How to Become a Doctor, 9 (E-5) Play Lesson Ideas

1. **Hospital or Doctor's Office**

Set up an area of the room as a doctor's office. Include a scale, measuring tape, eye chart, stethoscope, reflex hammer, cotton balls, gauze, elastic bandages, tiny flashlights, doctor's coats (white/blue shirts), kid's magazines, chairs, etc. Include some stuffed animals or dolls as patients, and let children pretend to be the doctors and nurses taking care of them.

2. **Art Easel:**

Let children paint or color a teddy bear outline. Provide band-aids and let children place the band-aids on their drawing. Ask children to tell you how the teddy bear got hurt.

3. **Block Center:**

Let children build a hospital. Add emergency vehicles to the play area.

4. **Doctor and Hospital Activities and Games for Preschool and Kindergarten**

At the Doctor

5. **What Does the Doctor Check?** (Tune/Music: Head and Shoulders, Knees and Toes)

Use a call and response format along with the "Head and Shoulders, Knees and Toes" melody and movements

Call (teacher): What does the doctor check? Head and shoulders, knees and toes,
knees and toes,

Response (children): The doctor checks my: My head and shoulders, knees and toes, knees and toes,
That's how the doctor's visit goes, how it goes.

Repeat with:

Call (teacher): What does the doctor check? Response (children): The doctor checks my:

Teacher: Eyes and ears and mouth and nose,

My eyes and ears and mouth and nose, mouth and nose, That's how the doctor's visit goes, how it goes.

Call (teacher): What does the doctor check? Response (children): The doctor checks my: Heart and back and how my body grows

6. **Eye Chart**
   If possible obtain an eye chart. Let children read the chart from a distance.
7. **Measurements**
   Measure and record each child's height and weight. Graph the results.
8. **Our Hearts**
   Let children listen to their heartbeat with a stethoscope.
9. **Exercise**
   Explain to children that exercise keeps our heart healthy and strong. Choose one child to be the doctor. The doctor prescribes physical activities to the group: "Doctor (Name of child) says, "jump up and down", "touch the floor", etc.