

Teach Me
Health and Homeopathy



SAMPLE
TEACHER'S MANUAL

*A Primer for Pre-K
and Kindergarten*

Hi! I'm so glad that you downloaded these free samples of the Preschool and Kindergarten Primer so kids of all ages can learn about homeopathy. In this sample you will find:

- 1) Table of Contents (showing the topics for every lesson)
- 2) Two complete lessons (letter B and letter I)
- 3) Support materials for lessons B and I

As a reminder for those who purchase this primer, all the items are provided to you in print (no PDFs to print at home!)

With the help of the primer, I hope your littlest learners will enjoy learning homeopathy as much as you do.

Hugs and homeopathy,
Paola Brown

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B

Beautiful Belladonna

OBJECTIVE:

For this lesson, preschoolers will learn what the word 'throbbing' means. They will learn to identify a heartbeat and they will learn about the remedy *Belladonna*.

MATERIALS NEEDED:

- *Belladonna* 3-Part Card
- Laminated tracing card for *Belladonna* (cursive or print)
 - Dry-erase marker (optional)
- Stethoscope or a cardboard toilet paper roll
- A stuffed animal like a teddy bear
- Memory Work Music
- Letter B coloring sheet
- Coloring supplies

SETUP: None.



TRACING:

Tell the students that today you will learn about the letter B. B is for Beautiful *Belladonna*. *Belladonna* is a plant used in homeopathic medicine. Show students the *Belladonna* 3-Part Card. Tell the students to repeat:

Beautiful Belladonna!

Practice the B sound with the students. Show the students the tracing card. Encourage them to use their index and middle fingers to trace the word ***Belladonna***. If you have time, provide students with a dry-erase marker to trace the word.



ACTIVITY:

Now begin your activity. For this activity, sit the students down and ask them to check to make sure their ears are working. Whisper the child's name in one ear and ask them to repeat back to you what they heard. Then whisper in the other ear and repeat the process. Next, put the stethoscope on your student's ears and allow them to listen to your heartbeat. Now, place the stethoscope on your student's heart and allow them to listen. If you don't have a stethoscope, have your student place their ear into the cardboard toilet paper roll which is placed directly on your chest. Allow them to listen. Place it on someone else's chest.

- Ask the students:
 - Q) What do you hear?
 - Q) What is making this sound?
 - Q) What is different about the sound in my chest and the sound in your chest?

Now place your stethoscope or toilet paper roll on your stuffed animal and ask the children to listen.

B



DISCUSSION:

Tell students that everyone has a heart and that it pumps blood throughout your entire body. It's what makes you alive. Children's hearts beat a little faster than those of adults. Because the heart pushes blood throughout the body, the pulse can be felt in different areas. Show them how to find a pulse under the chin, in the neck, and on the wrist. Explain that sometimes when you are sick, you can actually hear or feel the blood pumping throughout your body. This is called throbbing. A throbbing headache means that you can feel your heartbeat when your head hurts. If you cut your finger and you can feel your heartbeat in the cut, your finger is throbbing. If you feel throbbing and if you look red and feel hot, the homeopathic remedy *Belladonna* may be helpful.



MUSIC TIME:

Listen to the "Belladonna" song.



Don't forget to visit the *Online Teacher's Area* to see the video that teaches the American Sign Language signs for this song!

COLORING SHEET: Help the students complete the coloring sheet.

CONCLUSION: Remember, the homeopathic remedy *Belladonna* may be helpful when you feel throbbing, if you look red, and if you feel hot.



RECOMMENDED BOOKS:

[Hear Your Heart \(Let's-Read-and-Find-Out Science 2\) by Paul Showers and Holly Keller](#)

[My Heart by Corinna Luyken*](#) 

***Note:** This book isn't quite about the anatomy of the heart, but it's a lovely book that lets you think about feelings in one's heart.

I

Itchy Apis

OBJECTIVE:

For this lesson, students will learn what skin looks like when it's very swollen, and that *Apis mellifica* can help for hives, very large swelling, and itching.

MATERIALS NEEDED:

- Apis 3-Part Card
- Laminated tracing card for *Apis* (cursive or print)
 - Dry-erase marker (optional)
- Four balloons
- Water
- Water Bottle
- Funnel
- Flour
- Memory Work Music
- Letter I coloring sheet
- Coloring supplies

SETUP: You will be doing two separate activities with balloons.

In the first activity, we will use balloons to learn about edema (swelling). Fill three balloons with water so that the first balloon is filled up to a safe "maximum" capacity, the second balloon is filled about half as much, and the third balloon is filled with just a small amount of water. Make sure each balloon is tied off.

The second activity is a sensory opportunity using squishy balloons that will help remind children about edema (swelling). You may want to prepare the squishy balloons before class, unless you want your student to help you create them during class as part of your activity. See instructions in the conclusion section of this lesson.



TRACING:

Tell the students that today we will learn about the letter I. I is for Itchy *Apis*. *Apis mellifica* is a homeopathic remedy made from a honey bee. Show students the *Apis* 3-Part Card.

Tell the students to repeat:

Itchy Apis!

Practice the long I sound and the short I sound, like in itchy. Show the students the tracing card. Encourage them to use their index and middle fingers to trace the word **Apis**. If you have time, provide students with a dry-erase marker to trace the word.



ACTIVITY

Now begin your first activity about edema (swelling).

- Show all three balloons to the students and ask:
 - Q) Which balloon is the largest?
 - Q) Why is it the largest?
 - Q) Which balloon is the shiniest?

They should note that the largest balloon is the shiniest.

- Q) Why do you think the largest balloon is the shiniest?



DISCUSSION:

Tell the students that the reason the largest balloon is the shiniest is because it's stretched really tight. Explain that sometimes we get hurt and our skin fills up with water like a balloon. Blow your cheeks out to show what you mean. Tell them that when this happens, our skin gets stretched like this balloon and even the skin gets shiny! This can happen sometimes if you get stung by a bug, like a bee. If your skin is also hot and itchy, then the best remedy for you might be *Apis mellifica*.

Tell them that they will now make their own squishy balloon to remind them about what remedy helps very large swelling (edema):

- Attach the funnel to the water bottle and fill it with about three-quarters of a cup of flour.
- Stretch out the balloon by filling it up with air.
- Twist the neck of the balloon two or three times and attach the balloon to the opening of the water bottle, making sure no air leaks out.
- Allow your student to carefully flip the water bottle down so that the flour fills up the balloon with the flour. Allow them to squeeze the water bottle to fill the balloon up.
- Remove the balloon from the water bottle and carefully release the air by pinching the opening of the balloon.
- Squeeze out as much air as possible and tie off the balloon.
- If you would like to add a few more layers to your squishy balloon by inserting this first balloon into two other balloons, you can follow the instructions in this video: <https://tinyurl.com/PaolaBalloon>
- Write on the balloon 'Apis' and perhaps draw a picture of a bee.



MUSIC TIME:

Listen to the "Apis mellifica" song.



Don't forget to visit the *Online Teacher's Area* to see the video that teaches the American Sign Language signs for this song!

COLORING SHEET: Help the students complete their coloring sheet.

CONCLUSION: Conclude the activity by telling students that sometimes when a bee or a bug stings us, we can get very large swelling that feels itchy and hot. *Apis mellifica* is a great remedy for this.



RECOMMENDED BOOKS:

[Give Bees a Chance by Bethany Barton](#)

[Bea's Bees by Katherine Pryor and Ellie Peterson](#)

[Egg to Bee by Camilla de la Bedoyere](#)





Belladonna



Belladonna



Apis mellifica



Apis mellifica



Ap is

Belladonna

B

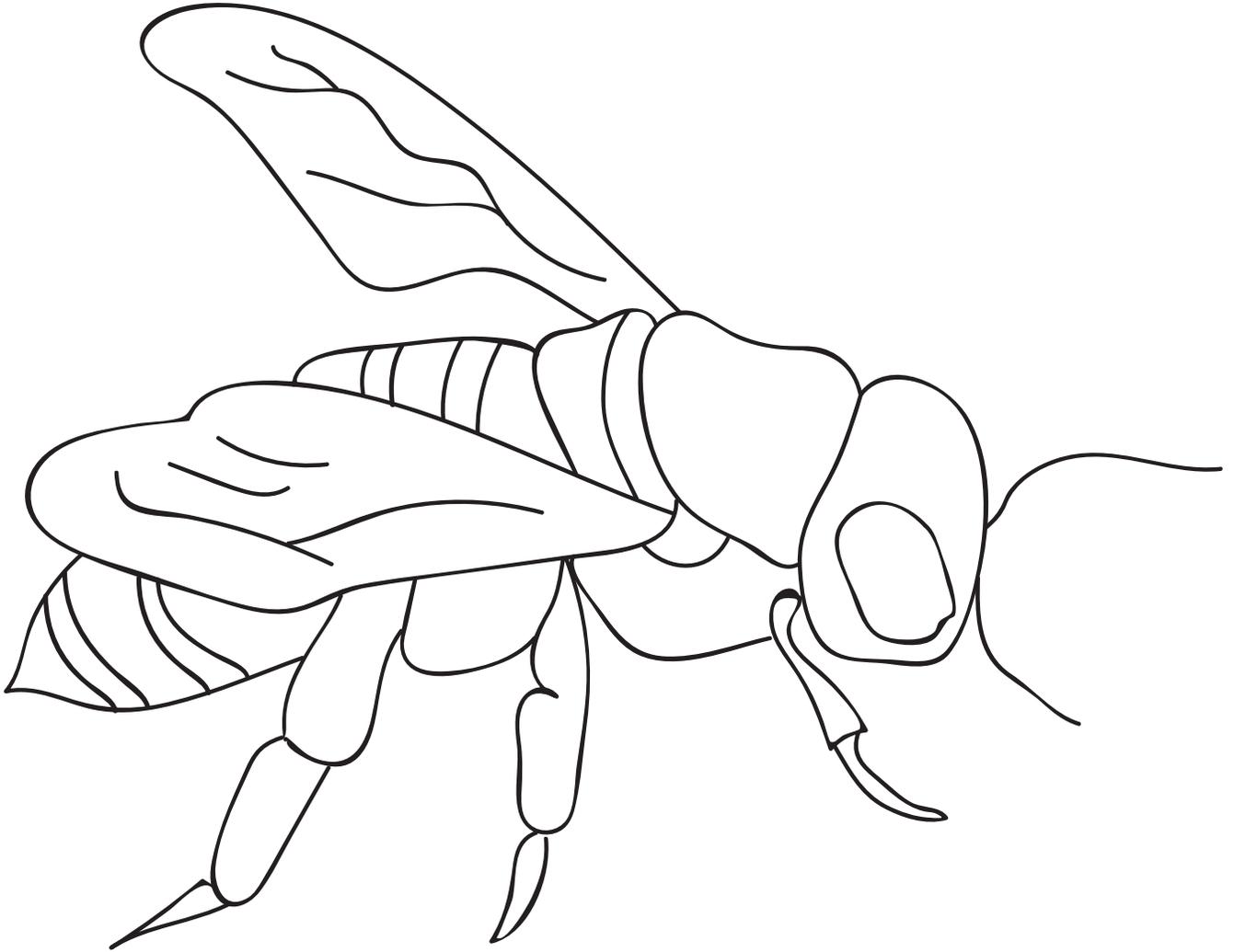
Beautiful
Belladonna



Belladonna
Belladonna

I

Itchy Apis

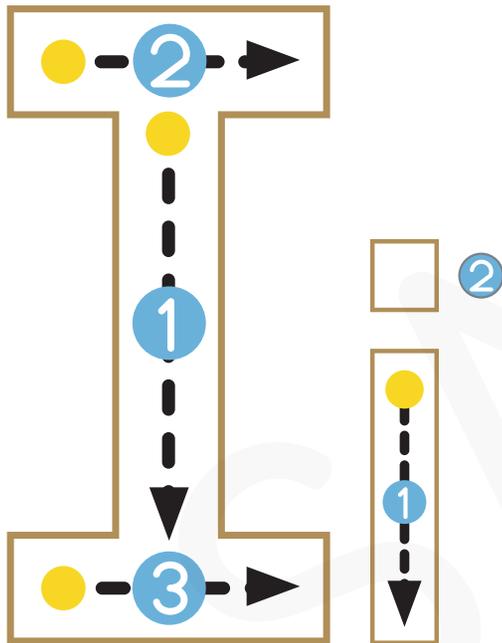


Apis mellifica

Apis mellifica



Itchy Apis



Beautiful Belladonna

