ᑎᒥᒐ ᑲᒪᒋᑦᑎᐊᕐᓗᒍ ᐱᖖᒍᐊᕈᑎ
ᐋᖅᑭᒃᓱᐃᑦᑎᐊᕐᓗᓂᓗ

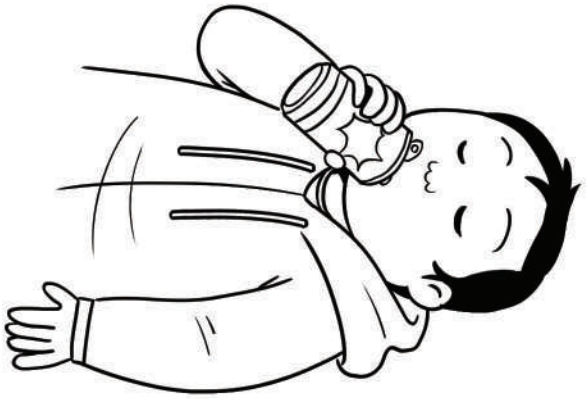
Taking Care of My Body Sorting Game

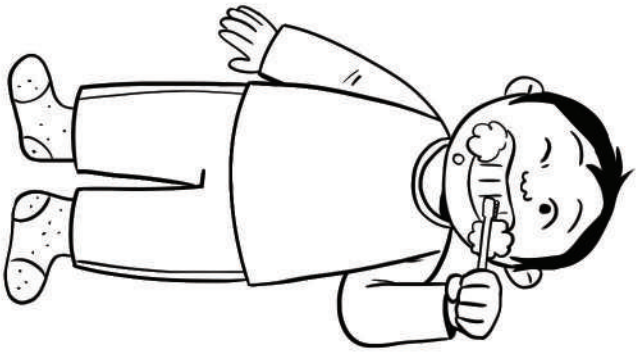
ᒪᓕᒋᐊᓖᑦ
1. ᐅᖃᓪᓚᐅᑎᖃᕆᔅᓯᒃ ᕿᑐᕐᖓᐃᓪᓗ ᖃᓄᐃᓕᐅᖅᑐᑎᒃ ᑎᒥᒥᖕᓂᒃ ᑲᒪᑦᑎᐊᕐᒪᖔᑕ ᔭᐃᑕᓐ, ᐊᖓᔪ, ᓇᔭᓗ ᐅᓂᒃᑳᕐᒥ–ᓲᕐᓗ, ᒧᒥᖅᑐᑎᒃ, ᐃᒥᖅᑐᑎᒃ, ᓯᓚᒥᓗ ᐱᖖᒍᐊᕐᕕᖕᒥ, ᑕᓯᓯᖅᑐᑎᒃ, ᐊᓯᖏᓪᓗ.
2. ᕿᑐᕐᖓᐃᑦ ᐃᑲᔪᕈᒃ ᐅᑭᑎᕆᑎᓪᓗᒍ ᐊᒥᐊᕆᑎᓪᓗᒍ ᑎᒥᑦᑎᓐᓂᒃ ᑲᒪᑦᑎᐊᕐᓂᖅ ᐊᖅᑭᒃᓱᕆᐊᓕᖕᓂᒃ ᐱᖖᒍᐊᕈᑎᒥᒃ ᒪᑭᑦᑕᐅᑎᓂᒃ.
3. ᓇᓂᓯᒋᑦ ᒪᑭᑦᑕᐅᑏᖕᓂᒃ ᔪᐊᑕᓐ ᑮᓇᖖᒍᐊᖏᓐᓂᒃ. ᒪᑭᑦᑕᐅᑎᐅᑉ ᐊᐃᑉᐸᖓᓂᒃ ᖁᖓᖖᒍᐊᖅᑐᖅ ᐊᐃᑉᐸᖓᓂᓪᓗ ᐊᓐᓄᖖᒍᐊᖅᑐᖅ. ᒪᑭᑦᑕᐅᑏᒃ ᕿᑐᕐᖓᖅᐱᑦ ᓵᑦᑎᐊᖓᓅᒃᑭᒃ. ᐊᐃᑉᐸᖓᓂᑦ ᒪᑭᑦᑕᐅᒻᒥ ᔭᐃᑕᓐ ᖁᖓᑦᑐᖖᒍᐊᖅ ᑎᒥᒥᓂᒃ ᑲᒪᑦᑎᐊᕐᒪᑦ, ᑕᐃᒫᓪᓗ ᐊᑲᐅᓯᔾᔪᑎᒋᓲᕆᓪᓗᓂᐅᒃ. ᐊᐃᑉᐸᖓᓂᓪᓕ ᐊᓐᓄᑦᑐᖅ ᑎᒥᖓ ᐊᑲᐅᑦᑎᐊᖏᒻᒪᑦ.
4. ᒪᑭᑦᑕᐅᑎᓕᒫᑦ ᑲᑎᑎᒃᑭᑦ. ᒪᑭᑦᑕᐅᑏᓪᓗ ᐳᓯᖖᒐᔪᐃᓐᓇᐅᓗᑎᒃ ᕿᑐᕐᖓᖅᐱᑦ ᓵᑦᑎᐊᖓᓂ.

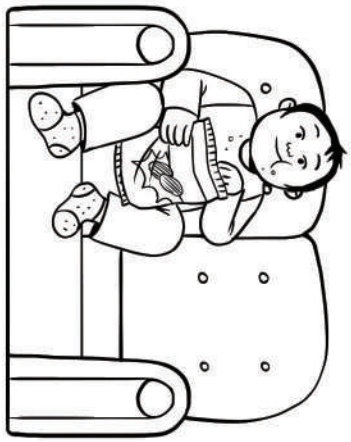
5. ᕿᑐᕐᖓᐃᑦ ᒪᑭᑦᑎᓗᓂ ᑕᑯᓗᓂᐅᒡᓗ ᒪᑭᑦᑕᐅᑦ. ᕿᑐᕐᖓᐃᑦ ᐊᐱᕆᒍᒃ, “ᔭᐃᑕᓐ ᑎᒥᒥᓂᒃ ᑲᒪᑦᑎᐊᖖᒍᐊᖅᐸ?” ᑕᐃᒪᐃᑉᐸᑦ, ᐊᑎᑦᑎᐊᖓᓅᖅᓯᓕ ᖁᖓᑦᑐᖖᒍᐊᑦ. ᑕᐃᒪᐃᖏᑉᐸᑦ, ᔭᐃᑕᓐ ᐊᓐᓄᑦᑐᖖᒍᐊᑦ ᐊᑎᑦᑎᐊᖓᓅᖔᕐᓗᒍ.

Directions

1. Talk to your child about the way Jayden, Angaju, and Naja take care of their bodies in the story—for example, by dancing, drinking water, playing at the indoor playground, stretching, and so on.
2.Help your child cut out the Taking Care of My Body Sorting Game cards.
3.Find two cards with Jayden’s face on them. On one card he is smiling, and on the other he is frowning. Place the two cards in front of your child. Explain that on the first card Jayden is smiling because he is taking care of his body, and that makes him feel good. On the second card he is frowning because his body doesn’t feel good.
4. Make a pile with all the other cards. Place the cards face down in front of your child.
5.Have your child flip over a card and look at the card. Ask your child, “Is Jayden doing something to take care of his body?” If he is, have your child put it under the card that shows Jayden smiling. If he is not, have your child put it under the card that shows Jayden frowning.







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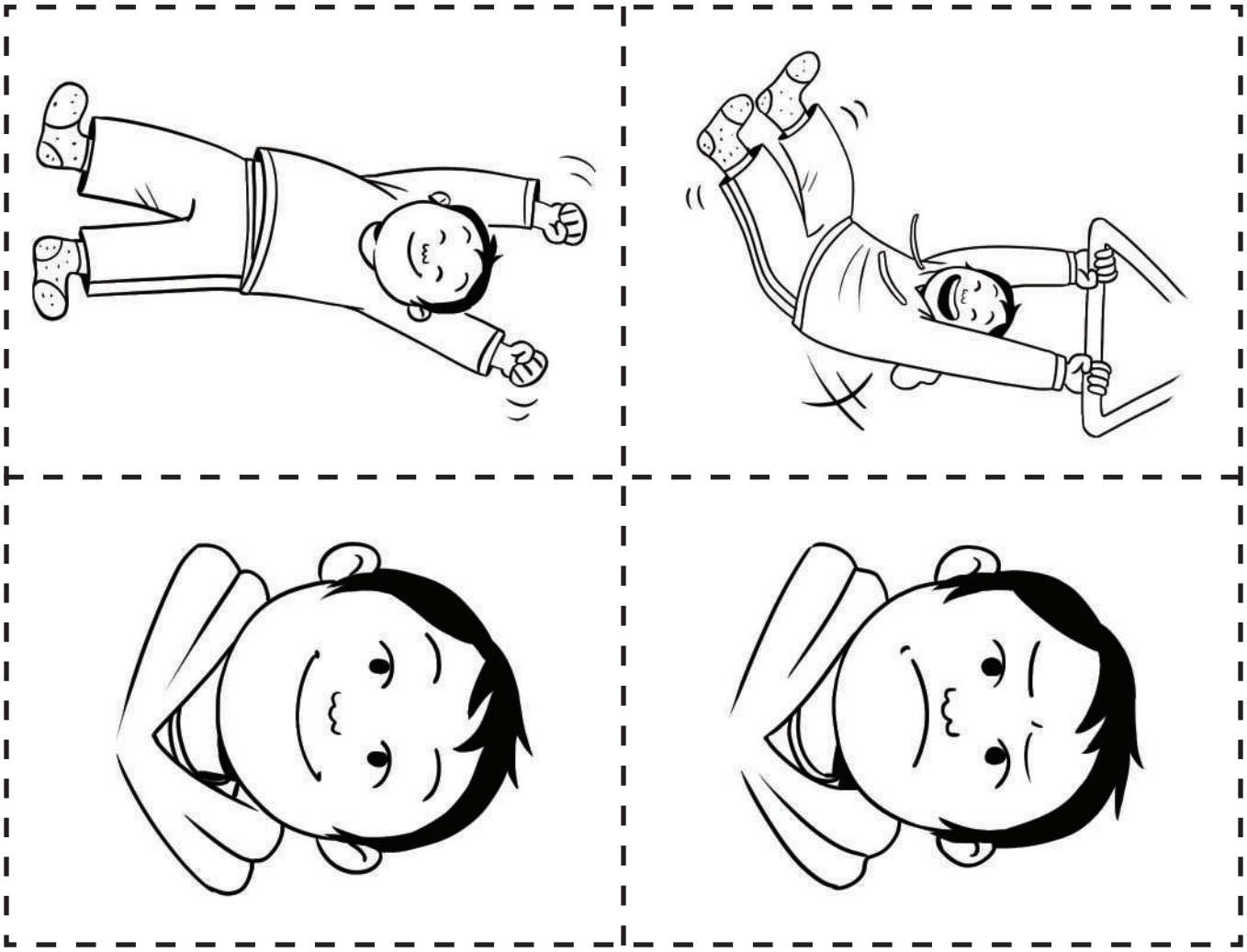
Taking Care of My Body Sorting Game



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