

## Focus plan for Personal, social and emotional

Activity Taking care of Teddy - Circle time Date -

### Learning intention

Dress and undress independently and manage their own personal hygiene.

### Resources

Books about getting up and going to bed - e.g. *Busy Day* and *Good Night*, by Catherine and Laurence Anholt

Medium sized teddy dressed in day time clothes

Baby grow for bedtime

Tooth brush, plastic bath tub, soap, towel

Blanket

Story book

A bell

Cereal bowl, spoon, empty cereal box

### How the activity will be carried out

Look at the books about getting up and going to bed together. Ask the children to tell you something that they do when they are getting ready for bed. Which part of going to bed does they like the best? What do they do as soon as they wake up? Take turns to talk about these parts of the day and why they are important. Introduce Teddy to the children. Explain that they need to help to get him ready for bed. Look at the things you have collected. What should he do first? In this way, go through a bed time routine (undress, bath, pyjamas, teeth, story, bed) asking the children to take turns to care for Teddy. When he is tucked up under the blanket, invite the children to be very quiet because it is night time and Teddy is asleep. After a few moments of quiet, ring the bell to show that his alarm clock has gone off and it is morning.

### Questions to ask/Language to use

Day/night/help/care for/clean/undo/do up/cuddle

What do we do first/next? Why does Teddy need to...?

### Differentiation (Birth to Three)

Read the day and night stories to the children, and then allow them to play with dolls in the water tray set up as a bath tub, with towels and pyjamas close by.

### Extension

Children could continue the activity into the morning routine (wake up, get dressed, breakfast, teeth).

### Evaluation