
Including All Children

supporting preschool-aged children with disabilities



Name: _____

Site: _____

Trainer: _____

Date of Completion: _____

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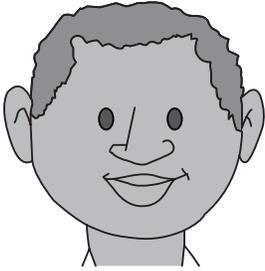
HEALTH – PROMOTING WELLNESS

This Skill-Building Journal accompanies the Preschool *Including All Children/Health – Promoting Wellness* Module. You should read the Module before starting any activities.

In this Preschool Skill-Building Journal...

- You continue to BUILD your knowledge base about the health needs of preschool children with disabilities
- You COMPLETE activities to help you effectively put your knowledge into practice
- You have lots of opportunities to SHARE your thoughts with your colleagues and your Trainer



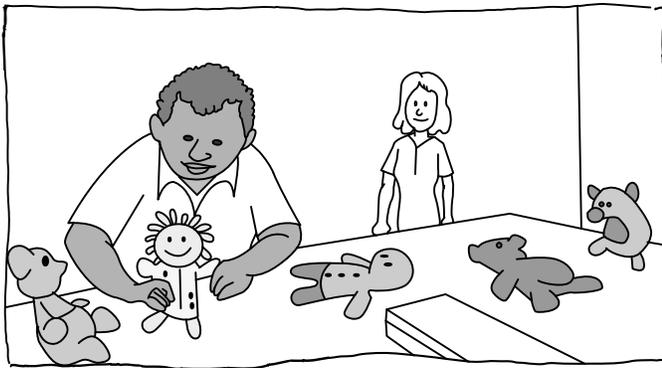


Directions

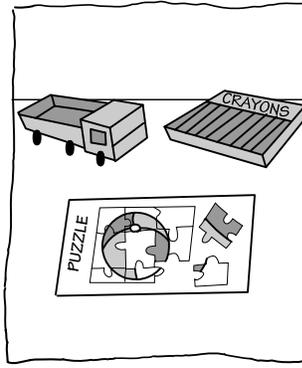
- ❑ READ the story below. It is the same one you read in the *Health — Promoting Wellness* Module.
- ❑ ANSWER the questions about the story, and then;
- ❑ COMPARE your answers to those in the Answer Key, and then;
- ❑ SHARE your responses with a colleague and get her/his feedback.

Using Hands to Stay Healthy

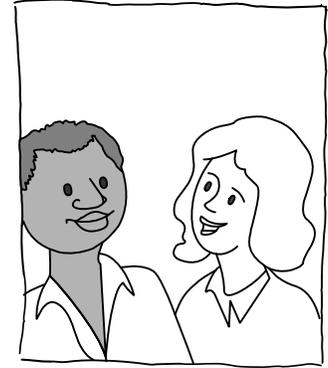
As you read this story notice how Mr. Fils uses everyday play activities to help children gain the hand control and coordination they need to be independent.



Aide: “Why do you make such a big deal about children developing their fine motor skills?”



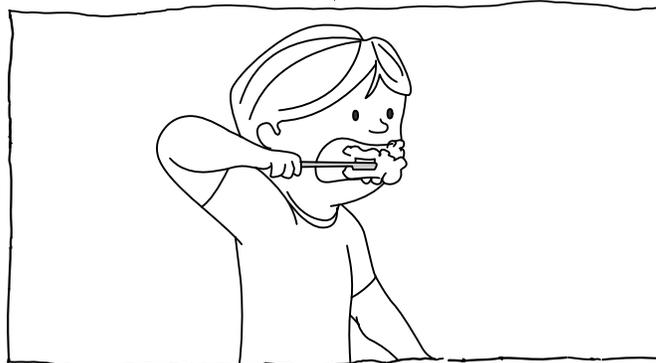
Aide: “Every center has activities that make them use their hands in all sorts of ways.”



Mr. Fils: “Children at this age want to do things for themselves. Activities like these build hand strength and grasp.”



Mr. Fils: “Having a good grasp helps them practice good hygiene.”



Mr. Fils: “All the self-help skills they need to stay strong and healthy.”

Questions for you to answer:

1. How does giving children opportunities to develop fine motor coordination promote children's health and wellness?
2. List some activities you use to help children work on fine motor skills.

Now compare your answers with these:

ANSWERS

1. Most self-help skills like toileting and hand washing require children to use their hands in a coordinated, purposeful way. Activities that develop fine motor coordination help them learn how to do this.

2. writing
 painting
 cutting
 using tongs or tweezers to pick up objects
 windup toys
 LEGOS
 dress-up



I shared my responses to the story with _____ on _____.
colleague date