

This book showcases the many different choices a child might make throughout their daily routines and encourages autonomy within those daily habits.

CORE SKILL OBJECTIVES

INTENTIONAL TEACHING PRACTICES

MOVE



Children will:

- ◆ Show awareness of self-care skills
- ◆ Exhibit independence with personal routines

Teachers will:

- ◆ Promote child autonomy

TEACHING TIP

As preschoolers build awareness of personal hygiene, daily routines, and safety, they also become increasingly independent in completing self-care tasks. To support growth in this area, encourage children to try out tasks on their own, while being ready to provide *just* enough support based on their needs and comfort level. Supporting Self-Care development can look many different ways. Think about how to involve children in the routines that happen regularly, like setting up for a meal or cleaning up (e.g., could they put away their own dish or wipe down a table?). It’s also important to have patience so that children can practice independence. Slowing down so a child can zip their own coat or scoop their own food will support that autonomy.

1. INTRODUCE

- ◆ “There are lots of choices that we have to make every day! We get to choose what clothes we wear, what food to eat, and sometimes even where we get to go. In this book called *Today*, we’re going to get to make a lot of different choices about how to move through the day.”

2. READ THE BOOK

- ◆ Pause occasionally to ask children about related choices they made in their own life that day.
- ◆ Encourage children to make their choice for each self-care and daily routine shown.

Promote Child Autonomy

Read: “Oops! We almost forgot breakfast.”

Ask: “Which breakfast would you choose?”

Read: “banana, orange, berries”

Ask: “What do you use when you eat breakfast at home or here?”

Read: “How would YOU get there?”

Ask: “Which of these ways would you use to get somewhere?”

Read: “dance your way there, paddle”

Ask: “What are these characters using to keep themselves safe? Do you use any of those things?”

Read: “What’s left before bedtime?”

Ask: “What are the different things you do to get ready for bedtime? Which things do you do all by yourself and which things do you need some help with?”

3. REVIEW

- ◆ “There are so many things to do during the day to get ready, have fun, and take care of our bodies. We can make a lot of choices all on our own, but it’s also okay to get some help when you need it.”

4. KEEP IT GOING

- ◆ Find ways to give children meaningful roles and jobs in their own hygiene and self-care. For example, allow them to help clean up their own spills, put on their own shoes, and choose how to set up for rest. If a child seems unsure about a task, remain nearby to remind them about which steps to take and to support them if they get stuck.