

This book introduces the need to bathe and get clean through the silly thoughts of a reluctant pigeon. The story shows that getting clean can be fun, and that it feels good to accomplish it on our own.

CORE SKILL OBJECTIVES

INTENTIONAL TEACHING PRACTICES

MOVE



Children will:

- Show awareness and take responsibility for personal hygiene and self-care skills

Teachers will:

- Narrate using self-help skills

TEACHING TIP

As children become more capable and aware of self-care skills, they are able to take on more tasks independently. Narrating the self-help skills that adults and children use in everyday life not only helps acknowledge children's efforts but can also explain and demonstrate how to do things. Discuss different hygiene habits with children and encourage them to take on self-care independently whenever possible. This will increase children's confidence and support their skills in taking responsibility for their own bodies.

1. INTRODUCE

- "There's a lot we do to make sure our bodies are clean and healthy. We wash our hands after playing, but showers and baths also help us get clean. Today we're reading a book called, *The Pigeon Needs a Bath*. I wonder what we'll notice about the pigeon, and how the pigeon will take care of itself."

2. READ THE BOOK

- Pause occasionally to narrate the self-help skills the pigeon should use.
- Ask children for their ideas for what the pigeon could do to stay healthy and clean.

Narrate Using Self-Help Skills

Read: "YEAH! When was the last time you had a bath?!"

Narrate: "The pigeon really does not want to take a bath, but I noticed they are looking dirty without one."

Ask: "How often should the pigeon take a bath? When do you think it's a good idea to wash your body?"

Read: "...I'll take a bath!"

Narrate: "The pigeon was talking about not smelling very good, and it sounds like they decided that it actually might be a good idea to get clean after all."

Ask: "Now that the pigeon is going to take a bath, how do you think they should do it? What do you think they will need so they can get clean?"

Read: "Wash! Wash! Washy!"

Narrate: "It took a while for the pigeon to set up the bath so it was the right temperature, but now they're getting all cleaned up by using a sponge and soap to wash their body."

3. REVIEW

- "The pigeon in the story really did not want to spend time taking a bath, but when they did, they had fun and felt good about cleaning themselves up. Taking care of our bodies includes washing from head to toe, and that keeps us healthy."

4. KEEP IT GOING

- When narrating or talking about hygiene at relevant times throughout the day, include a discussion about the *why* behind it. If a child is washing their hands, talk about the purpose of washing – that it gets rid of germs, takes away dirt from playing outside, and keeps us healthy.