

The Implementation Strategy of Children's Health Education in Life and Game

Yujuan Zhang

Jinqiao Experimental Kindergarten, Wuxi 214000, China.

Abstract: In the process of the kindergarten project implementation research, we have been thinking: how to combine the early childhood health education with the curriculum gamification concept? How to come from the activities of children's life materials, problems, situations, to close to the way of children's life permeated in children's daily life? How to integrate the GOALS, contents and requirements of health education into the game, attract children's participation, and make children become the subject of learning and development? ... The puzzles are pushing us to project implementation ways and strategies of thinking, to help children improve the level of awareness of health, to improve the attitude to personal hygiene and public health, the good habits of life and health, learning, health habit and the habit of physical exercise, cultivate children's health, happy, confident, studious, good quality.

Keywords: Children; Health Education; Life; Gaming

1. Introduction

With the successful conclusion of the 12th Five-Year Plan project "Practice Research on Preschool Health Education under the Theme Background", our kindergarten teachers have established the development idea of building kindergarten health education theme curriculum after years of dedicated research and on the basis of fully exploiting local resources. Through the research and implementation of various "themes", To promote the healthy development of each child's body and mind, improve parents' health education concept, promote the ability of teachers to research topics, at the same time, my garden "health" garden characteristics have been revealed.

"Early childhood education Guidelines" clearly points out: "The organization of educational activities should give full consideration to the learning characteristics of children's learning and knowledge rules, the content of various fields to organic contact, mutual penetration, pay attention to comprehensive, interesting, active, education in life, games." It can be seen that educational activities should be life-oriented and gamified. In recent years, with the promulgation of the Guide and the deepening of the gamification concept of the curriculum in Jiangsu Province, the health education in our garden has been constantly exploring and reforming the health education in order to meet the requirements of The Times, to let children have a healthy mind and body, good manners and habits, and to let the health consciousness and concept be applied to children's life. Under the guidance of the "13th Five-Year Plan" project of the Municipal Education Association "Practice Research on the life-oriented and gamified health education for Children", our kindergarten has been trying to practice the health education for children with the strategy of "life-oriented and gamified".

2. The content of health education is life-oriented

Things and resources in life, problems and challenges, habits and rules, and so on, can be part of the course content. The learning characteristics of children determine that the content of health education should conform to the age characteristics and development needs of children, and be connected with the reality of children's life, so as to find educational opportunities from the life of children, and then carry out activities containing health value.

Therefore, we optimize and integrate the eight characteristic themes and six life-themed activities developed in the 12th Five-Year Plan project, highlighting the "clothing, food, housing and travel" in children's life, enriching the "life-oriented and gamified" health education.

2.1 From children's life problems

Mr. Tao Xingzhi said, "The education here is the education for life and the education for the needs of life. There is no need for false education. We will give what life needs." Therefore, the content of health education first comes from the actual life of children and helps children solve practical problems.

For children in small classes, going to kindergarten is a brand new journey, and self-service such as eating, dressing, washing hands and going to the toilet is the first challenge they encounter. The self-care ability of middle and senior class children has been greatly improved. They begin to learn to organize and serve others and the collective through independent exploration and peer cooperation, and try to solve life problems in more ways to form good living habits.

Children's daily life contains many opportunities for safety education, such as shoelace loose how to do? What if the food is too hot? How to take the scissors safely? ... These are all practical safety problems contained in children's daily life. We use pictures, videos, group discussions, exercises and other forms to prevent safety risks in life in the bud.

And in the concern of children's mental health, we according to children's physical and mental development characteristics and rules, from the needs of children's growth, to solve their struggle for toys in life, do not love to share, frustration, poor, anxiety and inferiority..... A series of questions. Not only to let children learn reasonable requirements, but also to let them learn reasonable vent bad emotions.

The content of these activities is familiar to children and stems from practical problems in life. They are easier for children to understand and accept, and truly reflect the true meaning of "following life in education and experiencing education in life".

2.2 From children's experience and interest

An autumn tour in The Three Kingdoms City and the Water Margin City made the children germinate their interest in the stories and characters of the four Great novels and indulge in the stories of the great novels. We pay attention to children's interest points to generate "healthy fairy tale festival", help children in many stories to meet the play, performance, reading, painting and other needs, draw nutrition from classic fairy tales, know the charm of courage, understand the power of unity, under the guidance of adults, explore the truth, goodness and beauty of human nature, develop healthy psychology and behavior.

Diet is fundamental to human survival. When children first came to the garden, the phenomenon of picky eating and partial eating is more popular, so food breeding is also an important work in our garden to promote the healthy development of children's physical and mental health. We change the traditional, single activity content, timely attention to children's experience and interest points, so that children are interested in food, like to play with it, understand it, taste it... Rich feeding activities keep children interested in food, accumulate experience in operation and exploration, and transfer and spread the experience. Under the influence of imperceptibly, children acquire eating etiquette and civilized manners to achieve the true purpose of food cultivation and food interest.

2.3 Hot spots from the society

Not long ago, our city started to vaccinate children aged 3-11 against the novel coronavirus. In order to eliminate children's anxiety about vaccination and let families understand the necessity of vaccination, we followed hot topics and explored the "secret of the vaccine" together with children. Talk about the vaccines you've had, draw a picture of what it looks like when you're vaccinated, think about ways to ease your fear of needles... So that current events can be part of children's pursuit of health.

2.4 From seasons and festivals

The Mid-Autumn Festival, the Double Ninth Festival, Learn from Lei Feng Day, Volunteer Day, World Environmental Protection Day and other festivals fit children's life experience, but also have educational value. While excavating the meaning behind the relevant customs and festivals, we also give children the chance to love others by playing games and participating in public welfare activities. We propose to turn festival activities into public welfare activities, so that the love and public welfare will be stationed in the hearts of children from childhood, gradually learn to cherish and pay, and plant a seed of dedication and gratitude in their hearts...

3. Make health education environment into life

In order to highlight our life-oriented and gamified concept of health education, our kindergarten integrates the interesting health characteristic environment derived from children's actual life into the whole kindergarten.

Happy sports corridor to meet children's exercise needs in rainy and hazy days; Learn about the origin of food, understand the dietary pyramid, learn to prepare meals, know the secret of packaging bag healthy eating corridor; Improve children's health behavior, such as: tearing, cutting, kneading, rubbing and other fine motor development, including the collection, finishing "rose museum", in the interaction with these environments, children gain confidence, harvest health.

Each class activity room has a "class one feature" health environment, health area and psychological environment creation. A special health area of class 1 is built with the content of the health elements that children are interested in recently and in demand or the health hot spots in the current society. Game materials are designed, game situations are created and a good and healthy atmosphere is created. The wall of care, the wall of mood, the corner of sharing presented in a special psychological environment of class one... Let every child have a place to talk or release, share or vent.

Environment education, environmental imperceptible educational effect is like spring rain, moistening things silently. The whole environment, corridor environment and each class environment are full of traces of health education in our garden. Let the children in the morning games, corner activities, walking leisure bathed in healthy sunshine.

4. Health education materials for life

Our garden strictly implements one hour of sports activities every day, and organizes a variety of sports activities. But what about the haze days and rainy days? We skillfully use materials, a multi-purpose, through the readily visible materials in life, change a new combination, produce a variety of play, so that children in the limited space can also play happy, play healthy.

Due to the reason of the site, indoor sports equipment is relatively smaller and more versatile. We use local materials, the use of common items in life such as desks and chairs, milk powder cans, cloth bags, cloth strips, paper boxes, rope and other low structure materials from life, easy to collect as a thing to play sports equipment, smart use of space, to meet children's vertical jumping, throwing, balance, strength training and other sports needs.

In health activities, children have the experience to reuse the familiar waste goods in life, which can not only give full play to the maximum value of materials, but also make contributions to environmental protection. Improve children's awareness of turning waste into treasure, but also further develop a healthy attitude to life.

5. The form of health education is life-like and game-based

Children's health activities should pay attention to children's life experience, implement healthy activities into children's daily life, and improve children's health awareness and behavior through gamification activities while ensuring play time. Therefore, "life-oriented" and "gamification" are inseparable and complement each other. Therefore, overall consideration should be taken in the design and implementation.

In children's daily life in the garden, life links (to leave the garden, wash, drinking water, meals, nap) account for more than 60% of the garden life, these life links are trivial, attention to details, effective guidance can help children develop good living habits. For example, in daily life, toiletries are always carried out, and they are used most frequently, up to 6 or 7 times a day. People should wash their hands when entering the garden, going to the toilet, eating, etc. Hand-washing procedures, situational stories, role-playing games, children's songs and other featured, personalized education forms, so that children quickly master the correct way to wash hands.

The year 2020 has been an unforgettable year. The COVID-19 epidemic has disrupted our research plan. Although we were stuck in the pace of going to school and entering the kindergarten by the sudden epidemic, teachers in Liyuan Jinqiao still kept going under the guidance of the project, and children's health education was also in full swing.

During the epidemic, it is a rare opportunity for children's health education, which can not only timely carry out epidemic prevention and health education, but also generate some characteristic health activities during the epidemic period. Under the leadership of the research group, our teachers designed the corresponding epidemic home-based curriculum.

There are two main aspects of my garden home curriculum design: one is the daily basic activities, the other is the health

characteristics of the activities.

Daily basic activities are mainly based on three basic sections: sunshine playground, growth gas station, habit-forming home.

"Sunshine Playground" meets the needs of children who can't go out to exercise, and develops parent-child sports games suitable for families. "Growth Gas Station" mainly includes: mental health counseling, home game guidance, Mailao creative life, small experiment big science, story telling performance and other content, covering health, language, science, art, society five fields. "Habit forming home" is under the guidance of this topic, our garden long-term implementation of habit forming education, this time we added the knowledge of epidemic protection, more attention to children in life good health habits and physical and mental health training.

Children every day in "sports", "learning", "habit training" and other forms of activities, too enough game addiction, naturally enhanced physical exercise, acquire knowledge, cultivate good habits, fun home. Rich activity forms, let the children of Liyuan Jinqiao fall in love with health and develop health.

6. Integration of health education home and education

It is clearly pointed out in the Outline that "families are important partners of kindergartens, and should strive for parents' understanding, support and active participation in accordance with the principles of respect, equality and cooperation, and help parents to improve their educational ability". Therefore, it is the only way to promote the healthy development of children to do a good job at home, change parents' wrong health concepts, and establish a cooperative partnership of mutual trust, mutual respect and mutual support.

6.1 Develop various forms of communication to form trust between homes

Parent-teacher conferences, parent groups, websites, growth manuals... Rich forms of communication are the Bridges that bring home the emotion. The "daily appointment" home interaction measure put forward by our kindergarten is more important in the post-epidemic period, which gives teachers and parents the opportunity to fully communicate face to face and ensure the standard requirements of epidemic gathering. Every semester, every child parents have the opportunity to have face-to-face in-depth communication with teachers in the middle and end of the semester, to understand the current situation of children and guide parents to scientific parenting. Class "teacher's memo" record, but also narrowed the distance of home, get more trust from parents.

6.2 Use parents' resources to enrich the content of health education

It is an important teaching mode to ensure the healthy growth and development of children that the rational use of parents' resources can realize the home co-parenting well. Taking different themed activities as an example, parents of different professions, specialties and hobbies came to the kindergarten one after another to help their children enrich and improve their health experience. For example, some parents are traffic police, then explain the traffic rules, play "little traffic police" game; Some parents are dentists, using models to demonstrate how to brush properly; Parents of athletes lead children in synchronized sports; Dietitian parents tell everyone how to eat healthy.

6.3 Plan a variety of parent-child activities so that children can experience healthy growth

The cultivation of good behavior habits of children is more important than the acquisition of knowledge. Since 2012, our garden has advocated the cultivation concept of "Happy Jinqiao baby starts with good habits". In practice, we know that children's habits can not be formed without the guidance of teachers, but also inseparable from the edification of the family. Every semester, teachers make training plans according to the weak habits of children in the class, break them down and incorporate them into weekly and daily plans and parents' work, and guide parents to regularly clock in good habits in daily life. From the cultivation of life ability to the improvement of listening and reading habits, parents silently support the work of the kindergarten, and families cooperate with each other and synchronize education to promote the improvement of children's behavior habits.

Under the limitation of activity space and resources in our garden, teachers, parents and children are encouraged to make use of surrounding resources to stimulate happy emotions, strengthen physical health, learn self-protection methods and practice good living

habits in nature. So our garden "Let's Go Baby" campaign was born. Visit the sewage treatment plant, cultivate the natural farmland, expand the outdoor sports... Let children through personal experience, practical operation to feel it contains a variety of health education elements, access to health knowledge, but also for children to form a good relationship with others, cooperation laid the foundation.

In addition, in order to ensure that children in Liyuan Jinqiao can get adequate physical exercise, we earnestly implement all the courses of movement development in the field of health, and also carry out many parent-child sports events with families as units. Every semester, the Sunshine Sports Festival in my garden is very popular with parents and children.

6.4 Parents should participate in kindergarten management to make health education in-depth and effective

Providing opportunities for parents to participate in the management of kindergartens, fundamentally realize home interaction, and further lead children to receive good health education: create a family committee to guide them to take the lead in health teaching, health care, safety activities and other aspects; At the same time, parents are invited to participate in the planning or organization of related activities in the kindergarten, so that the health education in the kindergarten is richer, deeper and more distinctive, thus better improving children's health awareness and healthy behavior.

7. Conclusion

Through the research of kindergarten health education, we have deeply realized the value of infant health research, but there is also confusion about how health education and curriculum gamification infiltrate and support each other. In the future topic selection, we will continue to carry forward the research of early childhood health education, so as to further highlight the characteristics of kindergarten health education.

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