



LI'LDOC Educational worksheets

GOALS: Awareness, education, entertainment, reassurance



3

THE CLEANING DANCE

Goal of the activity

Using music to communicate, improve children's learning and independence.

Show them the direct link between activities 1, 2 and 3.



THE CLEANING DANCE

Goal of the activity

Using music to communicate, develop children's learning and independence. Show them the direct link between activities 1, 2 and 3.

Materials

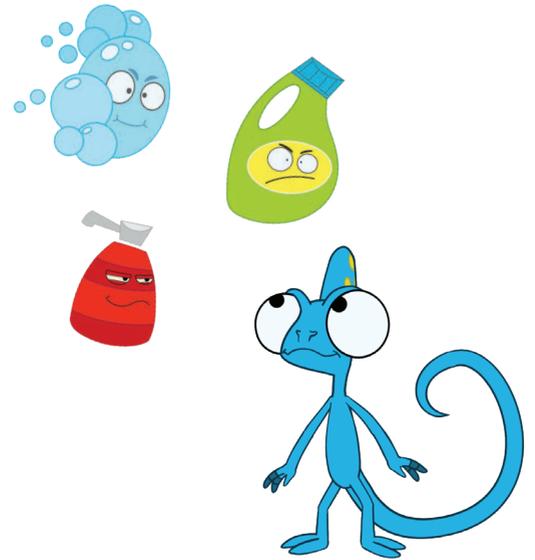
Music, toys, games, napkins, clean cloths, washcloths, warm water and organic lemon juice or warm water and Marseille soap.

STEP 1

After watching the episode on ***The difference between a cold and the flu*** (or an episode on infections such as otitis, sinusitis, pharyngitis, hand-foot-and-mouth disease...), start a discussion with your children about Li'lDoc's advice for protecting yourself against contagious viruses (cough into your elbow, wash your hands thoroughly for 30 seconds).

To make them aware of the importance of cleaning, play the "hand-washing champs" game first. Then, practice in the children's bedroom or playroom.

Don't forget: beforehand, take the virus cut-outs your children made during the "musical microbes" activity and hide them in the room where you will be doing the "cleaning dance."



STEP 2

Create a dynamic and happy musical environment.

Depending on their age and abilities, have the children participate in making a natural cleaning product with warm water and organic lemon juice or warm water and Marseille soap. The project should be easy, fun and quick – about the length of one song.



STEP 3

In the bedroom or playroom, do a cleaning dance set to music. Everyone has to clean a toy or another object while dancing to the beat. When a child finds one of the hidden virus cut-outs, they must quickly put it in the trash and go wash their hands – like a champ! (using the procedure learned in activity no. 2).

Tip: to avoid spending 3 minutes on the same object, each time you think an item is fully clean, manually skip to another track in a different musical style. This will make the game more surprising and fun for the kids!