



APRIL

El “Cuadernillo de Actividades de Cuarto Grado de Educación Primaria”, fue elaborado por personal académico del PRONI en Tamaulipas.

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ÍNDICE

APRIL

Activity 1: Healthy Habits	2
Activity 2: Practicing Healthy Habits	3
Activity 3: Healthy Teeth	4
Activity 4: Taking Care of My Teeth	5
Activity 5: How Do You Take Care of Your Teeth?	6
Activity 6: Action Words	7
Activity 7: Make a Paper Dog	8
Activity 8: Make a Paper Yatch	9
Activity 9: Make a Pinwheel	10
Activity 10: Stretching	11
Activity 11: Safety Tips	12
Activity 12: Washing My Hands	13
Activity 13: Before and After	14
Activity 14: Tips for Going Out	15
Activity 15: Writing Instructions	16

REFERENCIAS

Bibliográficas	17
Iconográficas	17

Activity 1

Healthy Habits



Vocabulary. Read the words and practice their pronunciation.



toothbrush



toothpaste



teeth



dentist



dental floss



candies

Activity 2

Practicing Healthy Habits

Read the sentences and match them to the pictures by writing the correct number.

1. I need to brush my teeth _____
2. This person takes care of my teeth _____
3. I put it on my toothbrush _____
4. You use this to make sure there is no food left on your teeth _____

1



2



3



4



Activity 3

Healthy Teeth

Read the next poster about taking care of your teeth. Circle the actions you practice.

How to Take Care of Your Teeth

- Brush your teeth three times a day.
- Don't eat a lot of candy.
- Change your toothbrush every 3 months.
- Use dental floss after brushing your teeth.
- Visit your dentist twice a year.



Activity 4

Taking Care of My Teeth.

Answer the questions using the information from the poster on activity 3.

1. How often should you brush your teeth?

2. What shouldn't you eat?

3. How often should you change your toothbrush?

4. How often should you visit your dentist?

5. What should you use after brushing your teeth?



Activity 5

How Do You Take Care of Your Teeth?

Make a list and draw a picture of the actions and the routine that you do to take care of your teeth.



Activity 6

Action Words

Match the words with their corresponding picture and practice the vocabulary.

draw

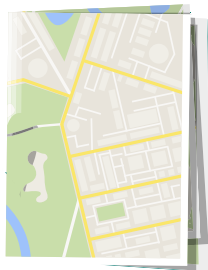
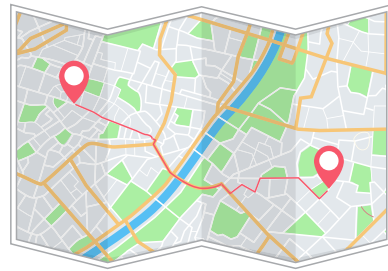
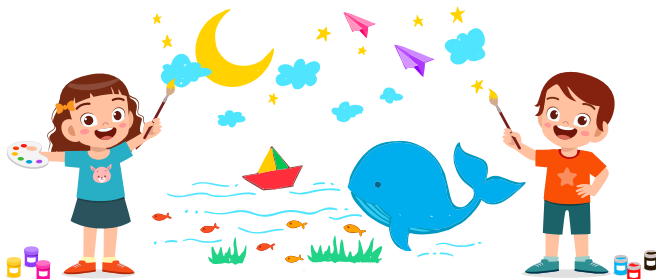
cut out

paint

unfold

paste

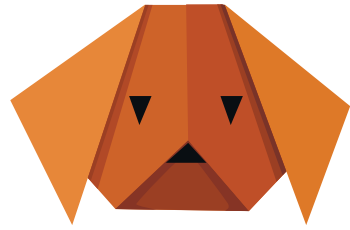
fold



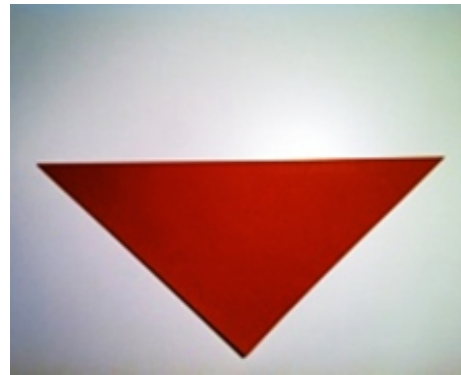
Activity 7

Make a Paper Dog

Follow the instructions to make a paper dog.



Step 1: Start with a squared piece of paper.



Step 2: Fold the paper in half.



Step 3: Fold both corners of the triangle down at an angle like you see in the picture.



Step 4: The head is too pointy! Fold the bottom corner to the back.



Step 5: Draw the eyes and nose!

Activity 8

Make a Paper Yacht

Follow the instructions to make a paper yacht.



Step 1: Start with a squared sheet of paper.



Step 2: Fold in half. And add a triangle of another color.



Step 3: Take the bottom right corner and **fold** it left, aligning the edges.



Step 4: Take the bottom side and simply **fold** it up like you see in the image.



Step 5: Paint it with your favorite colors.

Activity 9

Make a Pinwheel

Follow the instructions to make a paper pinwheel for your garden.



Step 1: Paint both sides of a squared sheet of paper or cardboard as you wish.



Step 2: Cut from each corner going up halfway to the center.



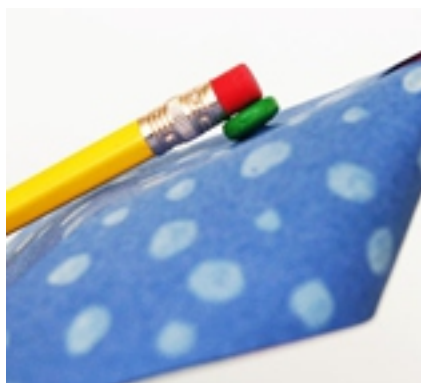
Step 3: Bring tips 1, 3, 5 and 7 to the center.



Step 4: Paste the tips.



Step 5: Insert a push pin.



Step 6: Attach the pinwheel to a pencil's eraser.



Step 7: Find a good spot to place your pinwheel and enjoy!

Activity 10

Stretching

Follow the steps to stretch every now and then after being sitting for a long time.



Step 1:
Walk around your house.



Step 2:
Stand on one foot and then on the other.



Step 3:
Slowly move your hips in circles, first to the left and then to the right.



Step 4:
Make five squats.



Step 5:
Jump as high as you can ten times.

Activity 11

Safety Tips

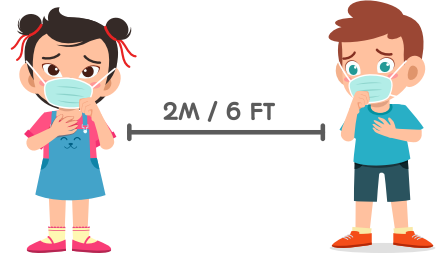
Look at the images and read.



wash your hands



face mask



keep social distance



soap



sneeze



antibacterial gel



cover



cough



stay at home



do not touch surfaces

Read and complete using the vocabulary above.

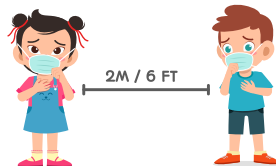
1. _____ before you eat.



2. _____ your face with your arm when you sneeze.



3. Keep the _____



Activity 12

Washing My Hands

Look at the images, read and write the correct instruction.

HOW TO WASH YOUR HANDS



Wet your hands.



Apply the soap.



Scrub your hands.



Clean your thumbs.



Rinse your hands.



Dry with a single use towel.













Activity 13

Before and After

Look at the images, read and complete using “before” or “after”.

HOW TO WASH YOUR HANDS



Wet your hands.



Apply the soap.



Scrub your hands.



Clean your thumbs.



Rinse your hands.



Dry with a single use towel.



1. Wet your hands _____ you apply the soap.



2. Clean your thumbs _____ you scrub your hands.



3. Rinse your hands _____ you dry with single use towel.



Before (Antes)
After (Después)

Activity 14

Tips for Going Out

Look at the images, read and match with a line.

1. Wear the face mask all the time.

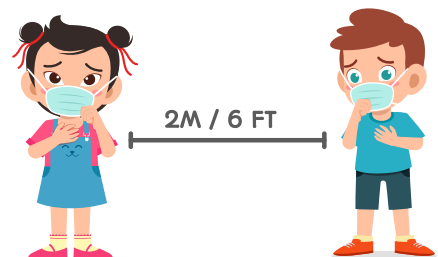
2. Keep the social distancing by 2 meters.

3. Bring antibacterial gel with you.

4. Cover with your arm when you cough or sneeze.

5. Do not touch any surface.

6. Wash your hands as soon as you get home.



Activity 15

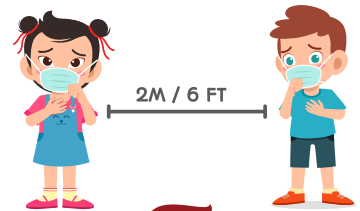
Writing Instructions

Complete the instructions.

1. _____ all the time.



2. Keep the _____ by 2 meters.



3. Bring _____ with you.



4. Cover with your arm when you _____ or _____



5. Do not touch _____



6. _____
as soon as you get home.



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