



WHALE CLASS

# Circle Time Guide

Everything you need, one page per day.

## **Week 8 · Healthy Food & Healthy Habits**

26–30 October 2026 · 13 minutes a day · ages 2.5–6, English learners

Just after 霜降 Frost's Descent (23 Oct) · Friday is the day before 万圣节 Halloween

## WEEK OVERVIEW

### Print • laminate • ring-bind • hold this all week

Some food is for **every day** and some only for **sometimes** — and a healthy body is washed, brushed, rested and shared with. Food runs Monday and Tuesday, habits run Wednesday and Thursday, and Friday puts them together.

#### FIVE WORDS THEY'LL OWN BY FRIDAY

### healthy water wash brush share

**Littles (2.5-3)** — one word + a gesture is a win: “Water!” (drink from a cup, long “aaah”), “Wash!” (rub both hands together), “Brush!” (brush up and down on your own teeth).

**Bigs (4-6)** — sentence frames: “An apple is healthy.” · “Sweets are sometimes food.” · “I wash my hands before I eat.” · “I share my food with my friend.”

#### THE 13-MINUTE FLOW, EVERY DAY

- 2 MIN** Magic Box hook — chant, shake, sniff, dramatic peek, the day's real object.
- 4 MIN** Teach — the day's word with the real thing in your hand. Get it wrong once on purpose.
- 3 MIN** Song — chorus → today's new verse → chorus.
- 3 MIN** Game — one named game, tied to the day's word.
- 1 MIN** Close — whisper → normal → SHOUT.

#### IN THE MAGIC BOX, DAY BY DAY

**Mon** a washed apple and a lollipop, side by side · **Tue** a bottle of water and a bottle of fizzy drink, with the sugar cubes counted out and stacked beside the fizzy one · **Wed** a bar of soap, a bottle of bubbles, and one muddy apple that has to be washed before anybody may eat it · **Thu** a toothbrush — and a giant model tooth to brush, still sticky from the lollipop · **Fri** the fruit basket to share and a small pumpkin lantern, plus every prop from the week.

#### THE WEEK'S CLOSE

**Everyone:** “Wash... brush... WATER! And I SHARE!” (*rub hands · brush teeth · cup hands up high · both hands offered out*)

#### THEME SHELF • FOUR TRAYS

- 1** • Every day / sometimes sorting — a green plate, a yellow plate, the food cards. *Control:* a green or yellow dot on the back of every card.
- 2** • Sugar-cube counting — five drink bottles, a dish of sugar cubes, a numbered card each. *Control:* the number card face-down under each bottle.
- 3** • Hand-washing sequence — five cards, wet · soap · scrub · rinse · dry, beside the real basin with a twenty-second sand timer. *Control:* numbers on the card backs, and the timer must run out.
- 4** • Apple slicing to share — a child-safe wedger, a board, a jug of water to rinse, a dish to serve from. *Control:* eight equal pieces, and the board wiped dry.

#### CHINESE ANGLE

The week sits just after 霜降 (Frost's Descent, 23 October): 秋天要多喝水, 多吃热的东西。汉字 健康 · 水 · 洗 · 牙 · 分享, plus 苹果 · 糖. Wednesday's 儿歌, sung while scrubbing: 《洗手歌》搓搓手心, 搓搓手背, 洗得干干净净。Friday's 万圣节 is named as a festival other children have — one pumpkin, one BOO, and back to the fruit.

#### FRIDAY'S DARK PHONICS SOUND

**o** — a short, round mouth: on, off, pot, hot, dog, log, top. *hot dog on a log!* It is on the taps all week: soap **on**, tap **off**.

## MONDAY · DAY 1

### Every Day or Sometimes?

Today's words: **healthy**

**Grab:** one washed apple and one lollipop in the Magic Box; two hoops (or a green plate and a yellow plate); the 12 food cards from print pack page 14; a tea towel to polish the apple.

#### 2 MIN MAGIC BOX HOOK

Box chant. Shake it — something *rolls* and something *rattles*. Two things! Sniff the lid.

**Everyone:** “What’s in the box? What’s in the box?”

Peek. Gasp. Peek again. Lift out the apple in one hand and the lollipop in the other and hold them far apart.

**Teacher:** “Two foods. One is for **every day**... and one is only for **sometimes**.” (*look from one hand to the other, very slowly*)

Polish the apple on your jumper. **“Apple!”**

#### 4 MIN TEACH · HEALTHY

Apple up high, in two hands, so every child can see it.

An apple is **healthy**. (*hold it up*)

Healthy food makes me **strong**. (*strong arms, growl*)

I eat it **every day**. (*five fingers, one at a time*)

CRUNCH! (*take a huge bite — let them hear it*)

Now the lollipop. Hold it up the same way, wait, and let them tell you. **Teacher:** “Every day? ... or **sometimes?**”

Littles say the one word **“Healthy!”** with strong arms — that is a full win at 2 and 3. Bigs say the frame: **“An apple is healthy.”** and **“Sweets are sometimes food.”**

**Teacher fails:** announce that the lollipop is “a lovely healthy breakfast”, start unwrapping it and look delighted. Do not rush. Let them shout you down twice before you sadly put it away.

#### 3 MIN GAME · EVERY DAY OR SOMETIMES?

“One, two, three — eyes on me!” Two hoops on the carpet: a **green** one — *every day* — and a **yellow** one — *sometimes*. Cards face down in a pile.

**Teacher:** “Take a card. Run it to the right hoop!”

Each child takes one card, names it, and runs it to a hoop. The class calls the verdict together: **“Every DAY!”** or **“Sometimes.”** Twelve cards, so everyone gets a turn or two. Bigs owe you a sentence — **“Broccoli is healthy.”** Littles just run and drop, and shout the word with the class.

Put one card in the wrong hoop yourself, whistling. They will fix it before you stand up.

#### 1 MIN CLOSE

Sitting. Whisper → normal → shout, with all four actions:

**Everyone:** “Wash... brush... WATER! And I SHARE!” (*rub hands · brush teeth · cup hands up high · both hands offered out*)

**Got 3 spare minutes?** *The Very Hungry Caterpillar* (Eric Carle) — on the Saturday page, ask each food: “Every day? Or sometimes?”

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**3 MIN · Today's song moment** — chorus → Monday's verse → chorus.

“Healthy food makes me strong, / eat it up all day long!” (*strong arms; five big pretend bites*)

## TUESDAY · DAY 2

### Water in My Cup

Today's words: **water** (healthy comes back every day)

**Grab:** a bottle of water and a bottle of fizzy drink in the Magic Box; a bag of sugar cubes (count ten out beforehand and hide them in your pocket); a clear cup, a small jug, a tray; five bottles for the game — water, milk, juice, fizzy drink, sports drink.

#### 2 MIN MAGIC BOX HOOK

Box chant. Shake — this one *sloshes*. Hold it to your ear and slosh it again.

**Everyone:** “What's in the box? What's in the box?”

Lift out the water bottle. Then the fizzy bottle. Stand them side by side on the tray, in the middle, where everybody can see — and beside the fizzy one, the little stack of sugar cubes you counted out this morning.

**Teacher:** “Two drinks. Which one do I drink **every day**?” (*hand hovers over each in turn — wait*)

**“Water!”** Everyone drinks from a pretend cup with a long **“aaah”**.

#### 4 MIN TEACH · WATER

Pour water from the jug into the clear cup, slowly, so they hear it. Hold it up to the window.

**Water** is clear. (*hold the cup up to the light*)

Water is cool. (*touch the cup to your cheek, shiver*)

I drink my water... (*one long drink*)

Aaaaah! (*whole body relaxes*)

Every child gets a real sip if you have cups — it takes ten seconds each and it is the whole lesson.

Littles say **“Water!”** and drink; Bigs say **“I drink my water.”**

Now the fizzy bottle. Take the sugar cubes out of your pocket and stack them one at a time beside it, counting out loud together: **“One... two... three...”** all the way to ten. Everybody gasps at the tower.

**Teacher fails:** “I am thirsty! I will just eat these ten sugar lumps for my breakfast.” Lift one towards your mouth. Wait for the roar, then put it down and drink the water instead.

#### 3 MIN GAME · COUNT THE SUGAR CUBES

“One, two, three — eyes on me!” Five bottles in the middle, sugar cubes in a dish, a numbered card face down under each bottle.

**Teacher:** “How much sugar is hiding in **this** one?”

A child stacks the cubes in front of one bottle while the class counts. Then turn the card over and check together. Water: **zero** — everybody cheers. Fizzy drink: a tower — everybody gasps. Then everyone drinks a cup of water together.

Littles do the counting with their fingers up in the air, not with the cubes. Bigs read the number card themselves and say **“The fizzy drink has ten.”**

#### 1 MIN CLOSE

Whisper → normal → shout, with all four actions:

**Everyone:** “Wash... brush... WATER! And I SHARE!” (*rub hands · brush teeth · cup hands up high · both hands offered out*)

**Got 3 spare minutes?** *Water Is Water* (Miranda Paul) — don't read every word, just turn the pages and say “Water!” together on each one.

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**3 MIN · Today's song moment** — chorus → Tuesday's verse → chorus.

“Water, water, clear and cool, / fill my cup at home and school!” (*cup hands and look into them; pour with one hand, drink with the other*)

## WEDNESDAY · DAY 3

### Wash Your Hands

Today's words: **wash** (healthy · water come back)

**Grab:** a bar of soap, a bottle of bubbles and one muddy apple in the Magic Box (roll a washed apple in a little soil before circle); a bowl of water, a nail brush, a towel; the five hand-washing cards for the shelf tray; a 20-second sand timer if you have one.

#### 2 MIN MAGIC BOX HOOK

Box chant. Shake — a soft, heavy *thud*. Sniff the lid, close your eyes, sniff again: it smells **clean**.

**Everyone:** "What's in the box? What's in the box?"

Out comes the bar of soap. Pass it round the circle so every child can smell it. Then reach in again — and lift out the **muddy apple**, holding it away from you between two fingers.

**Teacher:** "Oh dear. Can I eat this?" (*hold it up, turn it slowly, let them see the dirt*)

**"NO!"** Ask what we have to do first. Somebody will get there: **"Wash!"** Everybody rubs both hands together.

#### 4 MIN TEACH · WASH

Bowl of water in the middle, soap beside it, towel on your shoulder. Wash the apple in front of them, properly, taking your time.

Wet the apple. (*dunk it, both hands*)

**Wash**, wash, wash! (*rub it round and round*)

Rinse it, dry it... (*towel, slowly*)

NOW I can eat it! (*huge CRUNCH — the water is dirty and the apple is shining*)

Now your hands, the same way, and name the five steps as you go: **wet · soap · scrub · rinse · dry**. Hold up a finger for each one. Littles say **"Wash!"** and rub both hands together — that is the win. Bigs say the frame: **"I wash my hands before I eat."**

汉字 洗. And the 儿歌 everybody already half-knows — sing it in Chinese while you scrub: 《洗手歌》搓搓手心，搓搓手背，洗得干干净净。

**Teacher fails:** put your hands in the water for half a second, flick them, and reach for the apple. "Done!" Let them stop you. Then do it properly while they count.

#### 3 MIN GAME · BUBBLE HAND-WASH

"One, two, three — eyes on me!" Blow a cloud of bubbles over the circle. Every child catches one on their palms — and now their hands are "full of germs".

**Teacher:** "Scrub! Don't stop until the song stops!"

Everybody scrubs — palms, backs, between the fingers, thumbs, nails — for **one whole chorus**. That is twenty seconds, **and that is the rule**. When the song stops, hands go up: **"CLEAN!"** Three rounds: round two a Big leads and calls out the part — **"Now the thumbs!"** — round three everybody does it with their eyes shut.

Then walk to the real basin as a class and do it once with real soap and real water, singing. That walk is the lesson — it is the habit they take home.

#### 1 MIN CLOSE

Whisper → normal → shout, with all four actions:

**Everyone:** "Wash... brush... WATER! And I SHARE!" (*rub hands · brush teeth · cup hands up high · both hands offered out*)

**Got 3 spare minutes?** *Wash Your Hands!* (Tony Ross) — the Little Princess will not wash, and they will tell her off on every page.

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**3 MIN · Today's song moment** — chorus → Wednesday's verse → chorus.

"Bubbles, bubbles, wash them away, / germs go down the drain — bye-bye today!" (*rub hands, flick the bubbles off; wave down at the floor*)

## THURSDAY · DAY 4

### Brush, Brush, Brush

Today's words: **brush** (healthy · water · wash all come back)

**Grab:** a new toothbrush in the Magic Box and a giant model tooth (or a big white sponge, or an egg box painted white) smeared sticky with a little jam or honey the night before; a big brush or nail brush to clean it; a mirror; a spare toothbrush per child if you have them; 汉字 card 牙.

#### 2 MIN MAGIC BOX HOOK

Box chant. Shake — a light, hollow *clatter*. Sniff: mint!

**Everyone:** “What's in the box? What's in the box?”

Out comes the toothbrush. Wave it about. Then lift out the giant tooth — sticky, dull, and disgusting — and hold it up in silence until somebody says something.

**Teacher:** “This tooth ate the **lollipop** on Monday... and nobody brushed it.” (*turn it slowly, sadly*)

Everybody brushes their own teeth in the air, up and down. **“Brush!”**

#### 4 MIN TEACH · BRUSH

Toothbrush up high so everyone can see the bristles. Then your own teeth, hugely, in the mirror.

Up and down... (*brush up and down on the top teeth*)

and round and round... (*little circles*)

Front and back and **all** around! (*open wide, get the back ones*)

Spit! Rinse! **Shiny!** (*big grin, show every tooth*)

Every child brushes their own teeth in the air with you, twice: once in the morning, once at night — hold up one finger, then two. Littles say **“Brush!”** with the up-and-down action. Bigs say **“I brush my teeth in the morning and at night.”**

汉字 牙 — hold the card up beside your own grin.

**Teacher fails:** brush your **ear**. Thoroughly, with great concentration. Then your nose. Then your elbow. Keep going until they are screaming at you and pointing at their own mouths.

#### 3 MIN GAME · BRUSH THE GIANT TEETH

“One, two, three — eyes on me!” The sticky tooth goes in the middle on a tray, with the big brush beside it.

**Teacher:** “Every sticky bit must come clean. Where is there still some?”

One child brushes while the class directs: **“The top!” “The BACK!” “In the middle!”** When they think it is done, everyone inspects it, and somebody always finds one more sticky patch. Then all together, in the air, for the length of one verse: up and down, round and round, front and back.

Bigs can count the strokes to twenty. Littles just brush and shout the word. If you have a toothbrush each, this is the day to send them home clean.

#### 1 MIN CLOSE

Whisper → normal → shout, with all four actions:

**Everyone:** “Wash... brush... WATER! And I SHARE!” (*rub hands · brush teeth · cup hands up high · both hands offered out*)

**Got 3 spare minutes?** *Brush Your Teeth, Please* (Leslie McGuire) — a pull-tab book; let a different child brush each animal.

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**3 MIN · Today's song moment** — chorus → Thursday's verse → chorus, a shade slower.

“Up and down and round and round, / brush my teeth — what a shiny sound!” (*brush up and down, then circles; huge grin on “shiny”*)

## FRIDAY · DAY 5

### Slice & Share

Today's words: **healthy · water · wash · brush · share** — the whole week

**Grab:** the fruit basket to share and one small pumpkin lantern in the Magic Box, plus every prop from the week; a child-safe apple wedger, a board, a jug of water to rinse and a serving dish; the “My Healthy Day” sheets (print pack page 16) and the awards (page 17).

#### 2 MIN MAGIC BOX HOOK

The box comes out fat, heavy and smelling of fruit. Everyone leans in.

**Teacher:** “Today the box is FULL! What did we learn this week?”

Pull the props out one at a time and hold each up in silence — they will supply the word before you can. Apple → **“Healthy!”** Water bottle → **“Water!”** Soap → **“Wash!”** Toothbrush → **“Brush!”** Lollipop → **“Sometimes!”**

Last out: the fruit basket — and one small **pumpkin lantern**. Don't explain it yet. Set it at the edge of the mat where they can all see it and carry on.

#### 4 MIN TEACH · SHARE

Wash your hands first, in front of them, all five steps — Wednesday's habit, used for real. Then the fruit basket in both hands. Don't eat any. Turn to the child beside you and hold it out.

One for **me**... (*hand on your own chest*)

and one for **you**. (*hold the basket out with both hands*)

I **share** my food. (*both hands push the basket forward*)

Thank you! (*小手合十 — hands together, small bow*)

The basket goes all the way round the circle, hand to hand, and **nobody eats yet**. Every child says **“Share!”** as they pass it on; Bigs say **“I share my food with my friend.”**

**Teacher fails:** take the basket back, sit down and start eating the whole lot yourself with your back to them. Wait. Being told off for not sharing is the best English lesson of the week.

#### 3 MIN GAME · SLICE AND SHARE

“One, two, three — eyes on me!” Board, wedger, jug and dish in the middle. Hands washed. Rinse each apple, then press the wedger down — eight pieces every time, and the click is very satisfying.

**Teacher:** “Take a piece — and give it to somebody else.”

**Nobody eats their own piece.** Each child takes one, turns to a friend, holds it out with both hands and says **“Share!”** — or, for a Big, **“This is for you.”** Then everybody eats at the same moment.

Now the pumpkin. Tomorrow is 万圣节 — Halloween — a festival other children have, where they carve a pumpkin and pretend to be a little bit scary. Light it, turn the lights down, and once, all together:

**Everyone:** “BOO!” (*hands up like claws, then everybody laughs and it is over*)

One pumpkin, one BOO, and back to the fruit. It is a nod, not a party — the week belongs to washing, brushing and sharing.

#### 1 MIN CLOSE + THE TAKE-HOME SHEET

Hand out the “My Healthy Day” sheets: every child traces the cup, the toothbrush and the soap, draws the every-day food they love on the plate, you scribe their line, and it goes home today with an award.

**Everyone:** “Wash... brush... WATER! And I SHARE!” (*rub hands · brush teeth · cup hands up high · both hands offered out*)

**Got 3 spare minutes?** *The Doorbell Rang* (Pat Hutchins) — more and more friends arrive and the biscuits get shared again and again.

**3 MIN · Today's song moment** — Friday's verse, then the WHOLE song, with the fruit on the mat and nobody touching it until the last chord.

“One for me and one for you, / share the fruit — that's what we do!” Then chorus → Mon → Tue → Wed → Thu → Fri → chorus. That run-through is the week's review.

# SONGBOOK

## ★ “Every Day, Every Day”

C (0003) F (2010) G7 (0212) Am (2000) · Strum: Down · Down · Down-Up

Am is the only awkward shape and it is one finger — the same finger C uses, moved across. It lands on the “sometimes” line in the chorus and again at the top of Thursday's verse; if it trips you, play C there for a week and nobody will mind. Everything else is C, F and G7.

### CHORUS — EVERY SINGLE DAY

- C Crunch, crunch, crunch — an F apple a day! C (*big bite, then CRUNCH*)  
F Water in my C cup — hip hip G7 hooray! C (*drink, then both hands up*)  
C Sweeties are for sometimes, F not for every Am day, (*waggle one finger, slowly*)  
F Wash and C brush and G7 share — hoo C ray! (*rub hands · brush teeth · both hands out*)

### MONDAY · HEALTHY

- C Healthy food makes me strong,  
G7 Eat it up C all day long!

### TUESDAY · WATER

- C Water, water, clear and cool,  
G7 Fill my cup C at home and school!

### WEDNESDAY · WASH

- C Bubbles, bubbles, wash them away,  
G7 Germs go down the drain — C bye-bye today!

### THURSDAY · BRUSH

- Am Up and down and round and round,  
G7 Brush my teeth — C what a shiny sound!

### FRIDAY · SHARE

- C One for me and one for you,  
G7 Share the fruit — C that's what we do!

Each day: chorus → today's verse → chorus. Friday: sing the whole thing top to bottom with the fruit basket on the mat and nobody touching it until the last chord — that run-through is the review of the week. One chorus plus one verse, at normal speed, is about **twenty seconds**, which is exactly Wednesday's hand-washing rule.