

### TRIP TO THE CLINIC:

pages 41 & 42



1. To make a flip book, reproduce one page for each child.
2. Let the children color the pictures and cut into cards along the solid lines.
3. Stack the pages in sequential order and staple along the left edge.

### HOW WE HEAL:

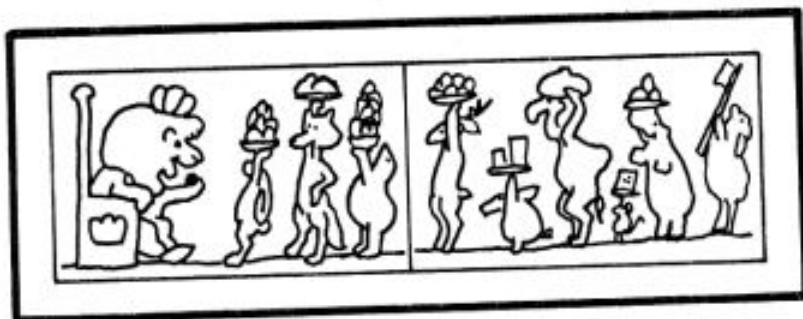
pages 43 & 44

1. This page can be reproduced, colored and laminated for a poster.
2. This page can also be reproduced and cut into squares for discussion of the healing process on a flannel board.

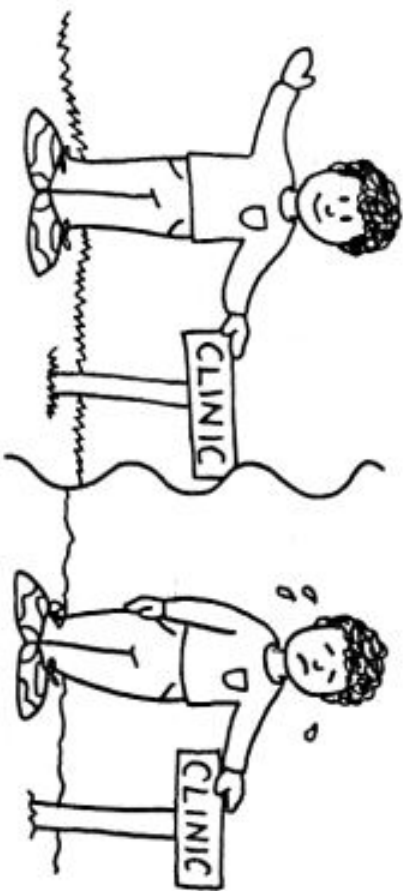
### COMMON ILLNESSES: (pages 43 and 44)

These two pages, common health problems and the appropriate action, can be used in several different ways.

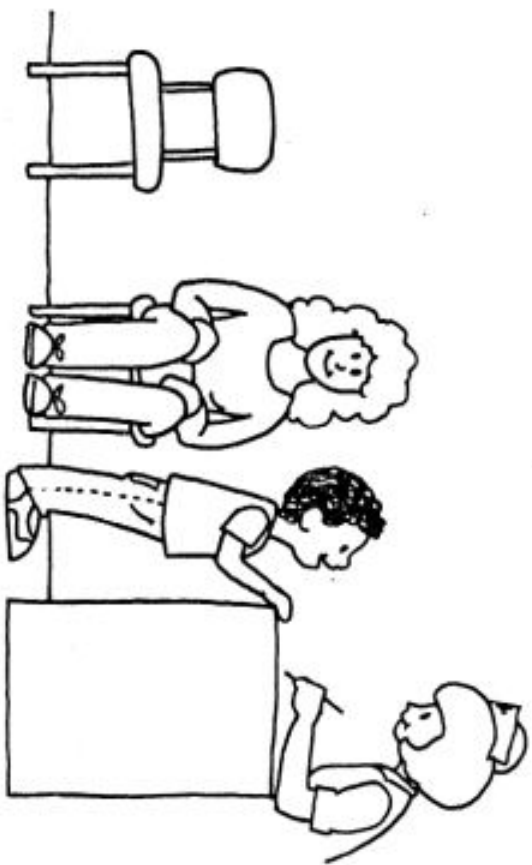
1. If any of the problems arise in the classroom, bring out the cards and discuss them.  
Example: A child gets chicken pox. The rest have been exposed. Talk about what they can expect and what they will be doing if they get sick.
2. Make a flip book to take home as a health and safety guide for the family.
3. Make a health and safety matching game for the classroom.



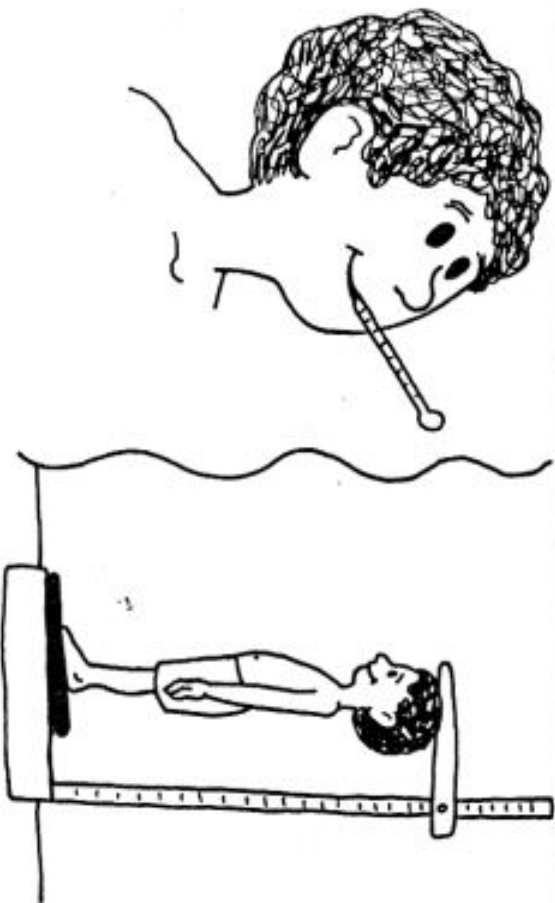
## A Trip To The Clinic



Sometimes we go to the clinic when we are feeling well.  
We get a checkup to make sure we stay well.  
Sometimes we go to the clinic when we are feeling sick.  
The doctors and nurses will help us feel better.



First, I tell the receptionist my name.  
Then I wait to be called.



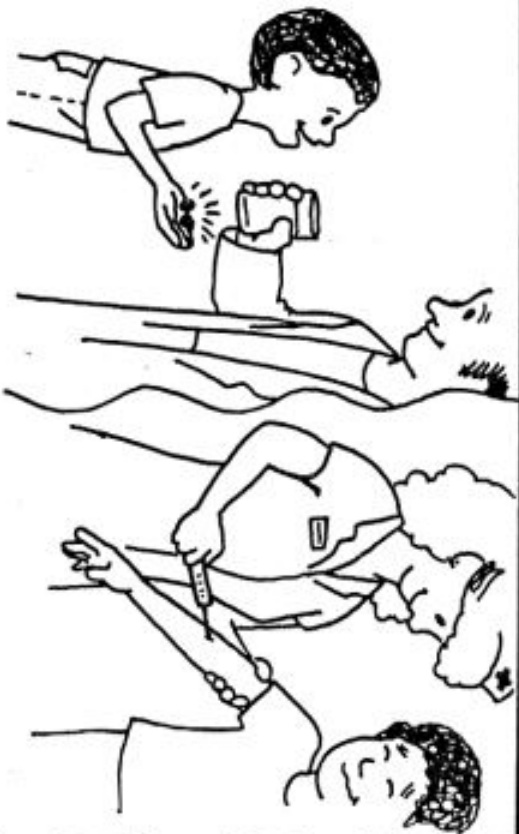
The nurse or doctor takes my temperature.  
I am weighed.  
My height is measured.



The doctor listens to my heart and lungs with a stethoscope.  
He's listening for a strong heartbeat and clear breathing.



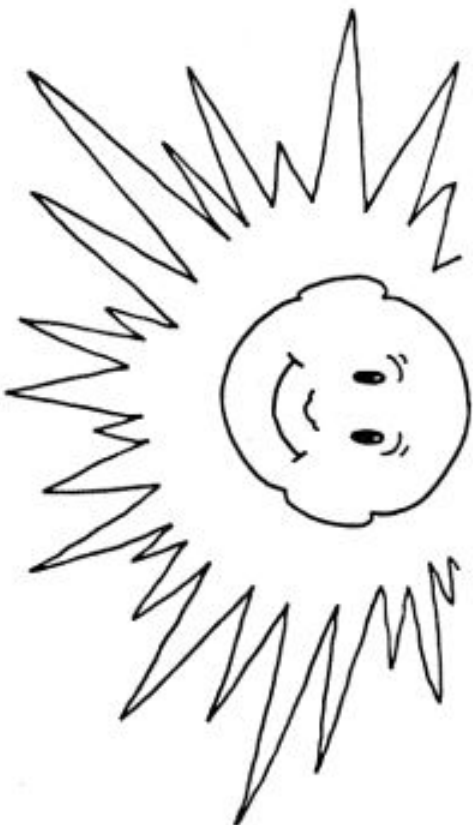
The doctor checks my ears with an otoscope.  
They should be clean and clear.



Sometimes I have to take medicine to help me feel better.  
Sometimes I have to get an immunization shot.  
It helps me stay healthy.



The doctor checks my reflexes with his reflex hammer.  
Good reflexes show my nervous system is in good order.



We are proud to say that \_\_\_\_\_  
has learned how going to the doctor regularly  
helps to keep a person healthy.



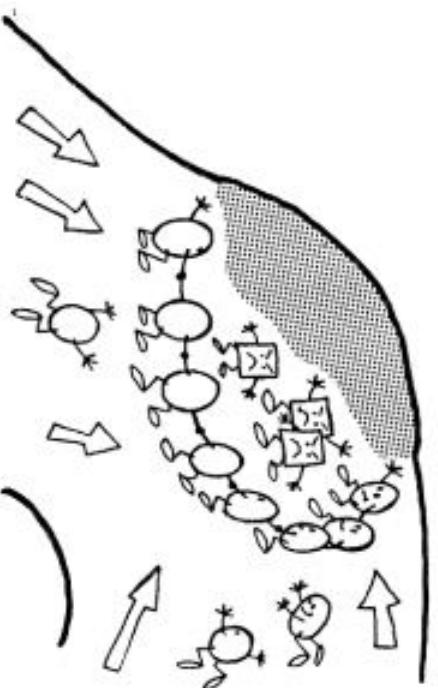
The skin helps keep germs and bacteria out of our bodies. Sometimes the skin gets broken and torn.



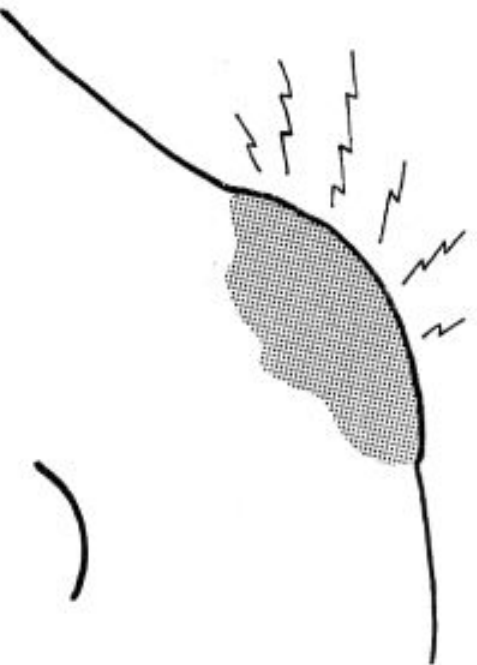
Platelets in the blood harden and close off the cut but the bacteria are still inside.



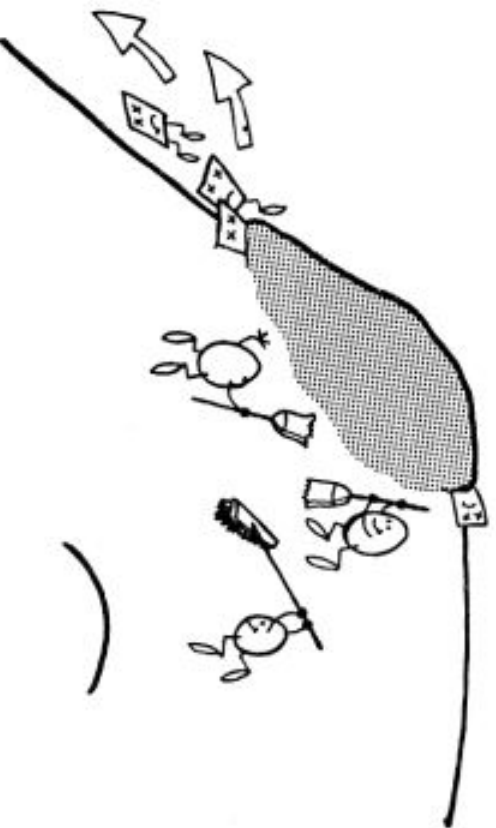
Bacteria and germs enter the cuts and scrapes.



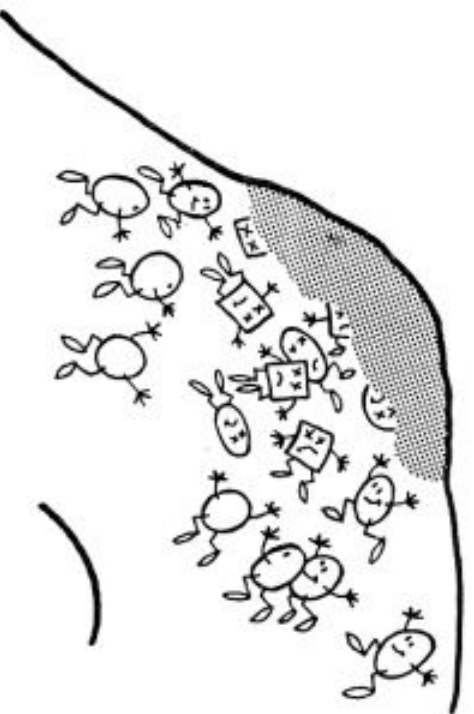
White blood cells rush to the area. Some start fighting the bacteria and others form a wall so the bacteria can't go any further in the body.



The outside of the skin is red and sore.  
There is a hard scab.



Then the dead germs and white blood cells are pushed  
out of the body from under the scab.



Inside, the fighting goes on until all the germs are killed.



When the scabs fall off, the cuts and scrapes are healed.  
The body is ready for more action.