

**PRESCHOOL**

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**Week**

**28**

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**Smart Activities**



**SMART CHOICE. SMARTER CHILD.®**

## Doctor's Bags

**Materials:** two paper lunch bags, construction paper (various colors including red), glue sticks, stapler, medical supplies (age-appropriate), marker, scissors (child-size)

**Instructions:**

1. Assist your child (as needed) in creating his/her Doctor's bag.
2. Cut approximately 5 inches off the top of each paper lunch bag.
3. Cut handles for both sides of the bags out of any color of construction paper.
4. Staple a handle to both sides of the bag, making half go inside and half outside.
5. Cut a first aid cross out of red construction paper for each bag. Glue the crosses on the front of bag.
6. Add medical supplies and a name to the bag if your child chooses.



## Tongue Depressor Count

**Materials:** tongue depressors or craft sticks, envelopes, markers

**Preparation:** Write a number on the outside of each envelope.

**Instructions:**

1. Tell your child you are going to use the tool that doctors use to examine a person's mouth called a "tongue depressor" to fill the envelopes.
2. Tell your child to place the number of tongue depressors in each envelope to correspond with the number written on the outside.



## Doctor Check-ups for Kids

**Materials:** internet access, website:

<https://youtu.be/bwx2Z69S0YA>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. After viewing the video, discuss with your child what happens when he/she goes to the doctor, what tools the doctor uses, and how he/she feels about going to the doctor?



## X-Ray's

**Materials:** black construction paper, white paint, spray bottle, water

**Instructions:**

1. Add some white paint to the spray bottle and water it down.
2. Place your child's hand on the paper and spray the paint to create outline.



## B for Band-aid®

**Materials:** paper, band-aids

**Instructions:**

1. Tell your child that you are going to create the letter B out of band-aids.
2. Allow your child to plan how he/she will create the letter without peeling the backs off.
3. Execute the letter design using the band-aids.



## Froggy Goes to the Doctor

by Johnathan London

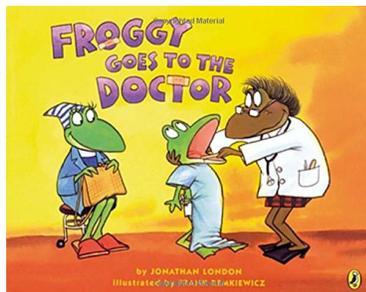
**Materials:** internet access, website:

<https://youtu.be/sXFV9Ven9xA>

**Preparation:** Preview video .

**Instructions:**

1. Listen to the read aloud story with your child.
2. After listening to the story, discuss what Froggy did when he went to the doctor, what Froggy's mom did, and what his doctor did?



## Stethoscopes

**Materials:** egg carton, hole puncher, pipe cleaner, markers/crayons

**Instructions:**

1. Let your child decorate 2 cups from an egg carton.
2. Punch holes in the sides and attach pipe cleaners to it for a stethoscope.



## Pretzel Thermometers

**Materials:** pretzel rods, white candy melts, red candy melts, small plastic storage bags

**Instructions:**

1. Encourage your child to complete this activity with you.
2. Melt candy melts in separate bowls.
3. Dip pretzel rods into white candy melts.
4. Fill the plastic bags with the red color candy melts.
5. Cut an opening at the corner of each bag and decorate pretzel like a thermometer.



## Doctor DeSoto

by William Steig

**Materials:** internet access, website:

[https://youtu.be/PI3oI6wtU\\_A](https://youtu.be/PI3oI6wtU_A)

**Preparation:** Preview video.

**Instructions:**

1. Listen to the read aloud story with your child.
2. After listening to the story, discuss what tools Dr. DeSoto used, what kind of doctor he was, and what kind of animals were in the story?

WILLIAM STEIG  
Doctor De Soto

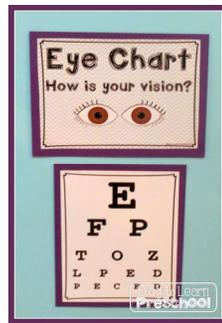


## Eye Exam Charts

**Materials:** white paper, black markers

**Instructions:**

1. Create eye exam charts like those used by an Optometrist.
2. Post the chart on a wall.
3. Have your child stand a distance from the chart with one eye covered and ask him/her to read what he/she sees on the "chart" to you.



## Medical Wear

**Materials:** white paper, aluminum cupcake liners, glue, stapler, scissors

**Instructions:**

1. Encourage your child to complete this activity with you.
2. Cut strips of white paper that would resemble a band to fit around your child's head.
3. Have your child flatten out the cupcake liner and attach it to the band.



## Take a Field Trip to the Doctor's Office

**Materials:** internet access, website:

<https://youtu.be/gXXmVqS3tLk>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. After viewing the video, discuss what kind of doctors were shown, what things the children did at the doctor, and what the doctor did to each of the children?



## Doctor's Office Visit

**Materials:** boxes, recycled materials, equipment made during the week, stuffed animals

**Instructions:**

1. Help your child create a doctor's office exam room.
2. Have your child imitate what a doctor's visit would look like with you and using stuffed animals as patients.



## Bandage Practice

**Materials:** gauze, bandages, stuffed animals

**Instructions:**

1. Cut strips of bandages and gauze.
2. Encourage your child to wrap parts of his/her patients (stuffed animals).



## I Want to Be A Doctor

**Materials:** internet access, website:

<https://youtu.be/JxdrEFz9Jsw>

**Preparation:** Preview video

**Instructions:**

1. Watch the video with your child.
2. After viewing the video, discuss what job Annica wanted, what things she learned, and ask your child what he/she wants to be when he/she grows up?

