

## **SAMPLE LESSON PLAN**

### **12-12:30**

Explain to the students about the lesson plan and the activities

### **12:30-1:00**

Set up materials and get all of the volunteers and the children together and ready to start the lesson

### **1:00-1:30**

Icebreakers: Human knot

### **1:30-1:45**

Split into groups and prepare for English activities

### **1:45-2:15**

Teach numbers and basic conversation greetings (ex: Hi my name is\_\_)

### **2:15-2:45**

Guessing game: I spy

### **2:45-3:15**

Sing "Old MacDonald" and teach animals names and noises

### **3:15-3:30**

Gather together and prepare for hygiene education

### **3:30-4:15**

Hygiene education

### **4:15-4:45**

Show off what learned and sing one of the songs they learned

## **ACTIVITIES**

### **Human knot**

#### **Instructions**

1. Stand in a circle and members reach across and grab hands with someone (introduce themselves at same time); don't let go of hands
2. Explain that must untangle without letting go of hands

### **I spy**

#### **Instructions**

1. 1 person looks for something visible around them and says, "I spy with my little eye, something that (clue about object)" (is yellow)
2. The other players asks "yes" or "no" questions about the object

3. Keep guessing until someone guesses the correct object

“Old MacDonald”

Old MacDonald had a farm,  
E-I-E-I-O.

And on his farm he had some chicks,  
E-I-E-I-O.

With a chick, chick here,  
And a chick, chick there,  
Here a chick, there a chick,  
Everywhere a chick, chick,

Old MacDonald had a farm,  
E-I-E-I-O.

2. Duck - quack
3. Turkey – gobble
4. Pig – oink, oink
5. Cow – moo, moo
6. Cat – meow, meow
7. Mule – heehaw
8. Dog – bow wow
9. Turtle – nerp, nerp

Hygiene education: “So what’s the big deal if I don’t brush the way I should?”

Materials

2 small jars w/ lids  
Label  
Marker  
Pieces of eggshell  
Water  
White vinegar  
Paper  
Pencil

Instructions

1. Ask students what they know about tooth decay (discussion)
2. Explain vinegar is an acid like the kind that plaque causes on teeth and calcium in eggshells is in teeth (eggshells represent teeth)
3. Put eggshell pieces in each of jars, and ask students what they think will happen in each
4. Fill one jar with water, the other with vinegar; label/date each jar
5. Ask students to observe and write down what they see (2X per day)

6. Explain that the bubbles on vinegar eggshells represents what happens when you eat
  - a. Acids in your mouth react with the food to break it down
  - b. If we do not brush and floss, too much acid builds up
7. Ask students to predict what will happen in a few days
8. 2-3 days later the acid in the vinegar will dissolve eggshells (cavities)

## **SAMPLE LESSON PLAN NUMBER 2**

### **12-12:30**

Explain to the volunteers about the lesson plan and the activities

### **12:30-1:00**

Set up materials and get all of the volunteers and the children together and ready to start the lesson

### **1:00-1:30**

Icebreakers: Two truths and a lie

### **1:30-1:45**

Split into groups and prepare for English activities

### **1:45-2:15**

Teach numbers and basic conversation greetings (ex: Hi my name is\_\_)

### **2:15-2:45**

The wave

### **2:45-3:15**

Sing "Head and Shoulders, Knees and Toes" and teach body parts

### **3:15-3:30**

Gather together and prepare for hygiene education

### **3:30-4:15**

Hygiene education

### **4:15-4:45**

Show off what learned and sing one of the songs they learned

## ACTIVITIES

### Two truths and a lie

#### Instructions

1. Players sit in a circle and think of 2 truths and 1 lie about themselves
2. Go around the circle and each person introduces themselves and says the facts in any order to hide their lie
3. The group votes on which fact is the lie and then the person tells them if they are correct
4. The next person in the circle then continues the icebreaker

### The wave

#### Instructions

1. Children perform the wave by lifting their arms in a progression around a circle
2. Each child says 1 part of a short vocabulary sequence
  - a. Ex: types of dogs, months in a year, counting numbers, create a sentence

### “Head and Shoulders, Knees and Toes”

Head and shoulders knees and toes

Knees and toes,

Head and shoulders knees and toes

Knees and toes,

And eyes and ears

And mouth and nose,

Head and shoulders knees and toes

Knees and toes.

Feet and tummies arms and chins

Arms and chins,

Feet and tummies arms and chins

Arms and chins,

And eyes and ears

And mouth and sins,

Feet and tummies arms and chins

Arms and chins.

Hands and fingers legs and lips

Legs and lips,

Hands and fingers legs and lips  
Legs and lips,  
And eyes and ears  
And mouth and hips,  
Hands and fingers legs and lips  
Legs and lips.

Hygiene education: "Just what is plaque and what can happen to your teeth if you don't remove it?"

Materials

Apple  
Knife  
Paper bag  
Paper  
Pencil

Instructions (day 1)

9. Ask students what they think will happen if they don't brush their teeth and remove plaque (hypothesis)
10. Allow students to make observations in their journal about the apple and share with their partner
11. Ask students to hypothesize what will happen to apple when you put it in the paper bag for a few days

Instructions (day 2)

1. Recap the first day's observations
2. Remove the apple from the paper bag and let students observe
3. Cut the apple in half and let students observe
4. Explain that this is an example of decay
  - a. This happens to teeth when not brushed and flossed
  - b. Plaque is a layer of sticky bacteria that can build up on tooth surfaces → acids → tooth decay / cavities
  - c. Brushing and flossing prevents cavities
  - d. You should also eat healthy foods (ex: cheese, milk, vegetables), avoid sugar, and visit dentist 2X per year

Other ideas:

Sing children's songs with interactive hand motions

Ex: "Wheels on the Bus"

Teach topics:

Shapes  
Colors  
Geography of US  
Sports  
Foods  
Seasons

Professions

Work on pronunciation:

Ex: "ch," "er," "st"

Ask them if they have any questions about English or the US

Try to be as interactive as possible and do not hesitate to review previously discussed topics. HAVE FUN☺

# Lesson Plan for English Activities for Participants with No English

Introduction ~ Icebreakers

## Lesson One

Human Knot

- a get-to-know-you icebreaker
- involves close physical proximity
- used as a name game
- helps a group learn about how to work together
- can also focus on group understanding of communication, leadership, problem solving, teamwork, trust, persistence, etc.

## Overview

Standing in a circle, group members reach across and shake hands and say their name - use hand connecting to a different person.

The group then tries to unravel the "human knot" by unthreading their bodies without letting go of each others hands.

### Set Up & Instructions

Ask participants to form a circle, shoulder-to-shoulder. Encouraging/urging participants to all stand closer can be a subtle way of helping to prepare them for what is about to come.

Ask participants to each place a hand in the middle of the circle and to grasp another hand.

To emphasize learning of names and get a bit of fun going, ask participants to introduce themselves to the person they are holding hands with.

Then ask participants to put their other hand in the middle, grasp a different person's hand, and introduce themselves.

Don't let participants let go of hands - some will be tempted to think the activity might then be over - but it is only just starting.

Explain to participants that what you'd like them to do is untangle themselves, without letting go of hands, into a circle.

There will be a mixture of reactions, often including nervous laughter, fun amusement, excitement, trepidation, strong suspicion that it can't be done, and others who may view the task as a somewhat sadistic or inappropriate joke. Often some group members will have done the task before, but this doesn't really matter, each time the task is unique.

Participants may change their grip so as to more comfortable, but they are not to unclasp and re-clasp so as to undo the knot.

Since we want name-learning emphasized, explain that whenever the group is talking to someone, or about someone, that the person's first name must be used. This usually requires supervision and reinforcement by the instructor, but once enforced, is excellent for learning names. It also usually helps the group to work together and find solution, because their communications are more accurate with names involved.

Stand back and see what happens.

Be prepared to see little progress for quite some time (up to 10 minutes). However, once the initial unfolding happens, the pace towards the final solution usually seems to quicken.

However, because each occasion is unique, there are also odd times when a very fast solution falls out - too easy. In such cases, you ask a group to try the task again - its usually a bit harder second time around. Occasionally, the task seems too hard and participants seem to make almost no progress. Let them struggle for about 10 minutes, then you can offer the group one unclasp and reclasp - they need to discuss and decide what unclasp-reclasp would be most useful.

Most of the time a full circle falls out, but occasionally there are two or even three interlocking circles. So, really the task is to sort the knot out into its simplest structure.

30 - 45 minutes

## Lesson Two

### Getting To Know You Ball Game

Form a circle and the participants have to throw a large ball to each other and as they throw they have to say their own name.

Then throwing the ball to each other saying the name of the person they're throwing to.

15 – 20 minutes

## Lesson Three

### Learning the English Alphabet

Use the alphabet worksheet to go through the letters one at a time. Speak the letter and the word. Have each person repeat the letter and the word associated with each letter.

20 minutes

BREAK TIME

30 minutes



## Lesson Four

### Listen and Repeat Game

Select one of the worksheets. Speak each word while showing the picture. Have each person repeat each word. Help them try to identify the object with the word. Select another worksheet and repeat. Depending on time and participation, decide when to stop.

30 – 60 minutes

## Lesson Five

### Everyday English Sayings and Questions

Use the worksheets to introduce common English sayings and questions to the group. Continue by demonstrating/speaking the saying and having each participant repeat the sayings and questions. Vary the exercise by having each participant try to say or ask them to each other.

This lesson will require your body language, motions and movements to help the participants understand.

30 - 45 minutes

## Items Needed

Lesson Two	Large Ball
Lesson Three	Learning the English Alphabet Worksheet
Lesson Four	Listen and Repeat Game Worksheet
Lesson Five	Everyday English Sayings and Questions Worksheet

## Total Lessons Time

Approximately 3 – 4 ½ hours

# Lesson Plan for English Activities

## for Participants with Some English

### Day One

Introduction ~ Icebreakers

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30 - 45 minutes

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Then throwing the ball to each other saying the name of the person they're throwing to.

15 – 20 minutes

### Lesson Three

#### Days of the Week Hangman

Use the worksheets to play hangman with the participants. Each answer spells a day of the week.

45 – 60 minutes

### BREAK TIME

30 minutes

### Lesson Four

#### Story Telling

Have each participant tell a story about their typical day.

30 – 60 minutes

### Lesson Five

#### Everyday English Sayings and Questions

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This lesson will require your body language, gestures and movements to help the participants understand.

30 - 45 minutes

### Items Needed

Lesson Two	Large Ball
Lesson Three	Days of the Week Hangman Worksheet
Lesson Five	Everyday English Sayings and Questions Worksheet

### Total Lessons Time

Approximately 4 ½ hours

# Listen and Repeat Game Worksheet

## Lesson Four



**Sheep**

**Ship**



**Bean**

**Bin**



**Seat**

**Sit**



**Leek**

**Lick**



**Cheeks**

**Chicks**





**Cold**



**Gold**



**Coat**



**Goat**



**Curl**



**Girl**



**Class**



**Glass**



**Back**



**Bag**





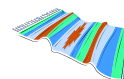
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**Clog**



**Carpet**

**Cuckoo**



**Scooter**  
**Sky**



**School**

**Cup of Coffee**



**Scarf**

**Car**





**Ticket**

**Pocket**



**Thin**

**Tin**



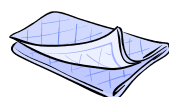
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**Three**



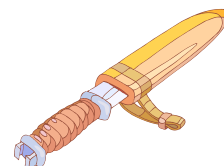
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**Thanks**



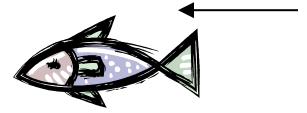
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**Sheath**





**Pin**



**Fin**



**Peel**



**Feel**



**Pail**



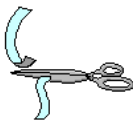
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**Pine**



**Fine**



**Snip**



**Sniff**



**Harp  
Half**

