



## Health, Safety, Manners and Routines



Part of a school day your 1<sup>st</sup> graders is busy adjusting to routines and life skills. In the brick and mortar school a portion of each day is devoted to topics such as health, hygiene, rest, safety, fair play, manners and school routines. At OHVA we want to encourage families to establish daily practices. We realize that putting healthy habits and positive routines in place takes time. We want you to realize that time spent on these foundational skills counts as attendance. Your first grade student is allowed to log one hour per day under health to cover these important areas.

Below are some ideas for establishing routines. Have you been doing any of these activities? Have you been counting them in your daily attendance? It's not too late to start building daily practices.

### Health and Routine Ideas

1. **Morning chores:** making the bed, picking up the bedroom, setting the table for breakfast
2. **Proper dinner table talk:** Discuss one topic as a family during breakfast. Practice taking turns talking, asking questions, and engaging everyone in the conversation. 
3. **Journaling:** Give your students a sentence starter and have them write for 15 minutes. Younger students can draw and label while older students can write a paragraph.
4. **Calendar:** days of week, months, date, weather, seasons
  - a. Have student write their first and last name then write: Today is \_\_\_\_\_. The weather is \_\_\_\_\_.
5. **Personal Facts:** spell and write name, say address, phone number, and birthday
6. **Singing/recitation/memorization:** Good Morning Song, Pledge, poems, proverbs, verses, etc. 
7. **Preparation:** Students get their own supplies ready 
8. **Review Daily Schedule:** order of lessons, special events, breaks ( snack time, story time, rest, lunch and breaks)
9. **Daily Rest Time** (Have a 15-20 minute quiet time where your child can rest, draw, or read/look at books). 
10. **Manners:** Practice being polite, patient, waiting in line, hands to self, listening, turn taking, following 2-3 step directions, saying please and thank you
11. **Snack Time** – preparation / clean up 
12. **Review/Closure:** Ask a few questions from each lesson that day, student share favorite lesson and why, journal a summary of the day or a notable part of the day, sing ending song, or review the morning poem/memory verse, etc.

**Safety Ideas**– stranger danger, safe use of school and household tools, safety at play



**Health Ideas** – discuss doctor visit, dental health, nutrition, germs, healthy heart

You may have to practice waiting in line when you are at the store, library or other location.

Turn taking, manners, patience and sharing can be practiced at home or on ClassConnect.

**Feel free to LOG ONE HOUR PER DAY UNDER HEALTH TO COVER HEALTH, SAFETY, MANNERS and ROUTINES.**