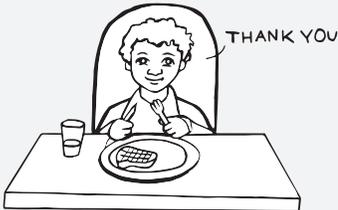


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WEEK 2	MONDAY	TUESDAY
<p>RULES</p> 	<p><input type="checkbox"/> Be helpful. We need to be helpful to other people. We all need help sometimes. Be willing and ready to help someone every day if you can.</p>	<p><input type="checkbox"/> Be helpful. Be helpful to other people in your family. How can you help your mom or dad at home? (Pick up my toys, put my dirty clothes in the laundry, do what I am told.)</p>
<p>HEALTH</p> 	<p><input type="checkbox"/> Eat healthy foods to grow strong. Introduce healthy eating.</p> <p><input type="checkbox"/> Preparing good meals takes time, but we need to do this to stay healthy. How can you help? (setting the table, being willing to eat whatever is given to me)</p>	<p><input type="checkbox"/> Eat healthy foods to grow strong. Eat 3+ servings of fruit per day. What are your favorite fruits? How can you help prepare them? (Washing or peeling the fruit, setting the table.)</p>
<p>MANNERS</p> 	<p><input type="checkbox"/> Say, "I'm sorry" when you hurt someone. We say, "I'm sorry" and "Forgive me" with sorrow and sadness when we have hurt or wronged someone.</p>	<p><input type="checkbox"/> Say, "I'm sorry" when you hurt someone. Review "I'm sorry" and "Forgive me."</p> <p><input type="checkbox"/> If the student has studied this in <i>Simply Classical Level B</i> or is otherwise ready, introduce "I forgive you." We are no better than anyone else. We can forgive others freely in love.</p>
<p>SAFETY</p> 	<p><input type="checkbox"/> Be safe in the kitchen. When you prepare something in the kitchen, have an adult supervise (watch over) you.</p>	<p><input type="checkbox"/> Be safe in the kitchen. Which items should an adult help you with? (toaster, oven, microwave, knife) Why? (You might get hurt, if you do not know how to use hot, electric, or sharp objects.)</p>
<p>LISTENING</p>  <p>Work and Cooperation <i>The Little Red Hen</i></p>	<p><input type="checkbox"/> Help others. All our lives, we must work together with others. We can begin by helping with simple jobs when anyone asks us. (Read <i>The Little Red Hen</i>.)</p>	<p><input type="checkbox"/> Help others. (Reread the book.) Did anyone help the Little Red Hen when she was working? (No.) Did this make everything much harder for the Little Red Hen? (Yes!)</p>

WEDNESDAY	THURSDAY – Let's Practice!
<input type="checkbox"/> Be helpful. Be helpful to other people in your neighborhood. Name three ways you might help people outside of your family.	<input type="checkbox"/> Be helpful. Look for a way to help someone today.
<input type="checkbox"/> Eat healthy foods to grow strong. Eat 3+ vegetables per day. What are your favorites? How can you help prepare them? (Washing or peeling, setting the table.)	<input type="checkbox"/> Eat healthy foods to grow strong. Go to a grocery store to find 3 new fruits and vegetables to try. Plan meals and snacks around 6-10 servings of fruits and vegetables per day.
<input type="checkbox"/> Say, "I'm sorry" and "Forgive me" when you hurt someone. In <i>The Little Red Hen</i> , who needed to apologize? (The other animals!) Why? (They did not help.) When they say, "I'm sorry," what can the Hen say? ("I forgive you.")	<input type="checkbox"/> Say, "I'm sorry" and "Forgive me" when you hurt someone. Role-play, "I'm sorry. Please forgive me" and "I forgive you." Switch roles to practice both parts.
<input type="checkbox"/> Be safe in the kitchen. Which kitchen items may you use safely? (table utensils, napkins) List other items the child may access safely. If you are not sure, take time to ask an adult.	<input type="checkbox"/> Be safe in the kitchen. Use a plastic knife to cut a banana or a roll of playdough. Now look at a real knife. Never touch the blade of a real knife. Always be safe!
<input type="checkbox"/> Help others. (Reread the book.) Did anyone else eat the bread at the end of the story? Why not? (If we do not help with the work, we should not have the privileges at the end.)	<input type="checkbox"/> Help others. (Reread the book.) How can you help when someone asks you to help? (I can do my best and try to help.)