**Health & Wellness – Going to the Doctor/Dentist/Eye Doctor – Sample Story Time Outline**

Book 1: Nonfiction or other themed book

Rhyme: **When Monkey Goes to the Doctor**

When monkey goes to the doctor,
When monkey goes to the doctor
When monkey goes to the doctor,
They listen to his heart.

They listen to his heart,
They listen to his heart
When monkey goes to the doctor, they listen to his heart
*(Repeat with: They take his temperature… They look into his ears… He gets a lollipop)*

Book 2: Story in Rhyme

Song: Going to the Dentist

***Walk in a circle for the first verse. Sit and clap hands for the second verse.***

***To the tune of “Ring Around the Rosie”.***

Going to the dentist, going to the dentist ***Walk in circle.***

My turn! My turn! Let’s sit down! ***Children sit down.***

Getting my teeth cleaned, getting my teeth cleaned!

My turn! My turn! Open big! ***Open mouth big.***

Book 3: Interactive Story

Science Center: Toothbrushing of egg dyed with coffee

Toothbrush

Toothpaste

Hard boiled egg soaked in coffee overnight

Math Center: Tongue Depressor Number Match

Tongue depressors cut in half

Put numbers on one end of the tongue depressor and the corresponding number of dots on the other end, then cut the depressors in two. Mix up the tongue depressors and have the children match the two ends.

Literacy Center: Reading the Eye Chart

Eyeglass frames

Chart with Alphabet letters

Game: Crocodile Dentist - <https://www.walmart.com/ip/Crocodile-Dentist/33359294>