Watching a video or reading a book about a new experience, like going to the doctor, can help children better understand that experience and know that it is also new – and sometimes scary – to others. Knowing what to expect and playing about it helps children feel like they’re the ones in charge. That makes the new experience easier to manage.

By using a Play Doctor Kit and watching the video of Daniel Tiger’s experience at the doctor, children can be better prepared for when they need to visit the doctor.

**Children Are Working On**

- Using play to work on feelings
- Developing imagination
- Feeling proud of themselves for facing a new experience

**Materials**

- 11 ½ minute episode: “Daniel Visits the Doctor”

**Set Up the Topic**

- We all go to the doctor, sometimes when we’re sick and sometimes just for a checkup. Today, we’re going to see Daniel and his mother visit Dr. Anna, Daniel’s doctor.
- Watch for how Dr. Anna talks to Daniel and what she does with him and Tigey.
- Let’s see what happens.

**Watch**

Watch the episode “Daniel Visits the Doctor.”

**Talk About It**

After watching the video, ask children the following questions:

- How was Daniel feeling about going to see Dr. Anna?
- Can any of you share how you feel when you need to go to see your doctor?
- What do you do to feel better?
- What did Daniel do?
- How did Daniel’s mom help?

Sing the Strategy Song:  🎵🎵🎵 When we do something new, let’s talk about what we’ll do. 🎵

(continued)
**Classroom Activity: Trip to the Doctor**

**Play & Explore: Build a Play Doctor’s Kit**

- Have the children help build a Play Doctor Kit. See the materials section below.
- Let the children know that the kit will be in the dress-up corner all week or for a few weeks. They can pretend-play doctor whenever it’s free play time.
- You could add a Band-Aid or two to a doll or stuffed animal and replace them in the doll corner. See if that prompts some pretend play.
- Sing the strategy song whenever you know children will be having new experiences.

🎵 When we do something new, let’s talk about what we’ll do. 🎵

**Materials**

- A box or bin to hold the pretend medical supplies
- Stuffed animals or dolls
- Long strips of white cloth to use as bandages
- Tape for bandaging
- Toy stethoscope
- Old white shirts for medical smocks
- Toy needle or ball point pen that has a “clicker” on top for pretend injections (remove the ink cartridge)
- Soft white gloves
- Clipboards with pencil/marker

Besides going to the doctor, children might have other new experiences such as traveling on an airplane for the first time or staying at a friend’s or relative’s house for the first time. You can create play kits and sing the strategy song throughout the year whenever a child is facing a new experience. It could also be brought out as part of a week-long curricular lesson.