

“I Love My Feet Day” – Classroom Lesson Plan

Provided by: [National Day Classroom](#)

Target Age Group: 6–9 years old

Length: 45–60 minutes

Theme: Foot Appreciation & Foot Care

Learning Objectives:

By the end of the lesson, students will be able to:

- Understand the importance of feet and how they help us every day.
 - Learn basic foot hygiene and care.
 - Celebrate self-love and body positivity through creative activities.
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Introduction (10 minutes)

Teacher Says:

“Today is a special day – it’s I Love My Feet Day! That means we’re going to learn about how awesome our feet are and how we can take care of them.”

Discussion Questions:

- What do our feet help us do?
- Can you think of fun things your feet do every day?
- Why do you think it’s important to take care of them?

Fun Fact:

Did you know the average person takes about 10,000 steps a day?

Activity 1: “Foot Fact Fun” (10–15 minutes)

Materials:

- Whiteboard or chart paper
- Markers

Instructions:

- Write “Things My Feet Help Me Do” on the board.
- Let students call out examples (walk, jump, dance, kick a ball, etc.).
- Then list “Ways I Can Take Care of My Feet” (wash them, clip toenails, wear clean socks, rest them, etc.)

Optional: Show a short animated video or slideshow about foot care.

Activity 2: “I Love My Feet!” Craft (15–20 minutes)

Materials:

- Paper
- Crayons or markers
- Scissors
- Glue
- Optional: construction paper for backing

Instructions:

1. Have each student trace one of their feet on a piece of paper.
 2. Inside the traced foot, they write or draw things they love doing with their feet.
 3. On the outside, they decorate the foot with patterns, colors, and stickers.
 4. Display them on a classroom “Happy Feet” wall.
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Activity 3: Foot Care Pantomime Game (5–10 minutes)

Instructions:

- The teacher says a foot care activity (e.g., “putting on clean socks,” “clipping nails,” “massaging tired feet”) and the students act it out.
- Great for movement and laughter while reinforcing the ideas. **Bonus Reading:**

Read a short story or book about body positivity or foot fun. Some ideas:

- “Whose Feet?” by Nina Laden
 - “The Foot Book” by Dr. Seuss
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Wrap-Up Discussion (5 minutes)

Ask:

- What did you learn about your feet today?
- What's one way you can take care of your feet tonight?

Hand out a simple “Foot Care Checklist” students can take home.

Optional Take-Home Activity:

Send home a “Family Foot Pampering Night” suggestion sheet with ideas like:

- Foot bath
- Lotion massage
- Matching clean socks
- Nail trimming (with adult help)