

Laughter is the Best Medicine

(Target Audience: Preschool or Ages 6-8)

1. Dress up like a clown doctor with a white lab coat, stethoscope, clown hair and a big red nose.
2. Share some stories about being sick, accidents or boo-boos.

Examples:

Five Little Monkeys Jumping on the Bed by Eileen Christelow
Goldie Locks Has Chicken Pox by Erin Dealey
Boy Soup, or, When Giant Caught Cold by Loris Lesynski
The Lady with the Alligator Purse by Nadine Bernard Westcott
Ten Naughty Little Monkeys by Suzanne Williams

See also “stories where the barnyard gets sick” listed in the **Funny Farm** program (See pg. 24).

3. Share some silly songs and rhymes about being sick.

Examples:

“Ebenezer Sneezer” from Fred Penner’s CD *Ebenezer Sneezer*
“Shake your Sillies Out” from Raffi’s CD *More Singable Songs*

“Ten in the Bed”* Try using stuffed animals, pillows, and blankets to “act” the song out.

There were ten in the bed and the little one said:
“Roll over. Roll over.”
So they all rolled over and one fell out.

There were nine in the bed...

(Continue singing and taking one animal away until...)

There was one in the bed and the little one said:
“I’m lonely!”

*A good version of this song can be found on the Sharon, Lois & Bram’s CD *Great Big Hits 2*.

(You could also do “Five Little Monkeys Jumping on the Bed” and “The Lady with the Alligator Purse” as finger plays.)

4. Have a Teddy Bear Clinic or Doll Hospital and encourage the children to bring in their favourite stuffed animal for a check-up. Be sure to have lots of fun character Band-Aids on hand for imaginary boo-boos and lollipop treats for all of the good patients (and their caregivers!).

For 6 to 8 year olds:

1. Choose older stories and include some poems.

Examples:

“I Should Have Stayed in Bed Today” from Jack Prelutsky’s *Something Big Has Been Here: Poems*

“Sick” from Shel Silverstein’s *Where the Sidewalk Ends: The Poems and Drawings of Shel Silverstein*

2. Do the Call & Answer Rhyme “Dr. Knickerbocker”
There are many variations of this rhyme. Here is one example.

Leader:

Dr. Knickerbocker, Knickerbocker, number nine.

I just got back and I’m feeling fine.

Now let’s get the rhythm of the head (*ding dong*)

All:

Now we’ve got the rhythm of the head (*ding dong*)

Leader:

Now let’s get the rhythm of the hands (*clap clap*)

All:

Now we’ve got the rhythm of the hands (*clap clap*)

Leader:

Now let’s get the rhythm of the feet (*stomp stomp*)

All:

Now we’ve got the rhythm of the feet (*stomp, stomp*)

Leader:

Now let’s get the rhythm of the number nine!

All:

One! Two! Three! Four! Five! Six! Seven! Eight! Nine!

(Clap nine times and finish with two big stomps)