



Ashgate Specialist Support Primary School

Created by Jane Jamieson



24



**HEALTH,
WATER, FOOD,
ENVIRONMENT**

Article 24

Health Care - ensures that every child has the right to the best possible health.

Governments must provide good quality **health care, clean water, nutritious food, and a clean environment and education on health** and well-being so that children can stay healthy.

Richer countries must help poorer countries achieve this.



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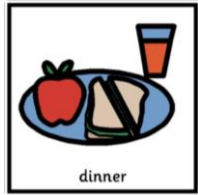


**RIGHTS
RESPECTING
SCHOOLS**

What do you need to be healthy?



Enough Sleep - at least 8 hours



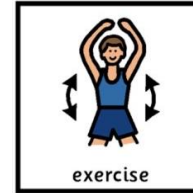
Nutritious Food - fruit and vegetables



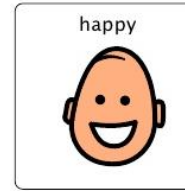
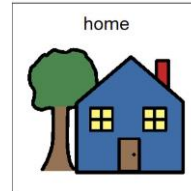
Water - at least a litre a day



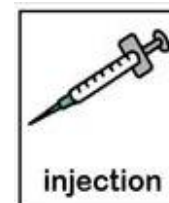
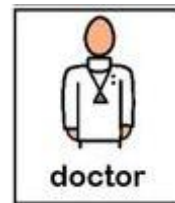
Good hygiene - keeping clean, particularly your hands



Exercise



A clean environment
Feeling safe, secure and respected.



Health care - To see a doctor or a nurse when you need to and to be vaccinated against diseases

Contents



USEFUL WEBSITES TO
SUPPORT YOUR CHILD
IN THESE DIFFICULT
TIMES.



WASH HANDS



SIGN LANGUAGE



NOW AND NEXT BOARD
AND STORY BOOK



ACTIVITIES



PRAISE BOARD



CERTIFICATE

Useful websites to support families



YOUNG MiMINDS



<https://nosycrow.com/>

<https://www.nspcc.org.uk/>



Wash hands



turn tap on



get soap



scrub hands



rinse hands



turn tap off



dry hands





Monday



Tuesday



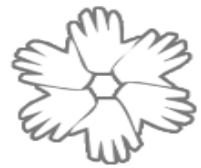
Wednesday



Thursday



BUTTERFLY
Open hands with palms facing body and interlinking thumbs. Hands make small fluttering motion while moving upwards.



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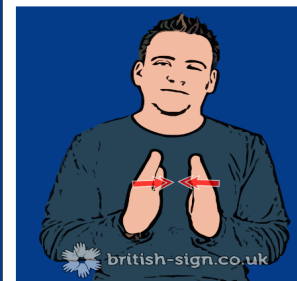
Friday



EAT
Bunched fingers and thumb of primary hand tap mouth twice.



BOOK
Both flat hands start with palms held together in front of body. Hands twist so that little fingers remain together while hands open.



SUNDAY
Both open hands tap palm to palm twice in front of body.

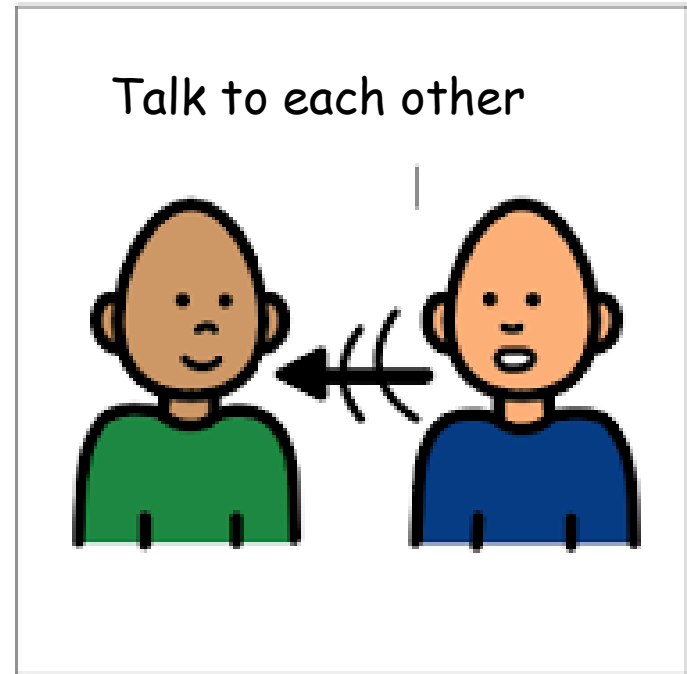


Saturday

now...



next...



now...



game

next...



surprise



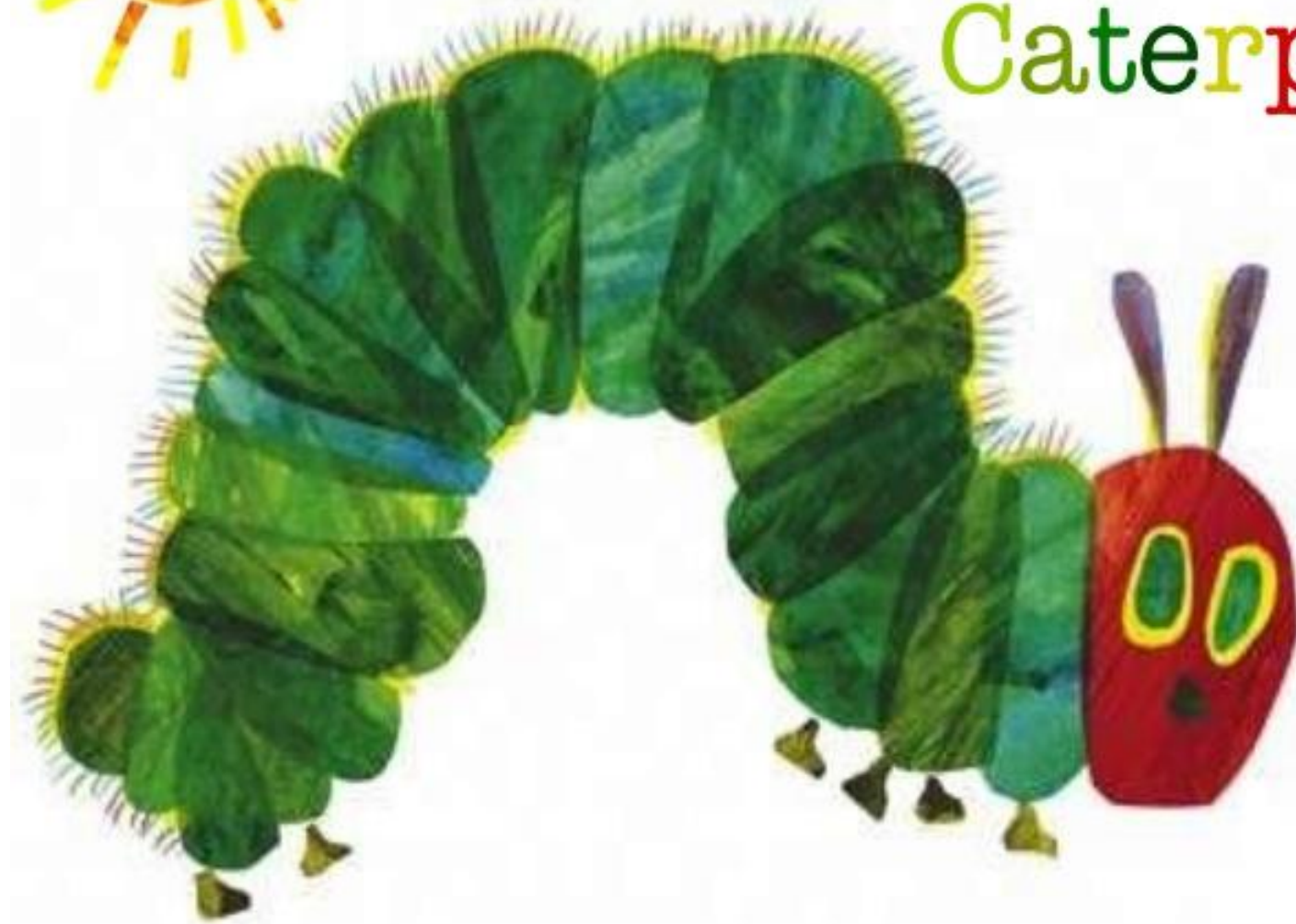
BOOK

Both flat hands start with palms held together in front of body. Hands twist so that little fingers remain together while hands open.



The Very Hungry Caterpillar

by Eric Carle





EGG

Index and middle fingers of primary hand extended with palm facing up. Make slicing movement over top of secondary fist.



In the light of the moon a little egg lay on a leaf.



SUNDAY

Both open hands tap palm to palm twice in front of body.



One Sunday morning the warm sun came up and pop! Out of the egg came a tiny and very hungry caterpillar.



He started to look for some food.



I'm hungry!





Monday

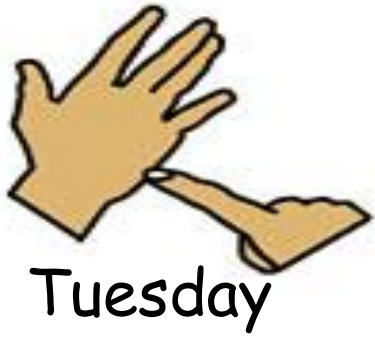


EAT

Bunched fingers and thumb of primary hand tap mouth twice.



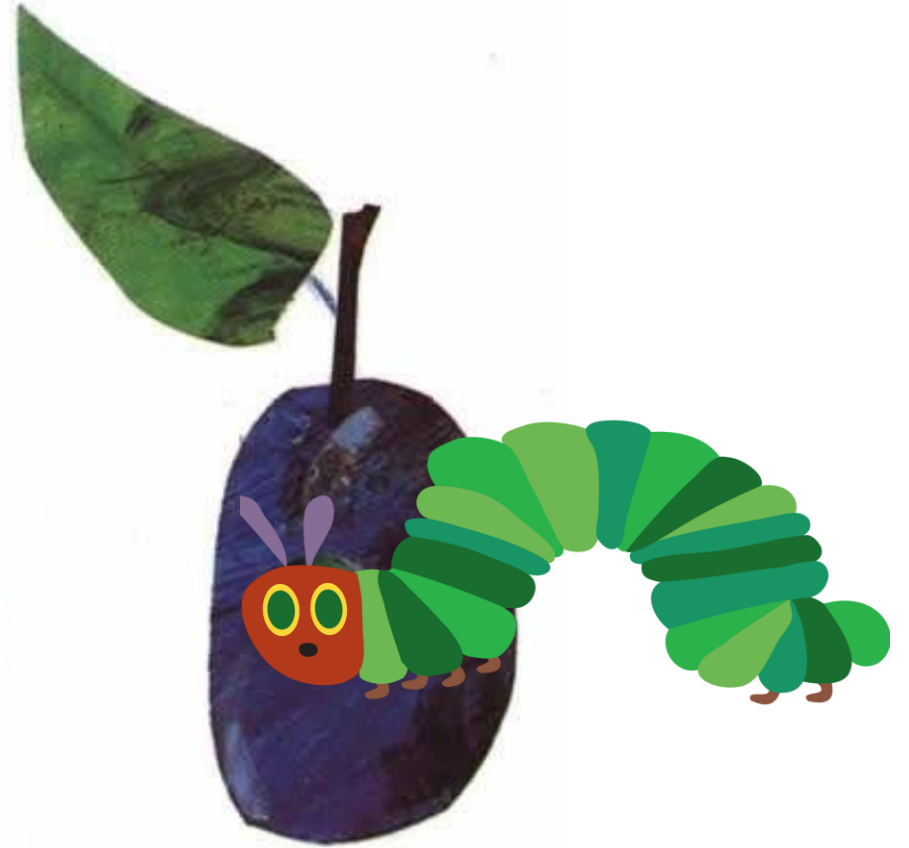
On Monday he ate through one apple. But he was still hungry.



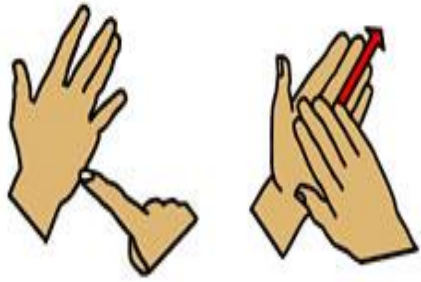
On Tuesday he ate through two pears, but he was still hungry.



Wednesday



On Wednesday he ate through three plums, but he was still hungry.



Thursday



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EAT

*Bunched fingers and thumb
of primary hand tap mouth
twice.*

On Thursday he ate through four strawberries, but he was still hungry.



Friday



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EAT

*Bunched fingers and thumb
of primary hand tap mouth
twice.*



On Friday he ate through four oranges, but he was still hungry.

Activity time.

Can you count to five using your fingers?



1

2

3

4

5

Can you name the numbers?

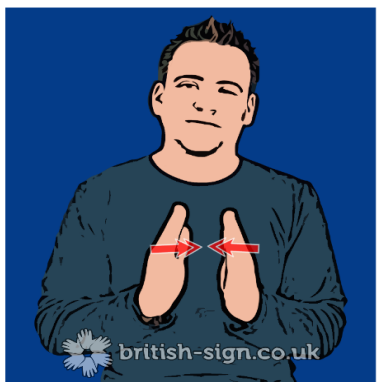


Saturday



On Saturday he ate through one piece of

Chocolate cake, one ice-cream cone, one pickle, one slice of swiss cheese, one slice of salami, one lollipop, one piece of cherry pie, one sausage, one cupcake and one slice of water melon. That night he had stomach-ache!



SUNDAY

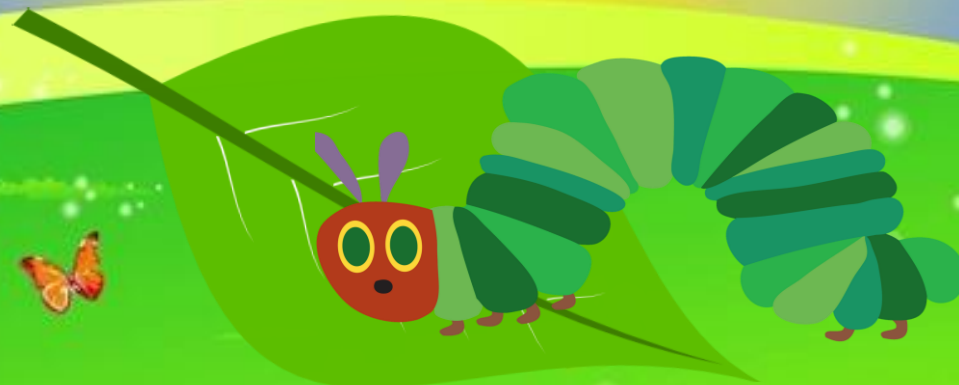
Both open hands tap palm to palm twice in front of body.



EAT

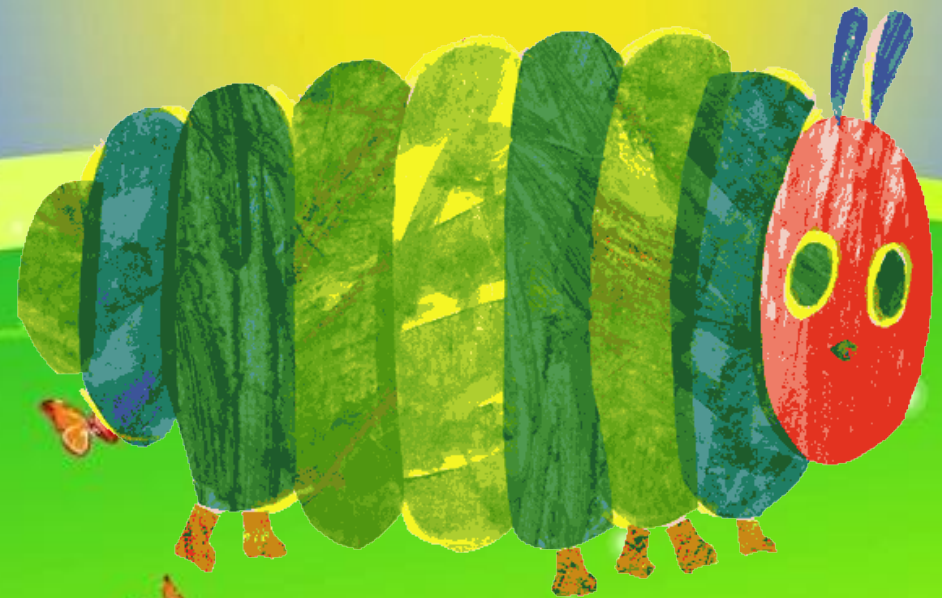
Bunched fingers and thumb of primary hand tap mouth twice.

The next day was Sunday again.
The caterpillar ate through one nice green leaf, after that he felt much better.



Now he wasn't hungry anymore and he wasn't a little caterpillar any more.

He was a big, fat caterpillar.

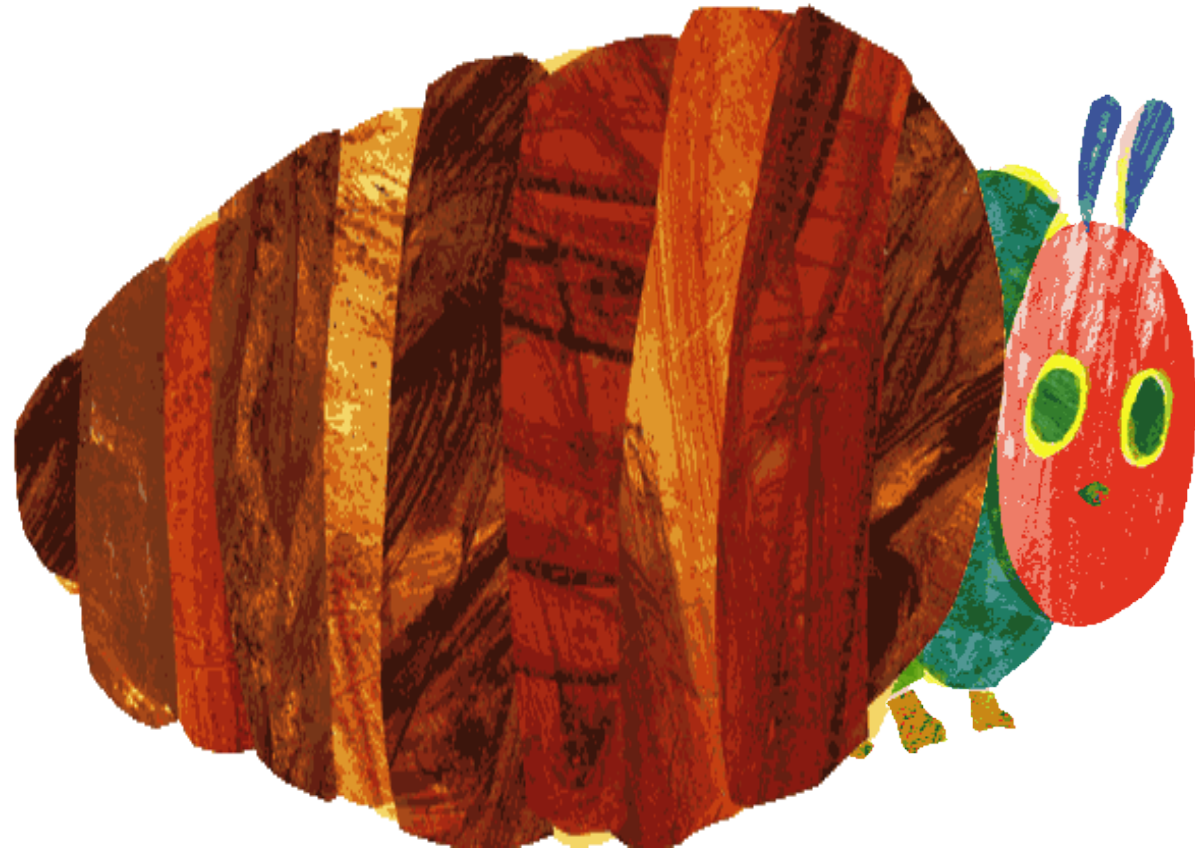




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HOUSE

Both flat hands held at an angle touch at tips to form the shape of a roof.

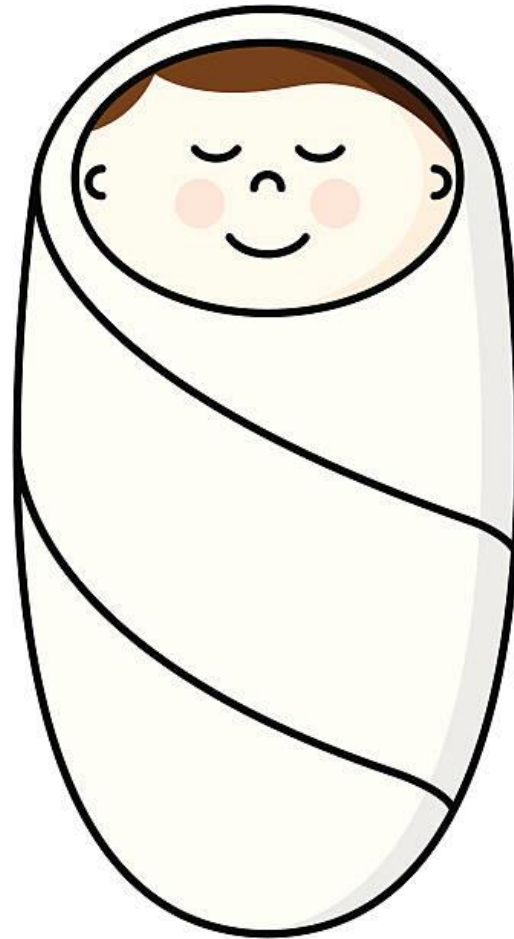


He built a small house, called a cocoon around himself. He stayed inside for more than two weeks.

Then he nibbled a hole in the cocoon and pushed his way out ...

Activity time.

Can you go and find blanket, towel or anything else you can wrap yourself in to make your own cocoon.





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BUTTERFLY

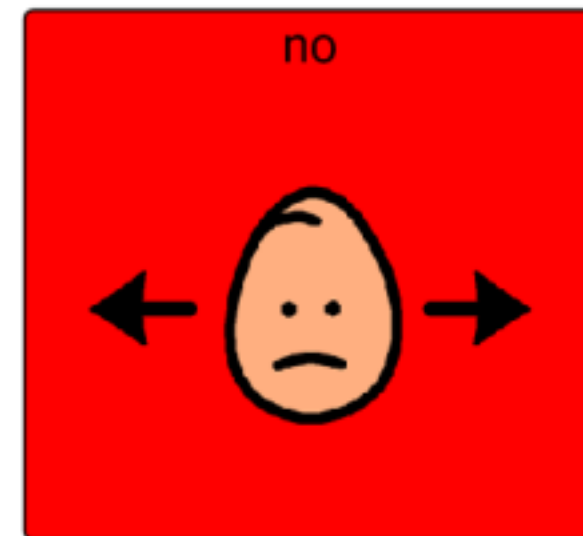
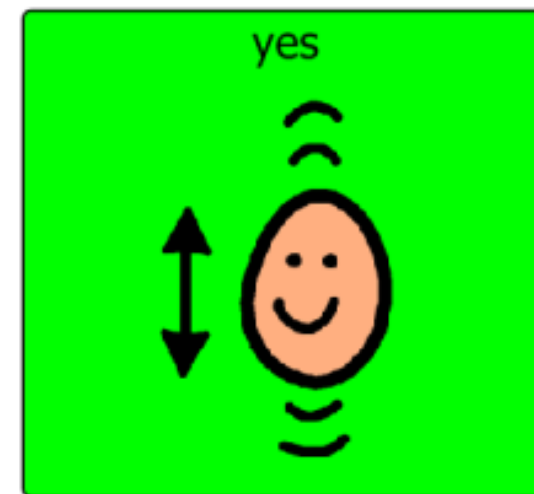
Open hands with palms facing body and interlinking thumbs. Hands make small fluttering motion while moving upwards.



He was a beautiful butterfly!



Did you like the story?



Activity time.

Make a butterfly out of leaves and sticks from your garden.



Record how many drinks of water you are having a day.



As a family sit together and share your favourite foods. Express your likes or dislikes, if your child is non verbal use the communication board to help them to express themselves.

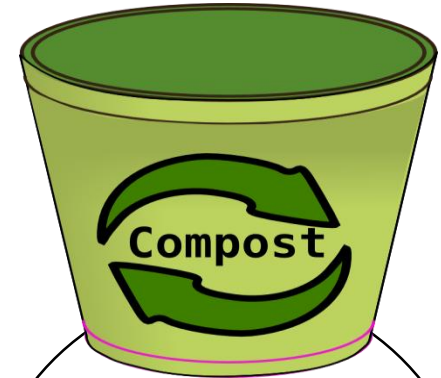


You could have a game of chase the butterfly. You could tie a blanket around yourself for the wings.

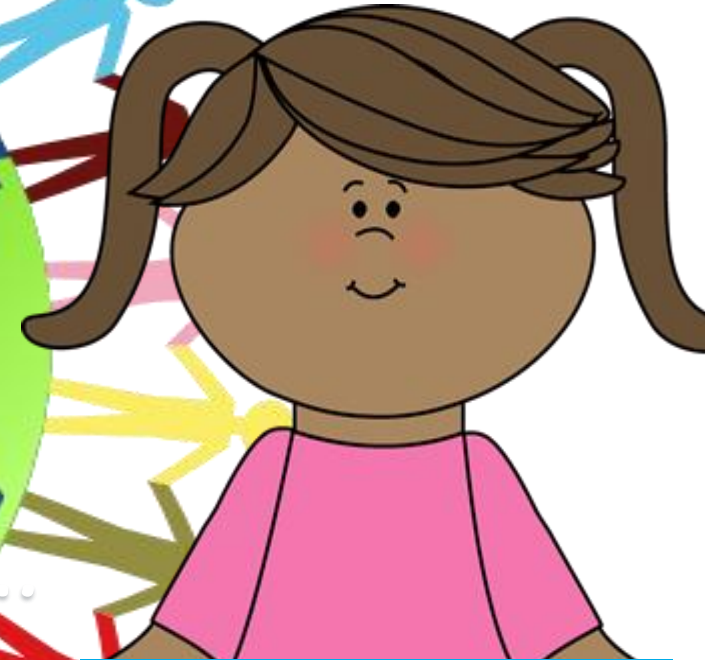


All the family take part in some exercise sessions together.

Munch and Move have some fantastic songs for you to dance to!



You could make your own compost by recycling your food waste. Once you compost is ready you could grow your favourite fruit and vegetables.



This certificate

Is awarded to

.....

for

.....

.....

Signed

.....

Date

Article 24



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unicef
UNITED KINGDOM



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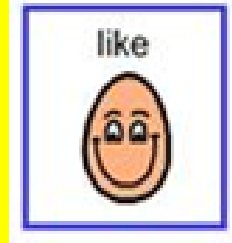


Communication Board Expressions

Ask your child to point at the symbols to express their likes or dislikes to the food.

or

You can print out the chart ask your child to place each ingredient on the right expression.



Praise board

