

# Your Turn!

By Elizabeth Hammond



Use role-play to prepare young children for a visit to the doctor.

## For

Young Family

## Season

Spring

## Needed

Optional: toy doctor's kit, scale, tape measure

## Activity Plan

1. Say this prayer aloud to begin.

*Loving God, thank you for our healthy bodies. Thank you for doctors who help us to stay well. Amen.*

2. Talk about going to see the doctor. Pretend you are arriving at the doctor's office. Take turns being the nurse who calls each person's name for his or her appointment and then records weight, height, blood pressure, and temperature. (Option: Use a scale and tape measure and items from the toy doctor kit.)
3. Take turns being the doctor and giving the check-up. Use a special voice for the doctor to make it fun. For example:
  - Look at the eyes and into the ears.
  - Cup hands and listen to the chest and back (or use a stethoscope.)
  - Tap or press on tummy to listen to or feel what's inside.
  - Tap on the knees.
  - Look at the toes and feet.
  - Act out any other procedures that are expected during the appointment.
  - In the special doctor's voice say, "What a fine girl/boy! Good job!"

4. Say this prayer aloud to finish.

*Dear God, thank you for being with us wherever we go. Help us when we visit the doctor. Amen.*



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