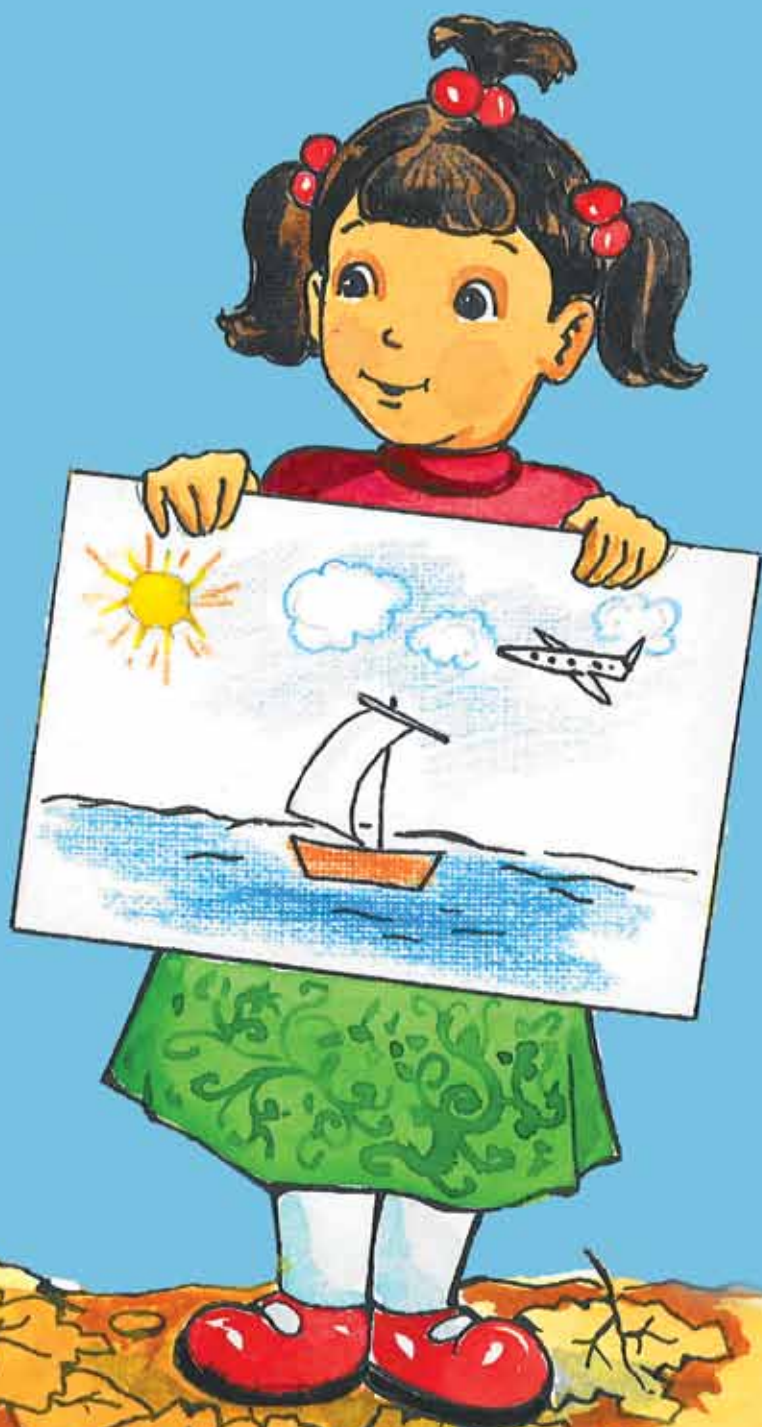


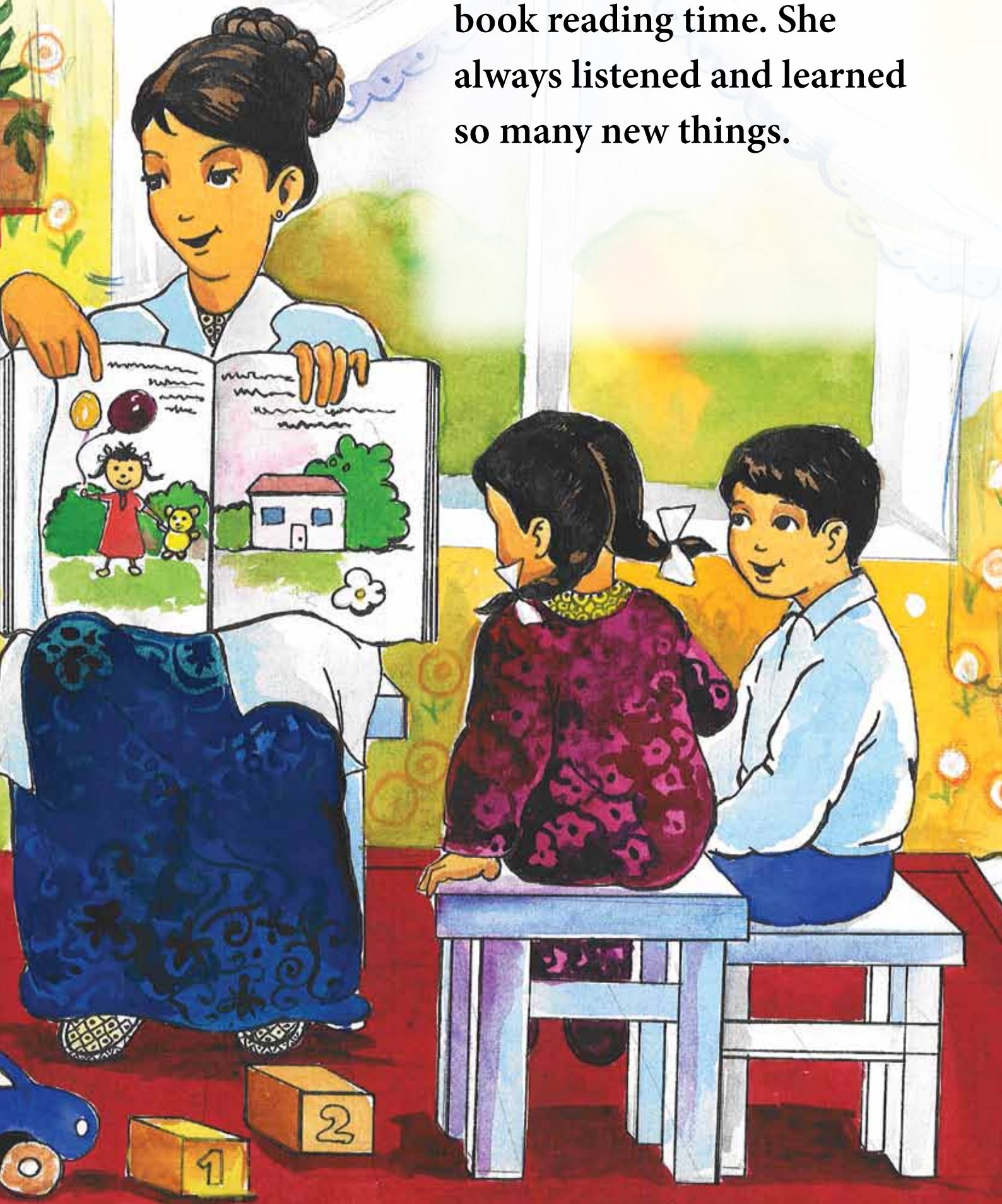
# STAY HEALTHY



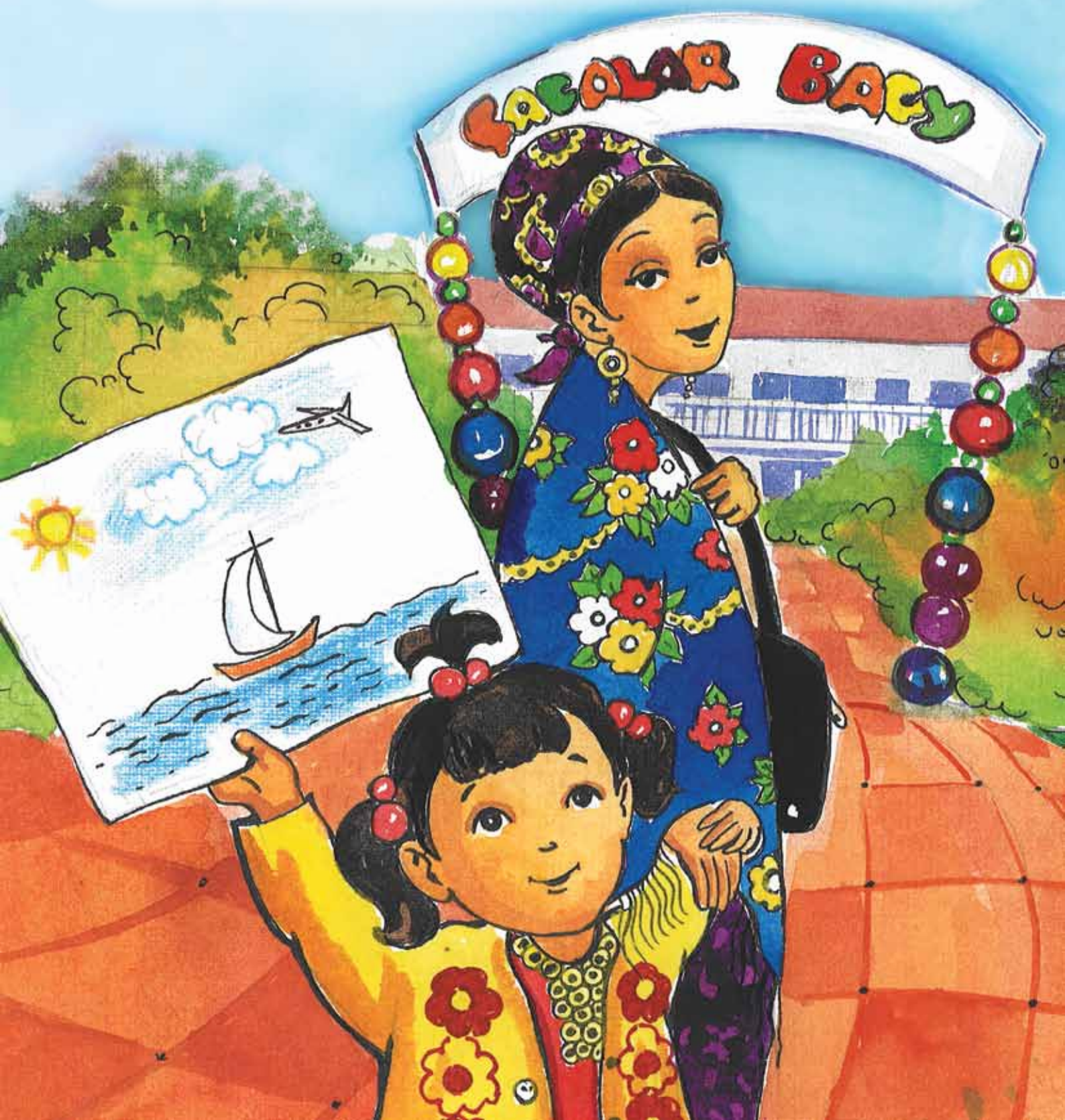
**M**edine loved going to her kindergarten. She had many friends there. Every day she played so many games in-doors and at the playground.



She enjoyed her teacher Sona Muhamedovna's book reading time. She always listened and learned so many new things.



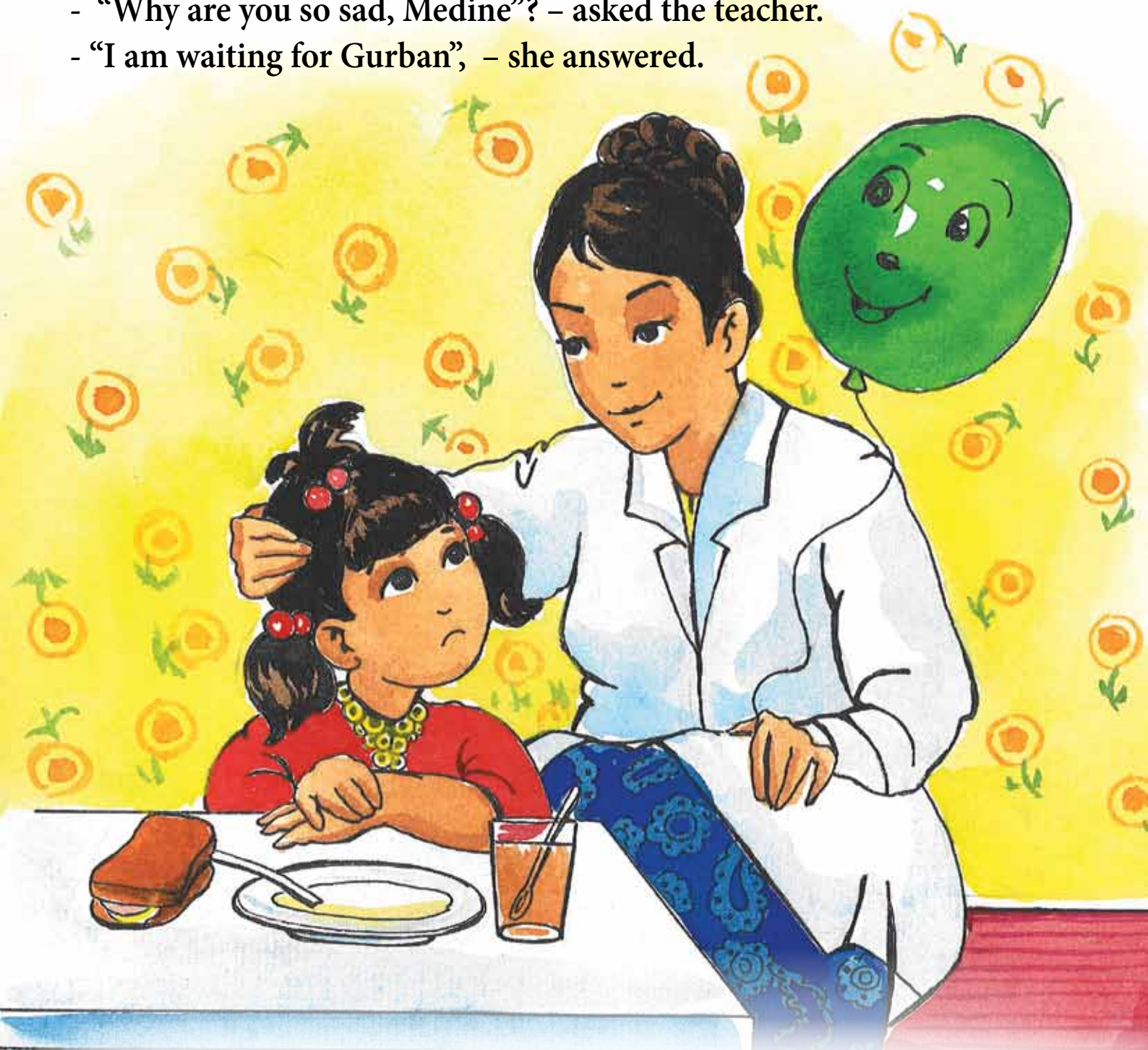
**T**oday when Medine came to the kindergarten she was in cheerful mood. She waited excitedly for her friend Gurban. She wanted to show him a nice drawing she made with her mom.



**T**he teacher called everyone to have breakfast, but Eziz did not come.

- “Why are you so sad, Medine”? – asked the teacher.

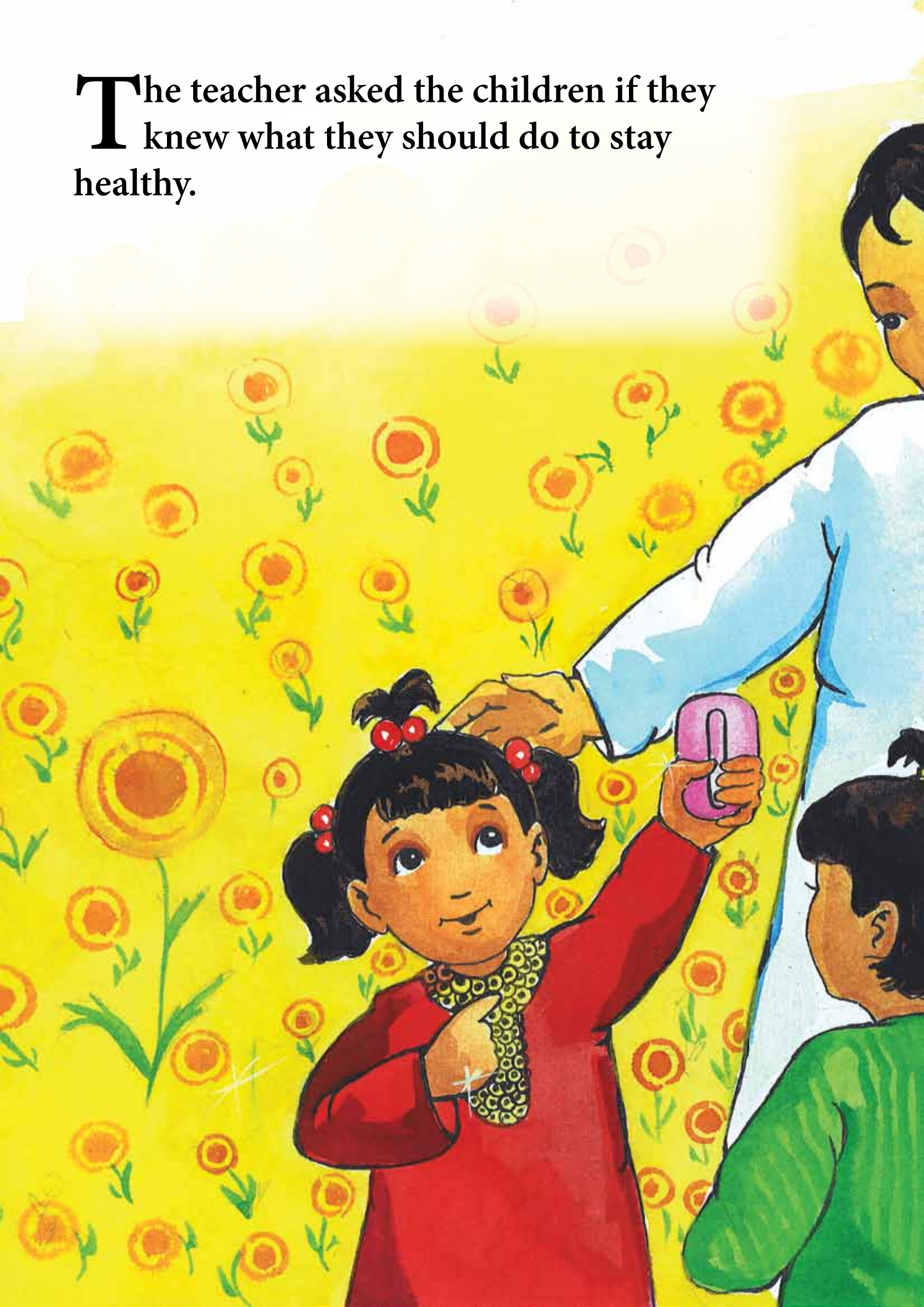
- “I am waiting for Gurban”, – she answered.



The teacher told Medine that Gurban’s mom called and told her that he was sick. That is why he was going to stay at home. He needed to rest so he would get well soon. And, he needed to stay away from his friends so that he would not make them sick too.

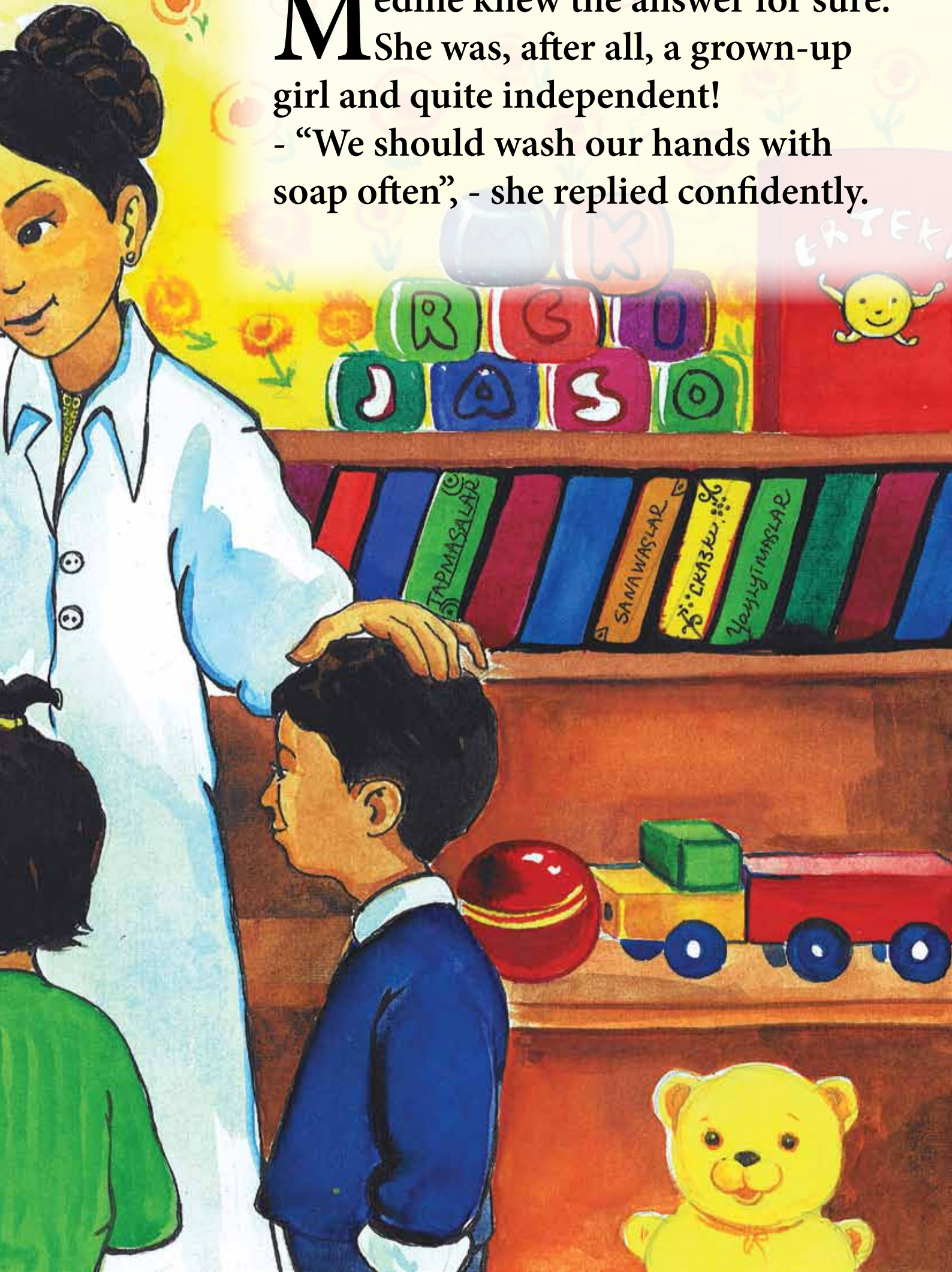
Medine felt sad. Now she would not be able to play with Gurban. She missed him. She decided make a drawing for him and give it to him as soon as he was back in school. She was sure that he would like it.

**T**he teacher asked the children if they knew what they should do to stay healthy.



**M**edine knew the answer for sure. She was, after all, a grown-up girl and quite independent!

- “We should wash our hands with soap often”, - she replied confidently.



The teacher praised her and asked the children if they would like to play a game to find out why hand washing with soap is so important. She poured sparkles into their hands and asked the children to rub their palms together. They saw that the sparkles stuck to their palms.

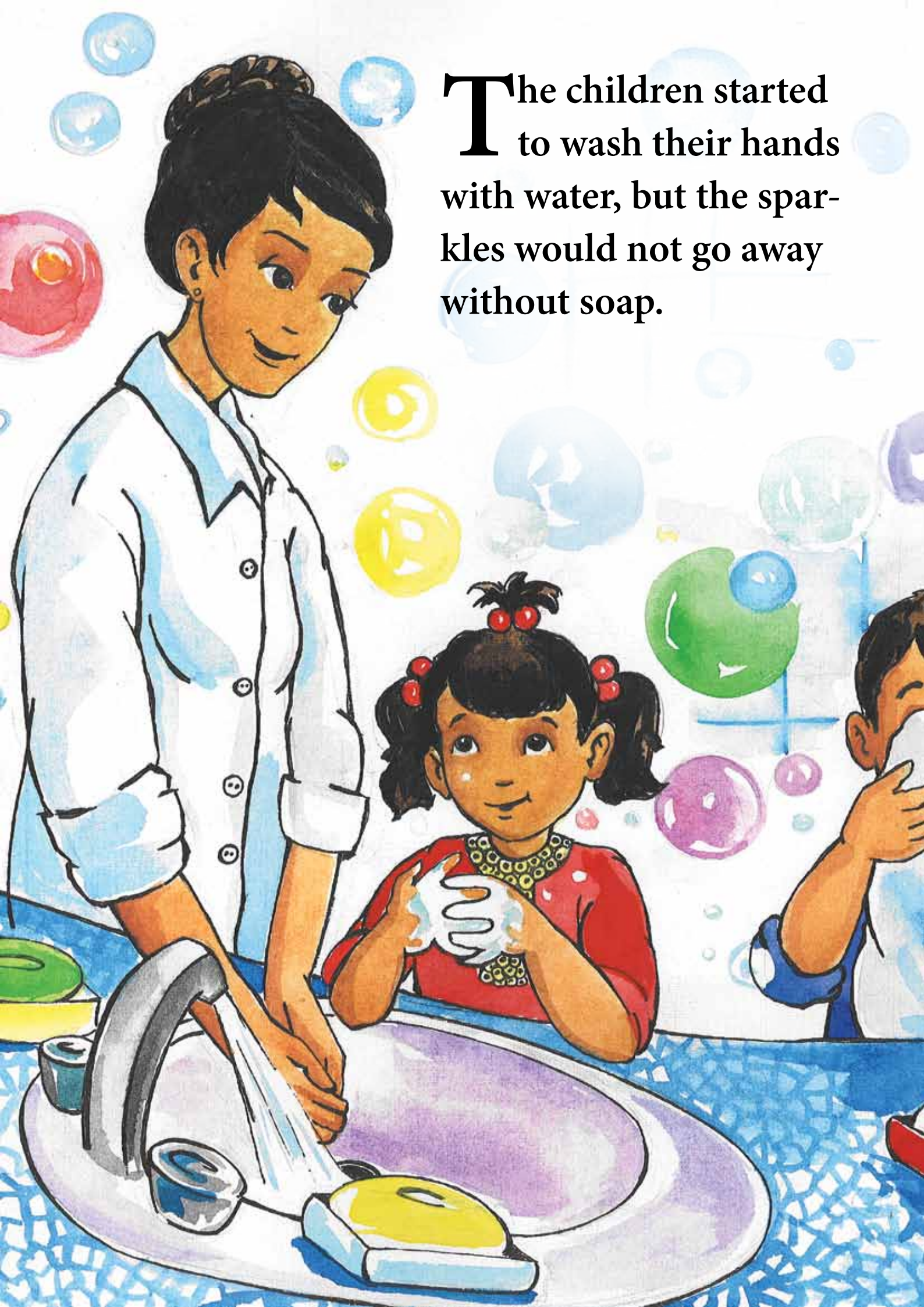


**T**hen she asked the children to touch the doors and play with their toys. The children saw that some sparkling particles were on everything they touched.

- “You see, these sparkling things are like germs. They stick to our hands and get on everything we touch, even though we cannot see them. Let’s wash out hands now”



**T**he children started to wash their hands with water, but the sparkles would not go away without soap.



**M**edine saw this and showed everyone how she soaped all ten fingers and palms carefully from the inside-out. She scrubbed in between each finger and her fingernails too! She counted each finger and to make it funny she sang her favourite song. All the children liked this idea and sang the song as they used soap and rubbed the soapy bubbles inside-out and back and forth.



**A**fter a while their teacher asked them if they wanted to play another game called “The Wind.” She gave a handkerchief to everyone. The children covered their nose and mouth and began to blow as hard just like the wind blows sails. Their teacher asked if anyone knew why it is important to cover their nose and mouth when they cough or sneeze. Medine was excited and could not wait to answer:



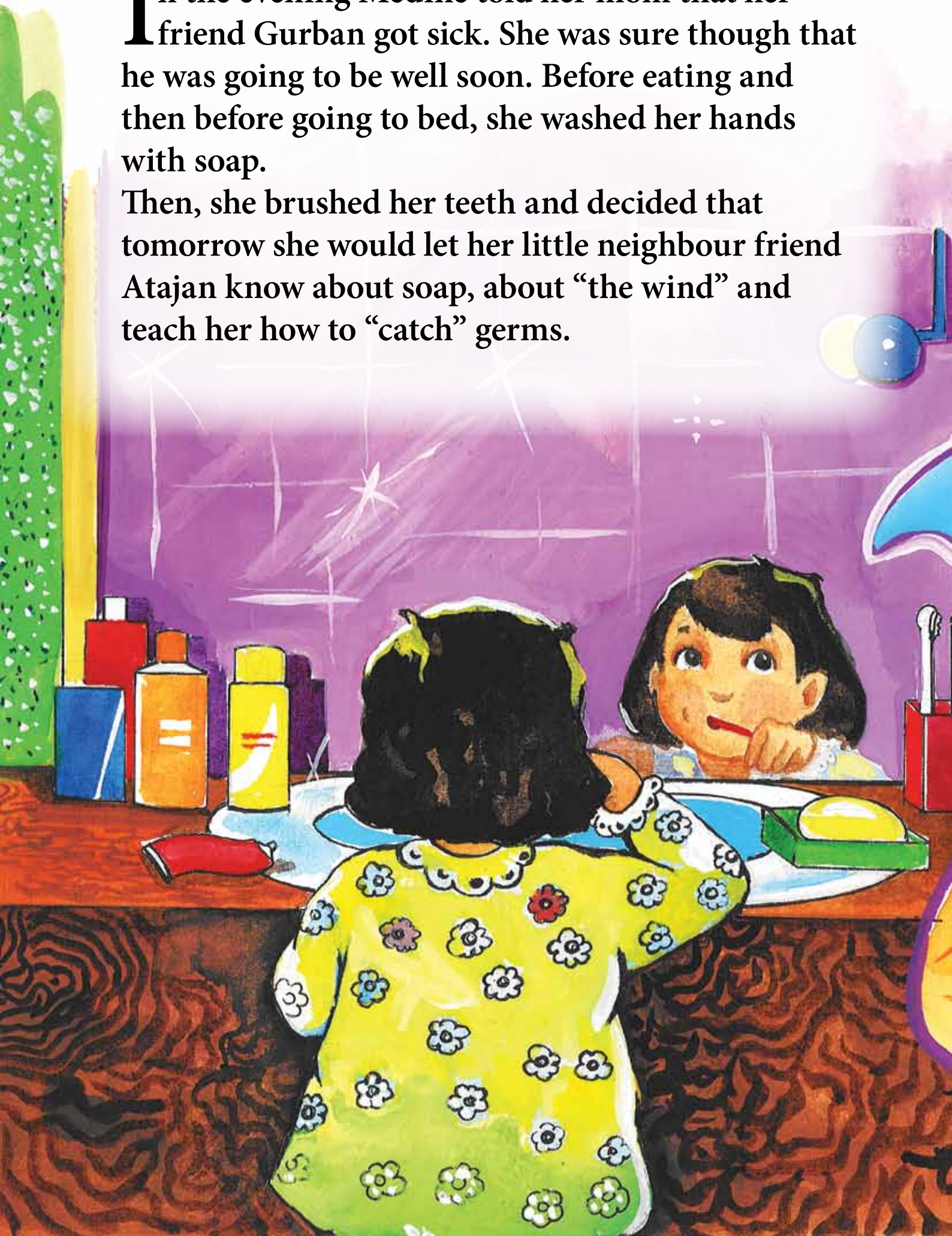
**W**hat a smart girl! – praised her teacher. – That is why people covers their sneezes and coughs with tissues. If you use only your hands, you blow the germs on your hand. Then we have to always remember not to touch your eyes and face and always wash your hands with soap.

I know that all of you will remember this, and sing your special song as you wash and wash those germs away”.



**I**n the evening Medine told her mom that her friend Gurban got sick. She was sure though that he was going to be well soon. Before eating and then before going to bed, she washed her hands with soap.

Then, she brushed her teeth and decided that tomorrow she would let her little neighbour friend Atajan know about soap, about “the wind” and teach her how to “catch” germs.





**A**tajan was not as big as Medine and was not going to the kindergarten yet. Medine was so much older - she was five! And she wanted to make sure that all the little ones knew how to stay healthy by singing their special song and using the “wind”. They needed to be healthy so that they could all play together!

**DEAR MOTHERS AND FATHERS, GRANDPARENTS, TEACHERS!**

**This book is a part of an innovative series of materials for children aged 0-7 years, as well as their parents and caregivers in Turkmenistan. All materials in this series will help make the first years of your child's life magical. After reading this book you will better understand how to benefit from jointly spent time with your child, for example, doing simple but very useful things that will help your children become healthy, vibrant, self-confident and feel secure. Our materials are the continuation of reforms in the field of early childhood development in Turkmenistan, including a part of the implementation of standards for early childhood development. Adopted standards are necessary to ensure that every child is able to realize his/her full potential. Furthermore, the rules of early childhood development are the criteria of child development for parents and caregivers; they promote love, tender care and education, play and learning.**

**We hope that our work will help you in upbringing and educating your children.**

**Love your children! Give your love from generation to generation!**

