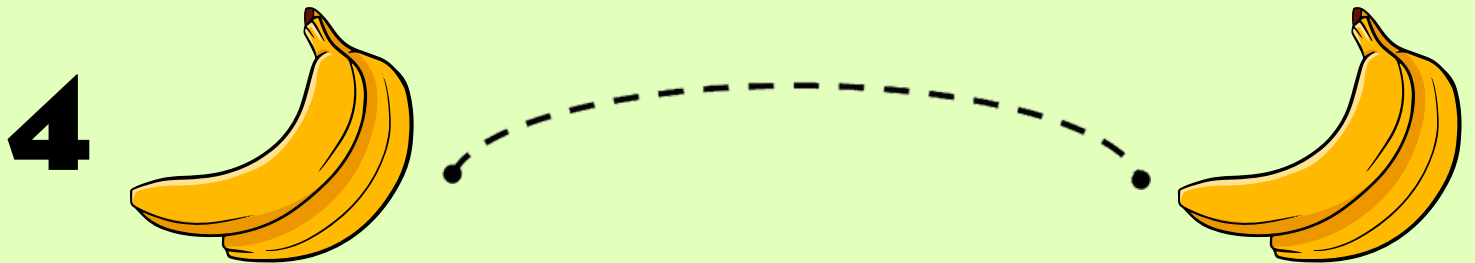
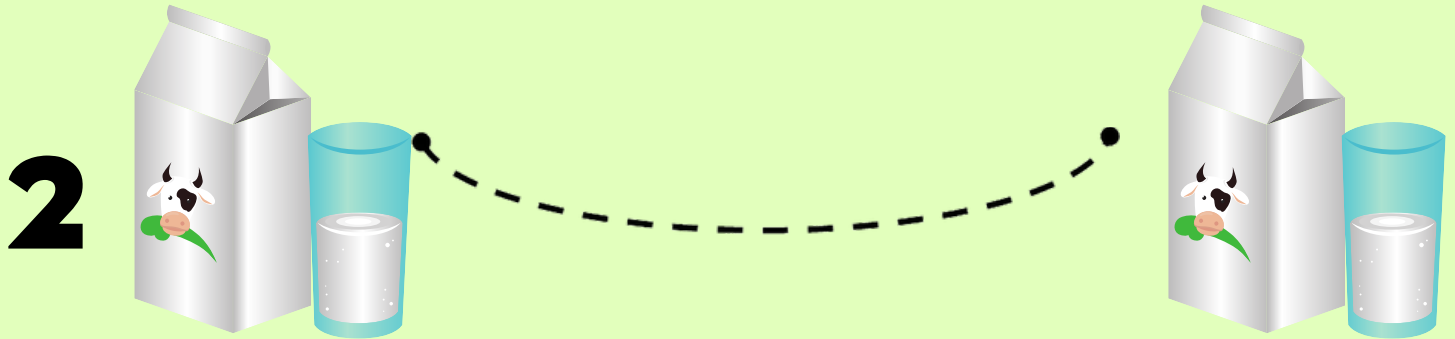
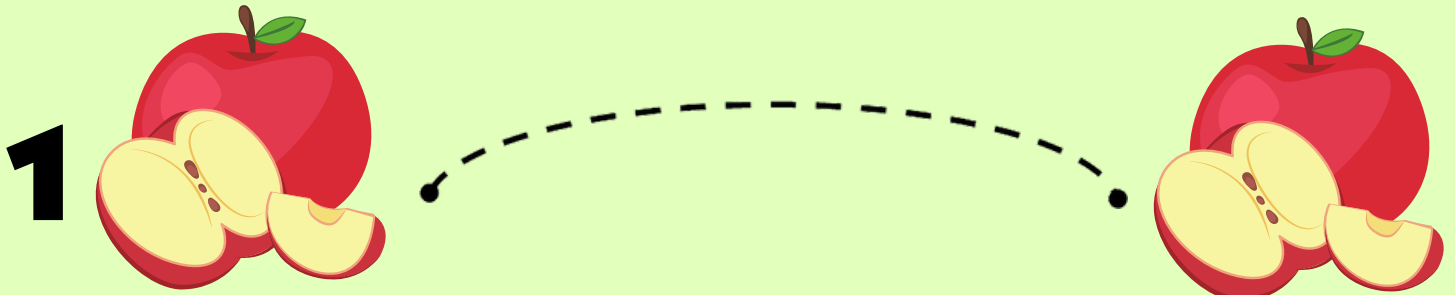
# Lesson

# 1

# ACTIVITY 2



Here are some healthy foods to eat. Trace the broken lines to make a line.



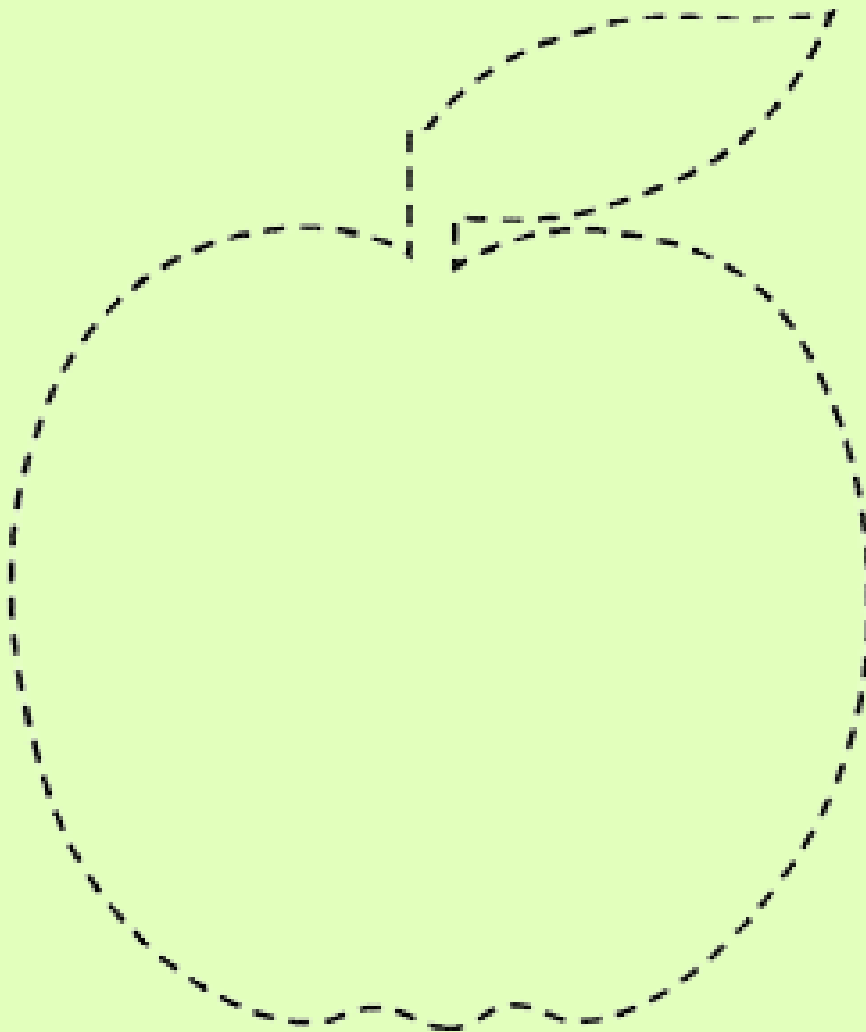
# Lesson

# 1

# ACTIVITY 3



Trace the broken lines to complete the picture. Color it after tracing.



apple

# Lesson

## 2

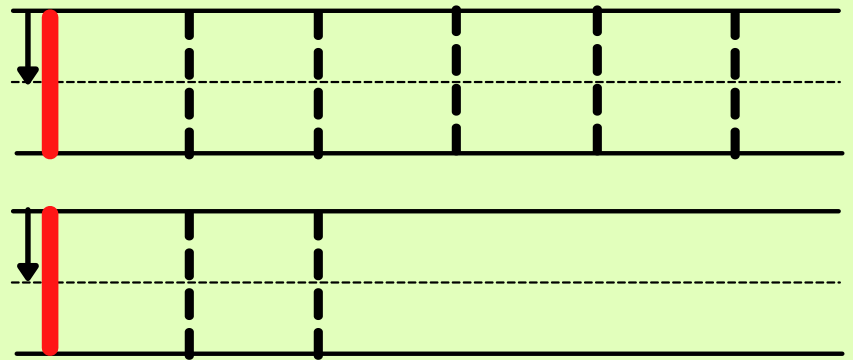
# STRAIGHT LINES

Straight lines can be horizontal, vertical, or diagonal.

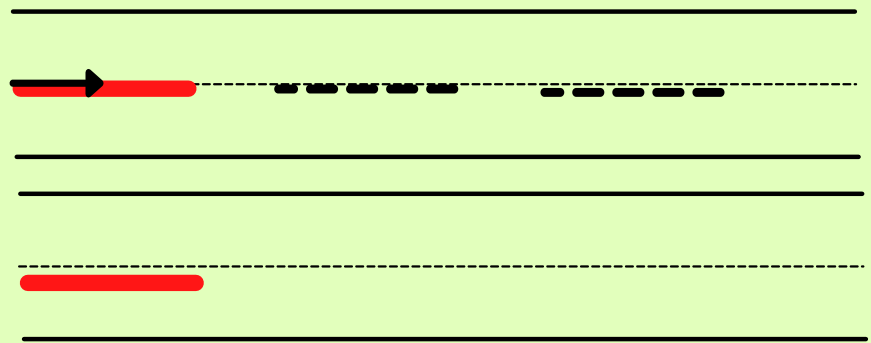


Practice tracing straight lines.

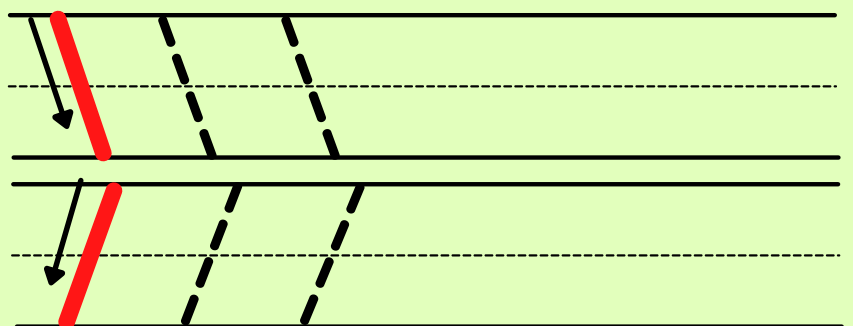
### VERTICAL LINE



### HORIZONTAL LINE



### VERTICAL LINE



Vertical Lines are straight up and down lines that are moving in space without any slant.

Horizontal lines are lines that move from left to right.

Diagonal lines are straight lines that slant in any direction except horizontal or vertical.

# Lesson

## 2

# ACTIVITY 1



Brushing out teeth helps our teeth to be strong and healthy. It also fights germs that stay inside our mouth and on our teeth.

## HOW TO BRUSH OUR TEETH?



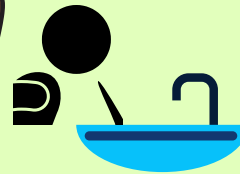
Squeeze toothpaste onto your toothbrush.



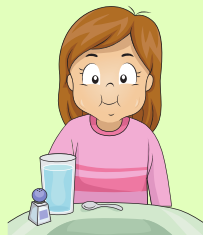
Dip your brush into a cup of water.



Brush your teeth.



Spit the toothpaste into the sink



Rinse your mouth and smile.

# Lesson

## 2

# ACTIVITY 1



Brushing our teeth could also be fun. You can sing or listen to this song while brushing your teeth.

## • Brush Your Teeth •

• To the tune of "Jingle Bells" •

Brush your teeth,  
Brush your teeth,  
Give your teeth a treat,  
Brush up and down and all around,  
To keep them clean and neat! Hey!



Brush them once,  
Brush them twice,  
Brush three times a day.  
Brush up and down and all around  
Keep cavities away!

# Lesson

# 2

# ACTIVITY 1



Let us try to review the steps when brushing our teeth. Match the pictures to their correct number. Try to use straight lines in this activity.

## HOW TO BRUSH OUR TEETH?



Brush your teeth.



Rinse your mouth and smile.



Dip your toothbrush into a cup of water.



Squeeze toothpaste onto your toothbrush.



Spit the toothpaste into the sink.



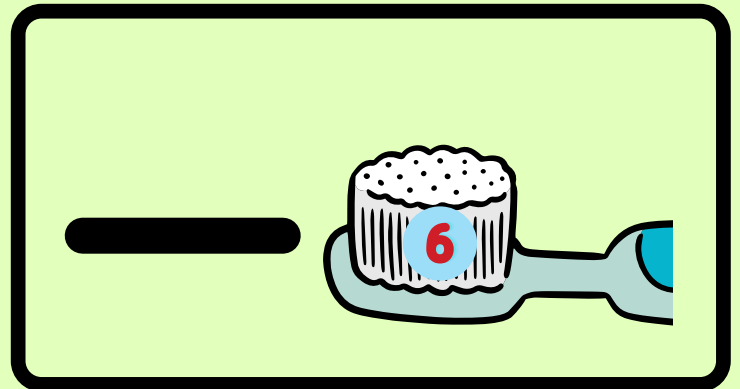
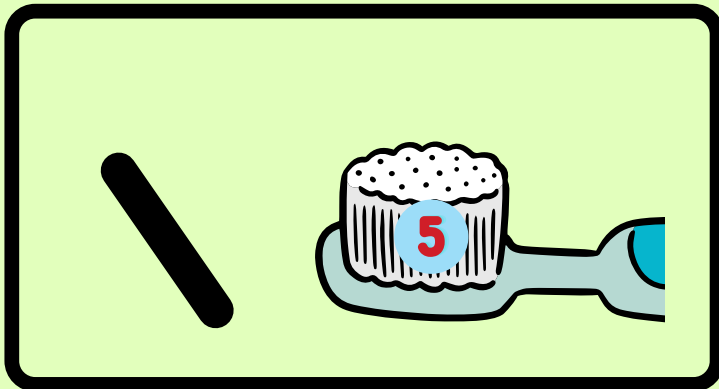
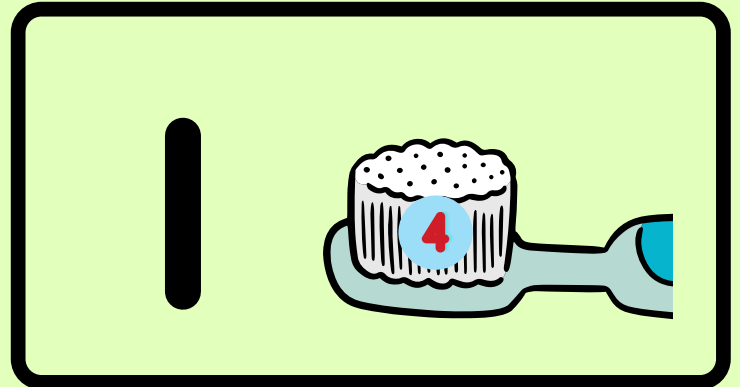
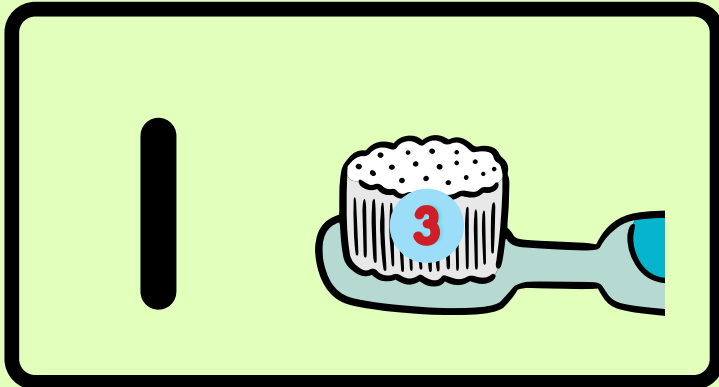
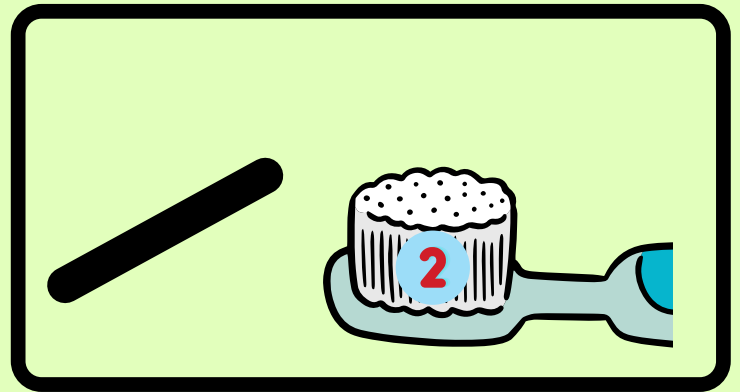
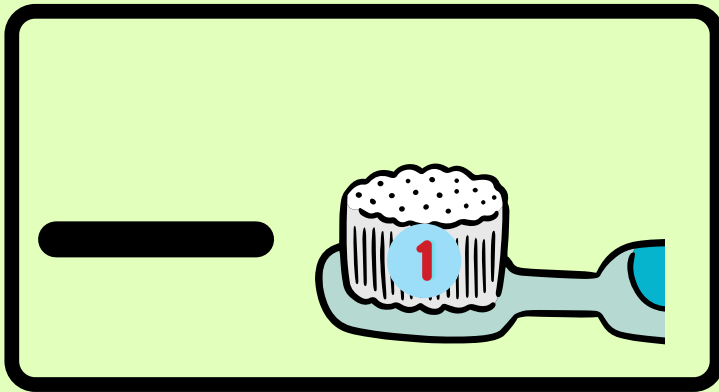
# Lesson

# 2

# ACTIVITY 2



Draw a line on top of the toothbrush. Copy the line shown on the left. You can use markers or crayons for this activity.



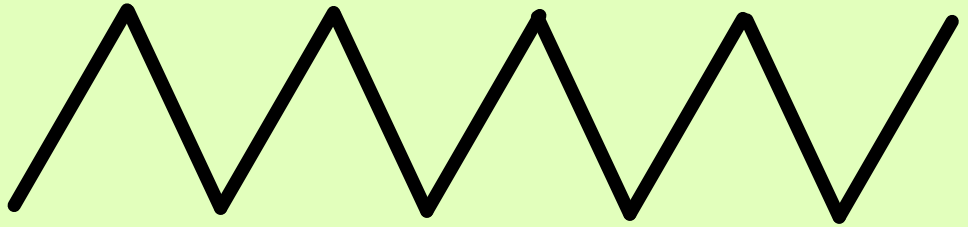
# Lesson

## 3

# ZIGZAG LINES

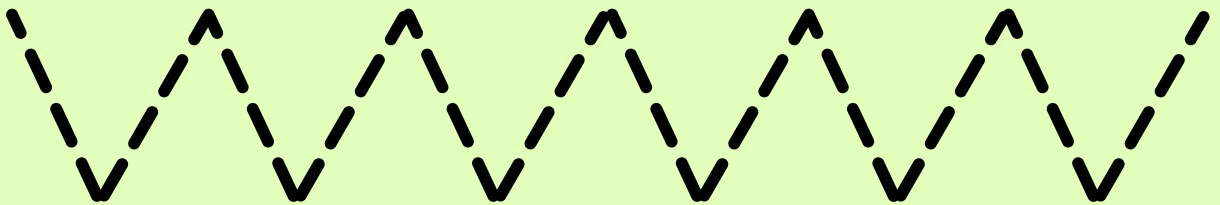
Zigzag lines are a series of diagonal lines joins at the ends.

Zigzag lines looks like this. Try to trace this with your finger.

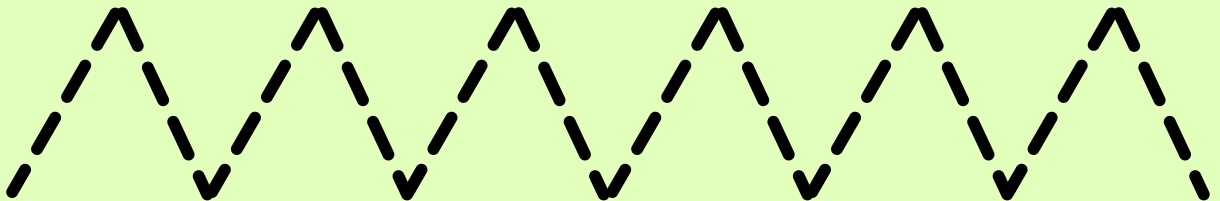


Now trace the following zigzag lines.

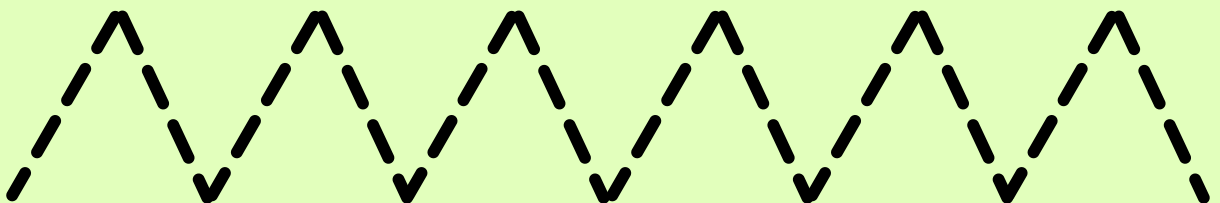
1



2



3



# Lesson

# 3

# ACTIVITY 1

Healthy foods help our bodies to be strong and healthy.



## GO FOODS

These foods give us energy to help us move.



## GROW FOODS

These foods help our bodies grow bigger and stronger.

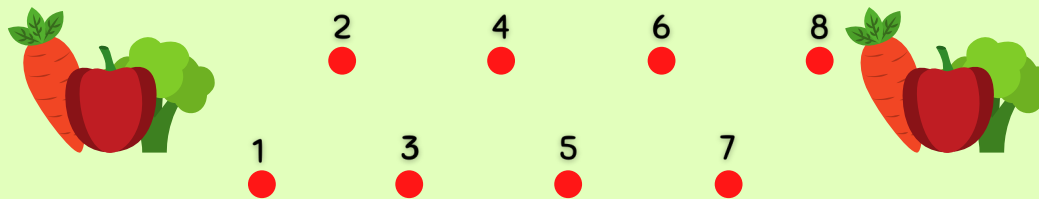
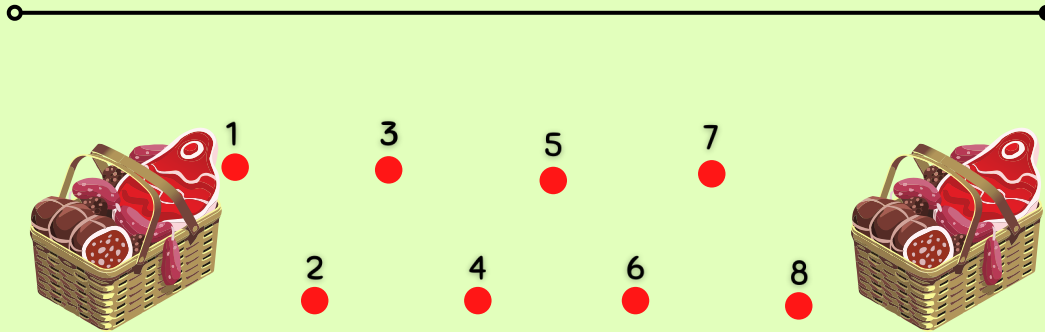
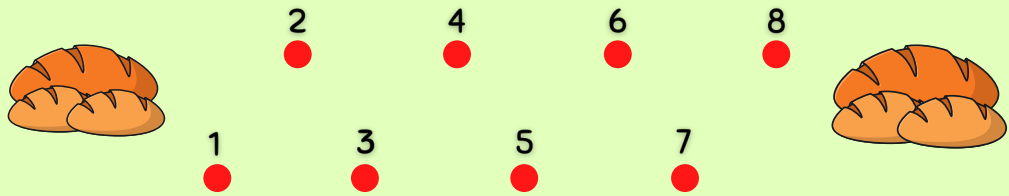


## GLOW FOODS

These foods keep out skin, hair, and eyes glowing.



Match the food on the left with the same food on the right by connecting the dots. Follow the numbers to make a zigzag line.



# Lesson

## 3

# ACTIVITY 1



We can also sing a song when eating healthy food. Try to look at this song.

## The Vegetable Song

To the tune of "Twinkle, Twinkle little star"



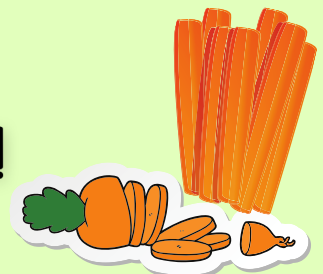
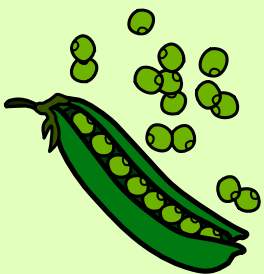
Carrots, peas and broccoli,  
Vegetables are good for me.



For my snack and for my lunch,  
Veggie sticks are great to munch.



Carrots, peas, and broccoli,  
Vegetables are good for me!



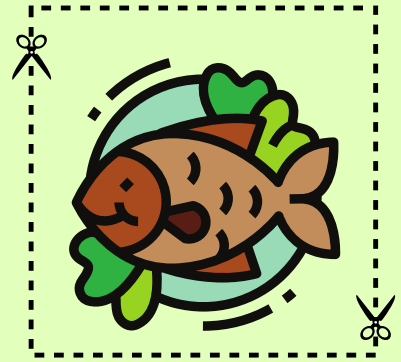
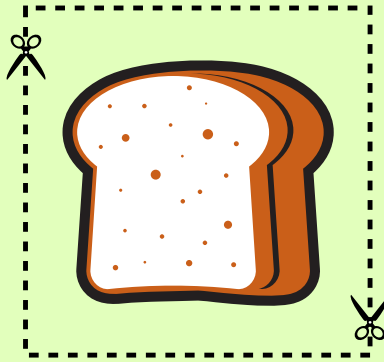
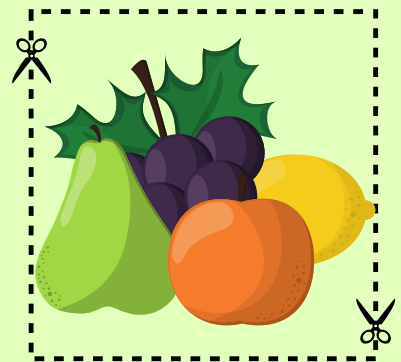
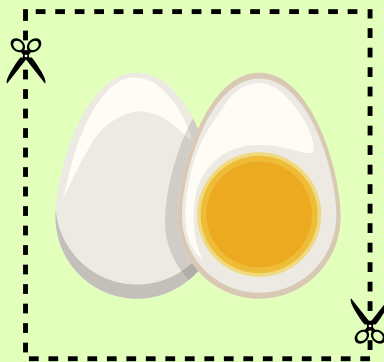
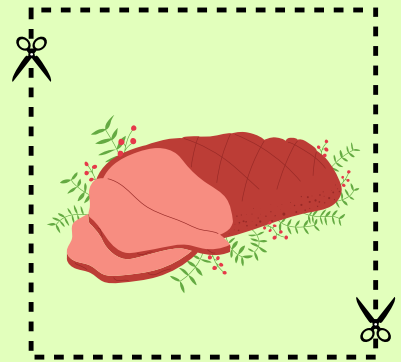
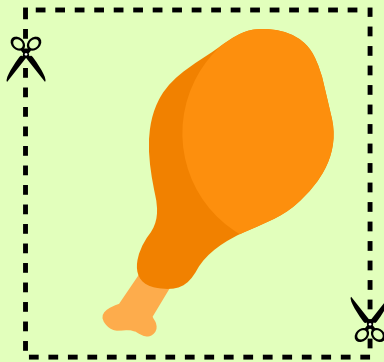
# Lesson

## 3

# ACTIVITY 2



Make your own healthy plate by cutting the pictures on this page and by pasting them on the plate found on the next page.

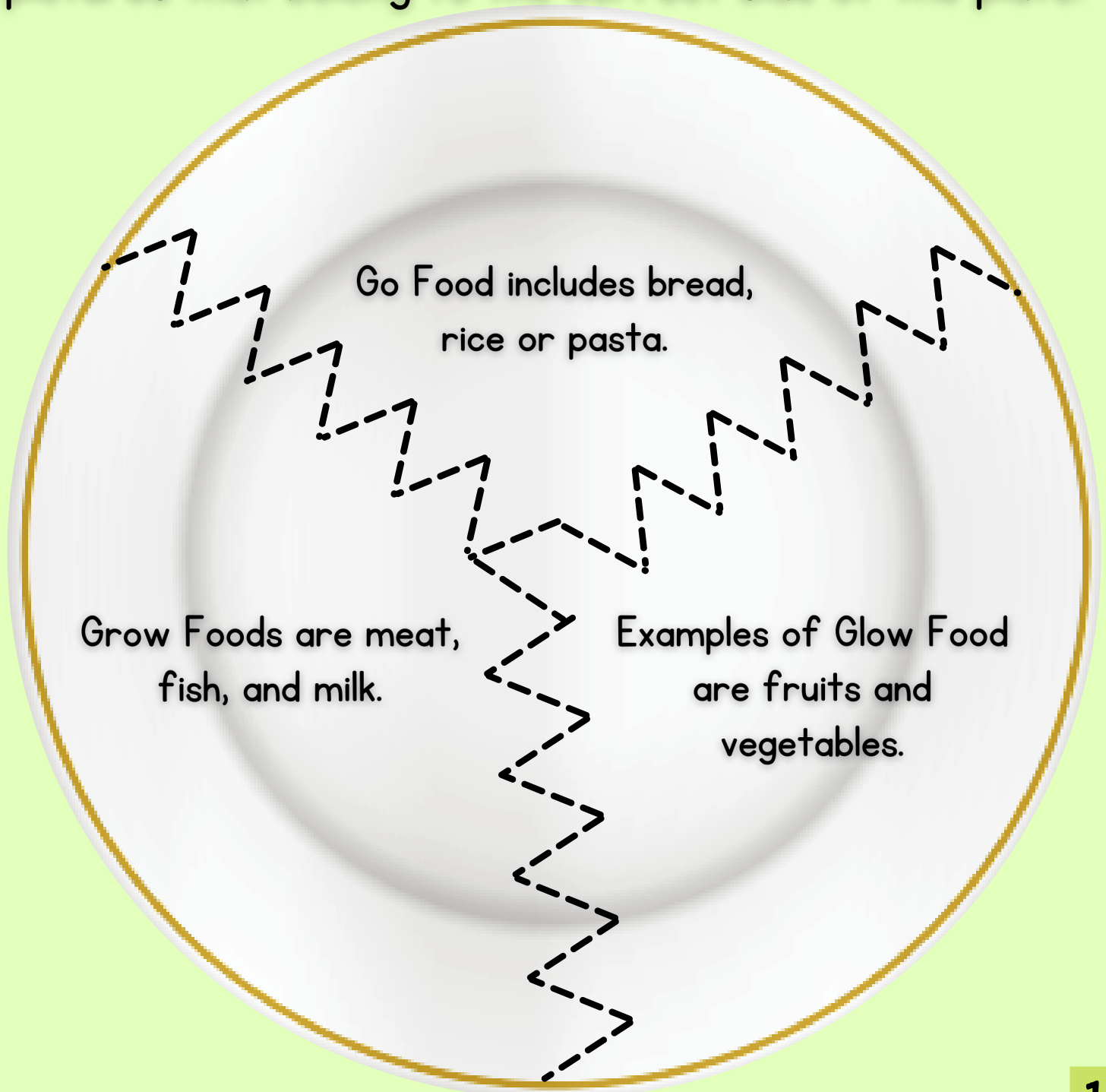


# Lesson

## 3

# ACTIVITY 2

Trace the zigzag lines on the plate, then paste the pictures that belong to the correct side of the plate.





# Lesson

## 3

# ACTIVITY 3



Remember that healthy foods like Grow Foods, Go Foods, and Glow Foods help our body become strong and healthy. Draw a zigzag line to connect the correct food for each item.

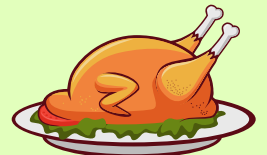
**GROW**

**FOOD**



**GO**

**FOOD**



**GLOW**

**FOOD**



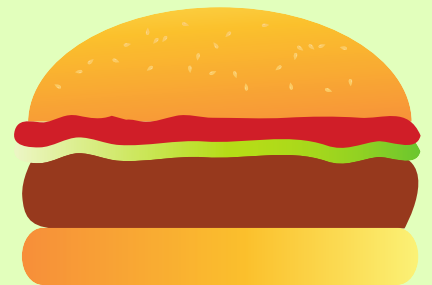
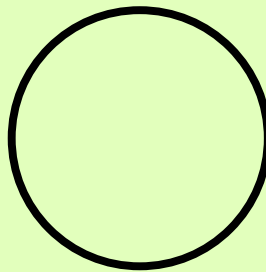
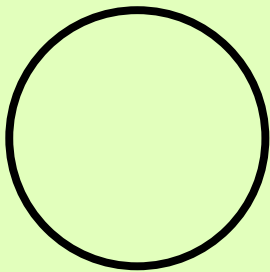
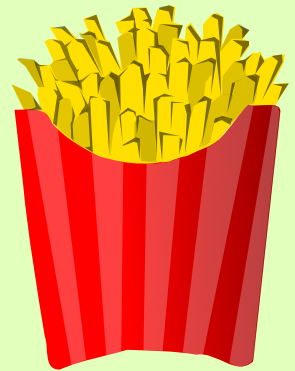
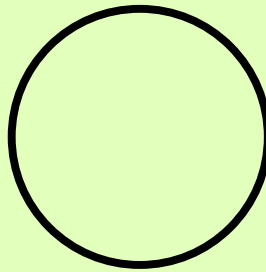
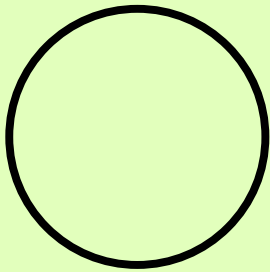
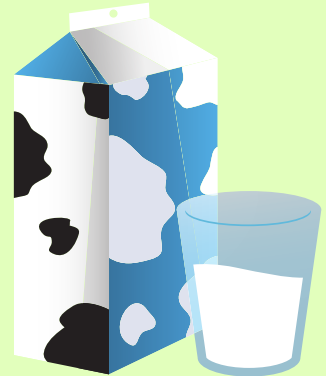
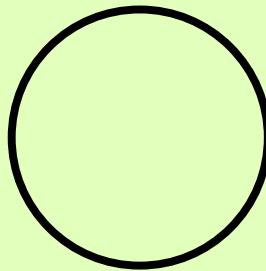
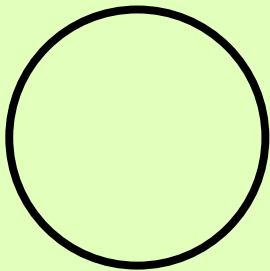
# Lesson

## 3

# ACTIVITY 4



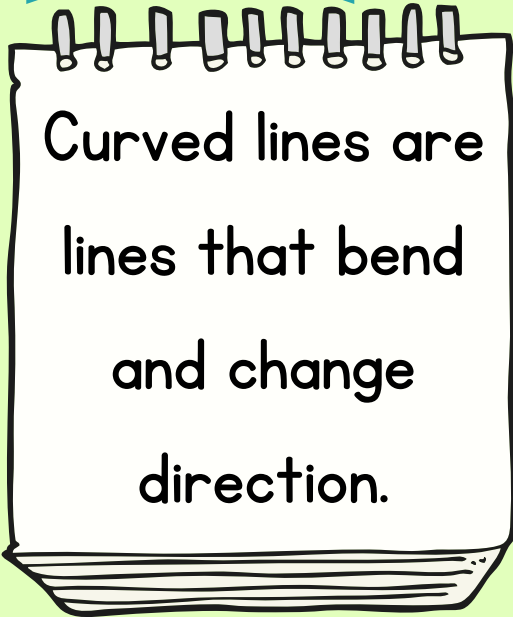
Draw a happy face ☺ if it is a healthy food and draw a sad face ☹ if it is not.



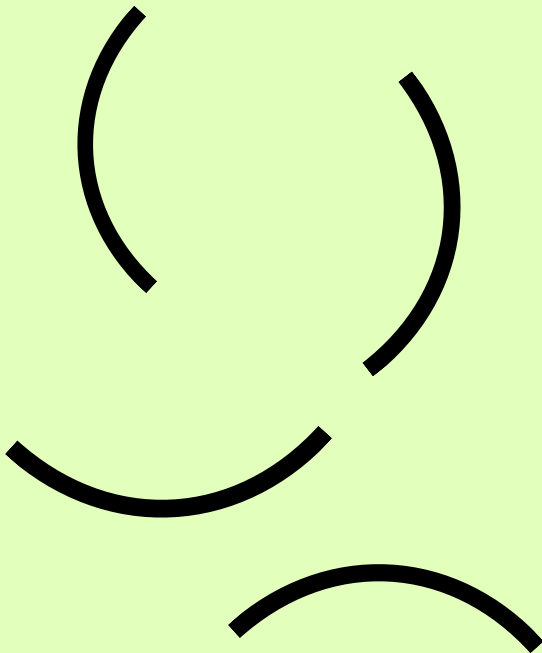
# Lesson

# 4

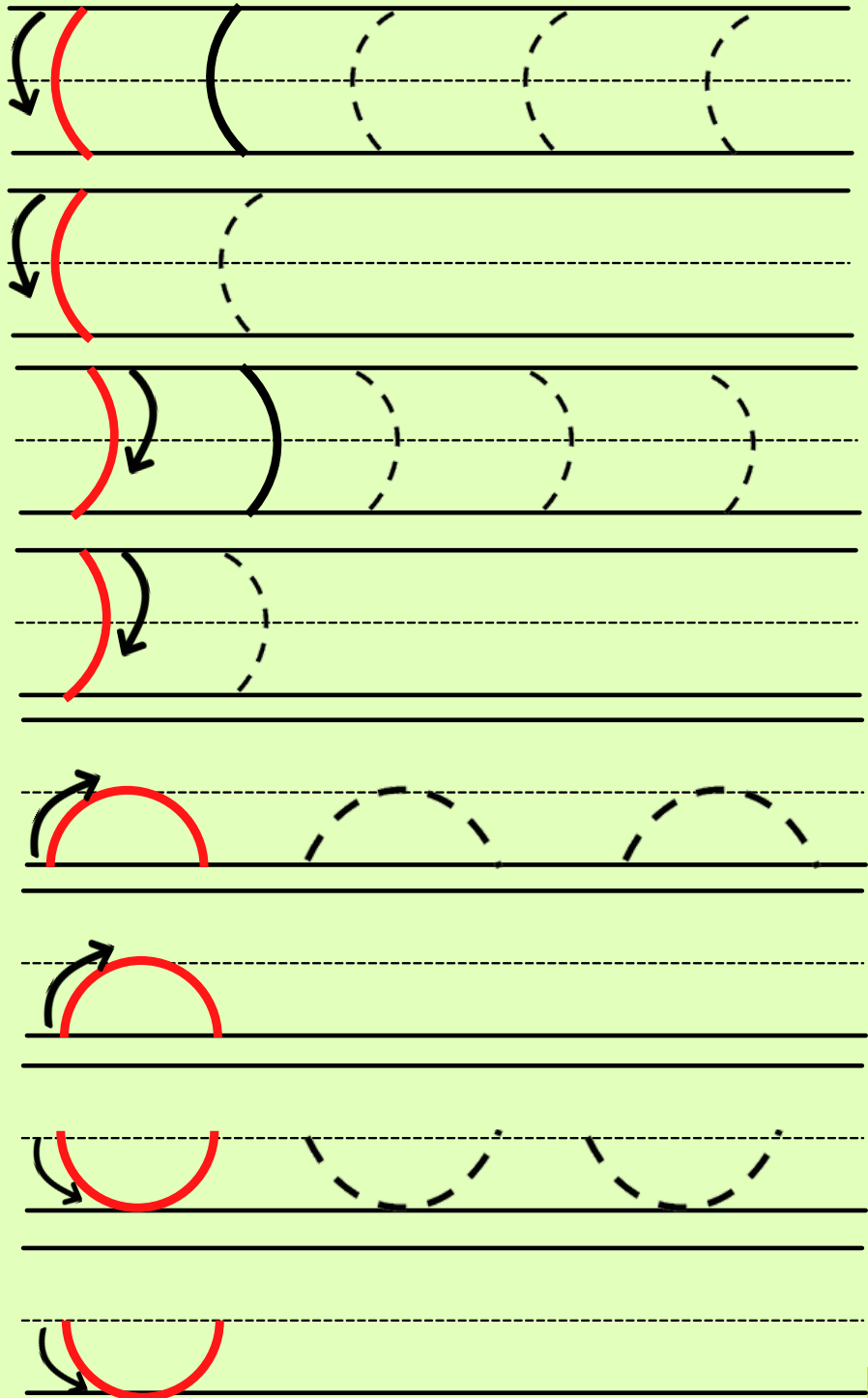
# CURVED LINES



Curved lines may look like this:



Let us try to trace and draw curve lines.



# Lesson

# 4

# CURVED LINES

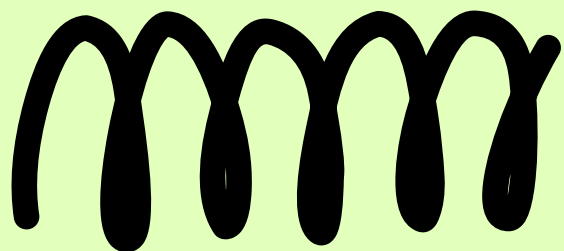
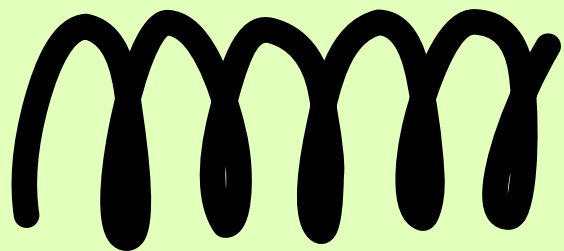
It may also be wavy or curly.

Trace the wavy and curly lines using a yellow crayon.

WAVY



CURLY



# Lesson

# 4

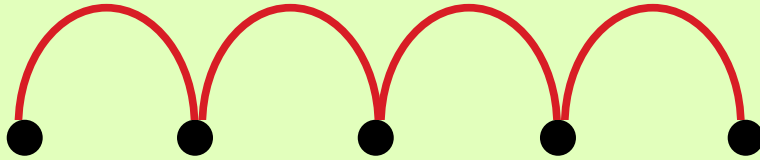
# ACTIVITY 1



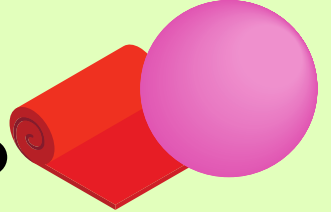
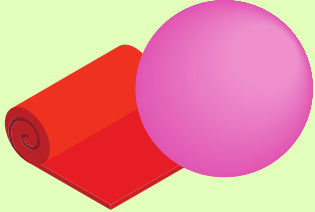
Match the following pictures by drawing curved lines.

Follow the example in number one.

1



2



3



4



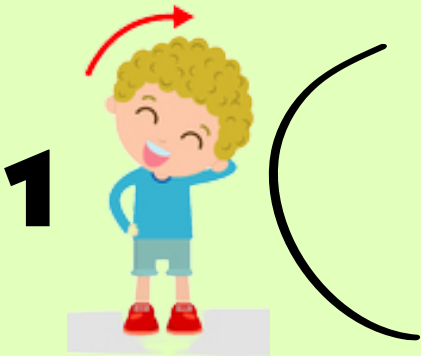
# Lesson

# 4

# ACTIVITY 2



Here are some stretches that you can do. Draw a curve line next to each body stretch.



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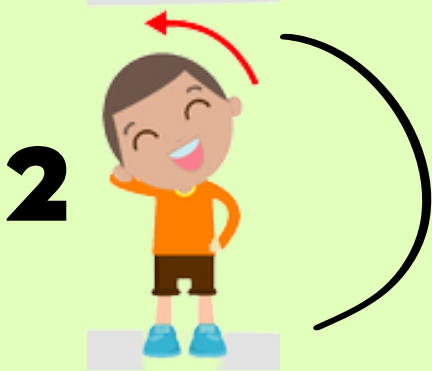
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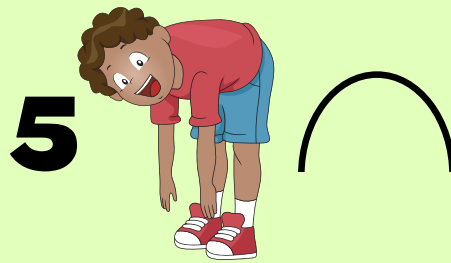
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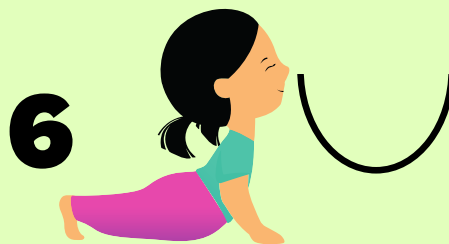
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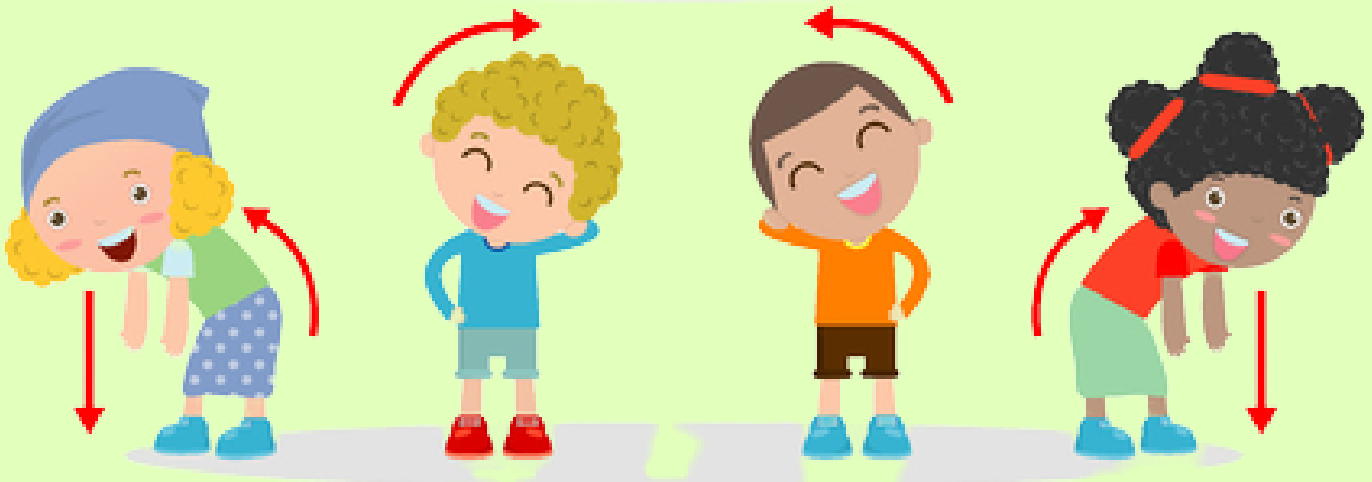
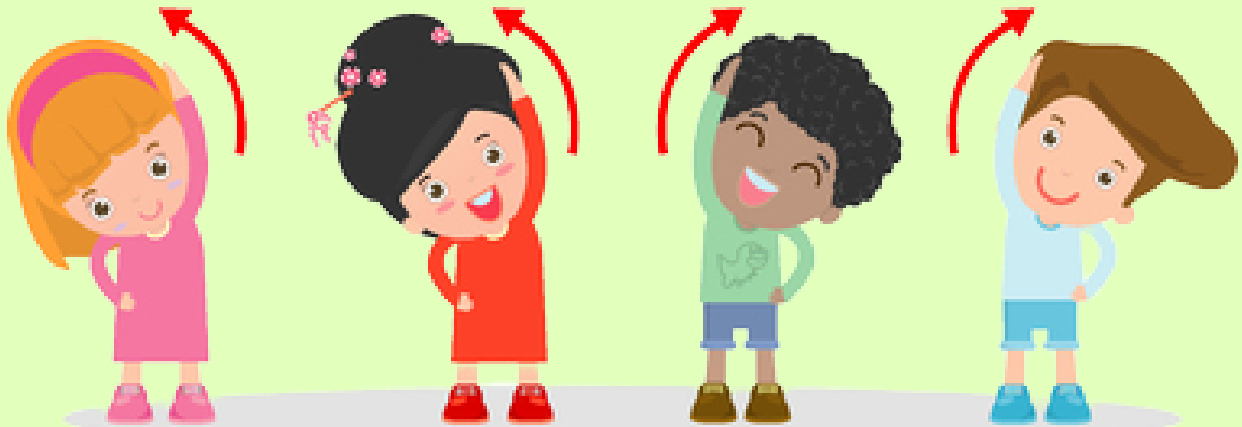
# Lesson

## 4

# ACTIVITY 3



Doing exercise also helps our body to be strong and healthy. It can also help strengthen our bones and prevent us from getting sick. Take a look at some exercise that produce curved lines in your body. Try to copy them.



# Lesson

## 4

# ACTIVITY 3

Follow the stretching in the song.

## STRETCH

To the tune of "Row, Row, Row your Boat"



Stretch, stretch,  
Stretch your head/neck,  
Stretch them to the left.  
Stretch your head and count to 8.  
Release and relax 'til 5.

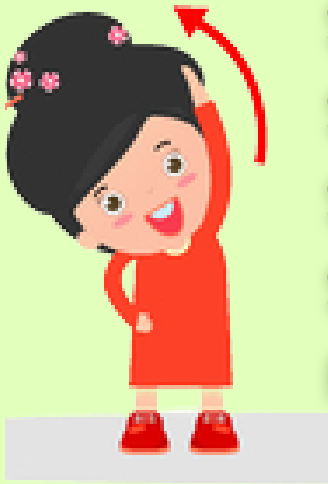
Stretch, stretch,  
Stretch your head/neck,  
Stretch them to the right.  
Stretch your head and count to 8.  
Release and relax 'til 5.



# Lesson

## 4

# ACTIVITY 3



Stretch, stretch,  
Stretch your arm,  
Stretch them to the left.  
Stretch your arm and count to 8.  
Release and relax 'til 5.

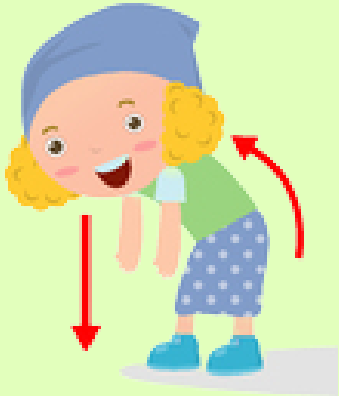


Stretch, stretch,  
Stretch your arm,  
Stretch them to the right.  
Stretch your arm and count to 8.  
Release and relax 'til 5.

# Lesson

## 4

# ACTIVITY 3



Bend, Bend,  
Bend your body,  
Try to touch the floor.  
Bend your body and count to 8.  
Stand and relax 'til 5.

Stand, relax  
Inhale, exhale  
Repeat it 3X.

Stand, relax, inhale, exhale.  
Drink your water. We're done!



# REFERENCES

- <https://kids.britannica.com/kids/article/geometry/353174>
- [https://naald.org/app/uploads/2013/11/FSS\\_FS33a-Go-grow-and-Glow-Foods-Teachers-guide.pdf](https://naald.org/app/uploads/2013/11/FSS_FS33a-Go-grow-and-Glow-Foods-Teachers-guide.pdf)
- <https://yourartpath.com/types-of-line-in-art-meaning>
- [https://cdn11.bigcommerce.com/s-dkxq2/images/stencil/500x659/products/871/8146/toothpaste-page-00L\\_797521467675565.jpg?c=2](https://cdn11.bigcommerce.com/s-dkxq2/images/stencil/500x659/products/871/8146/toothpaste-page-00L_797521467675565.jpg?c=2)
- <https://kidshealth.org/en/parents/exercise.html>
- <https://us123rf.com/450wm/phanuchat/phanuchat1602/phanuchat160200005/52521129-illustration-of-kids-exercising-kids-exercising-child-exercising-happy-kids-exercising.jpg?ver=6>
- <https://i.pinimg.com/474x/f2/8e/ec/f28eec5a8fdecc5c5d3cbc905a57ab8a--preschool-worksheets-printable-worksheets.jpg>