

HEALTH

What's the Powerful Word of the Month?
Health means: Wellbeing in body, mind and spirit.

We make choices everyday that determine how we feel and how well our bodies and brains are working. If we make healthy choices, like eating nutritious foods and exercising our bodies, we often feel stronger, more awake, more focused and in a better mood than if we make unhealthy choices. When we make unhealthy choices, like staying up really late, eating lots of junk food, and laying around watching TV all day, we often feel tired, crabby, or even sick. That's why taking care of our bodies and our brains is so important. When our bodies and our minds are working well it means we are in good health.

This week, we're defining health--Nutrition, physical activity, good hygiene, sleep, & stress management:

WEEK 1 – A DAY

First, go over the meaning of the word and points written above. Then say, when you hear the word “healthy” what comes to mind? What comes to mind when you hear the word “unhealthy” (*i.e. feel sick, smoking, too much sugar*)? Do certain people get sick more than others? Every once in a while we might not feel our best, but there are ways to make sure that we stay healthy most of the time. We will be talking about how to stay healthy all month long. Why do you think health is such an important part of being a good (1) student, (2) teacher, and (3) leader? When we are healthy are we ready for a challenge? Yes! When we are healthy, are we ready to focus and solve problems? Yes! When we are healthy, are our bodies ready and able work to achieve our goals? Yes! And, when we are healthy, we are able to lead others! It's 2012-- is this going to be a healthy year for you? Yes!

If you have time: When was the last time you were sick? What helped you to feel better? When you look at 2011, were you sick a lot or were you mostly healthy?

WEEK 1 – B DAY

First, review the meaning of the word of the month and what you discussed in the beginning of the week. Then say, last time we talked about being healthy and why it's so important to stay healthy as a student, teacher, and leader. What does being healthy allow you to do? What goals does it allow you to go after? Great! Today let's talk about two ways we can help keep ourselves healthy. One way to stay in good health, is to get a good night's sleep. What does that mean to you (*note: school age children need 10-12 hours of sleep, teens need 8.5-9.5 hours of sleep*)? What happens if we don't get enough sleep? How much sleep do you get each night? Another way to stay healthy is to have good hygiene. What is “good hygiene” (*i.e. cleaning body, brush hair & teeth, etc.*)? How can hand washing keep people healthy? When we keep our bodies clean, we keep ourselves- and others- healthy!

If you have time: When you have a cold or you feel sick, what should you do to keep others around you healthy (*i.e., wash hands, cough into sleeve, stay home*)?

End the class by saying: “**The word of the month is “Health”**
What's the Powerful word of the month?” Have them shout back: “**Health!**”

HEALTH

What's the Powerful Word of the Month?
Health means: Wellbeing in body, mind and spirit.

Last week we started talking about health. We talked about how health is an important part of being a student, a teacher, and a leader. How is health important to being a student, a teacher, or a leader? We also talked about getting a good night's sleep and practicing good hygiene can help keep us all healthy. How can sleep and good hygiene keep us healthy? Raise your hand if you've done something to keep yourself healthy lately. (Spotlight a child for a job well done. Let them know you're proud!).

This week, we're discussing health and nutrition:

WEEK 2 – A DAY

First, go over the meaning of the word and points written above. Then say, what are your favorite foods to eat? Food is what makes our bodies “go” each day and helps us grow tall and repair ourselves when we get hurt. Does it matter what kinds of foods we eat? Yes! Just like a car, we have to put the right fuel in our bodies to make them work right. A “healthy diet” consists of eating a variety of healthy (nutritious) foods. “Nutritious” foods give our bodies what they need to run. (*Note: The USDA's “my plate” has been included for your reference if you would like to use it in this lesson plan*). What are the main food groups we should eat each day (*i.e. grains, vegetables, fruits, dairy, lean proteins*)? Name some examples of foods that fall into each group. Why can't we just eat cookies all the time? What happens when we don't eat nutritious foods (*i.e. unfocused, tired, sick*)? Do you eat nutritious foods? Yes!

If you have time: How do you feel when you eat nutritious foods? Is it OK to eat cookies and chips, sometimes? Sometimes. But nutritious foods daily!

End the class by saying: “**The word of the month is “Health”**
What's the Powerful word of the month?” Have them shout back: “**Health!**”

WEEK 2 – B DAY

First, review the meaning of the word of the month and what you discussed in the beginning of the week. Then say, last time we talked about eating nutritious foods for health. What are some examples of nutritious foods? How do they help us reach our goals? Today let's talk about good hydration. What does it mean to be well “hydrated?” It means we are drinking enough to stay healthy each day! What are some healthy things to drink (*i.e. water, milk, unsweetened juice*). One of the very best things you can drink is water. Who here likes to drink water? How much water do you think is inside our bodies? Our bodies have a lot of water inside (60%!) so drinking water helps our bodies to run well! Our brains are almost all water too (80%)-- so drinking water helps us get our work done! When should we drink water (*i.e., after exercise, when thirsty*)? How do we feel when we're thirsty (*i.e. dry, sick, tired*)? When we drink healthy things, we feel better!

If you have time: How many teaspoons of sugar do you think are in 1 (12oz) can of coke? There are 10 teaspoons! Drinking a lot of soda/pop isn't good for us!

Bonus: Share some of the completed projects with the class. Reward and praise those children who handed in the project on time and did well!

HEALTH

What's the Powerful Word of the Month?
Health means: Wellbeing in body, mind and spirit.

Last week we continued talking about health. We talked about eating nutritious foods to keep our bodies healthy. What were some of the food groups we needed to eat from each day? How can eating nutritious foods help you to reach your goals? We also talked about good hydration. What does that mean? What is the best thing to drink each day? How have you helped yourself stay healthy lately (Highlight a child in the group and let them know you're proud!)

This week, we're discussing health and physical activity:

WEEK 3 – A DAY

First, go over the meaning of the word and points written above. Then ask, to be a powerful, healthy student and leader with energy and focus, it's not only important to get a good night's sleep and eat nutritious foods, we also must...exercise our bodies every day. What are some ways to exercise (*i.e. run, play outside, our class, dance, yoga, trampoline*)? Exercise can help our bones, our muscles, and even our internal organs like your heart and lungs. How can exercise help your heart and lungs (*i.e. aerobic exercise gets heart pumping and lungs filled*)? How can exercise help build your muscles (*i.e. gets them to work hard so they get strong over time*)? Think of one of the exercises you love to do. What parts of your body are you helping when you do that exercise (*i.e. legs, arms, lungs, heart*)? Exercise also helps our balance-- can you think of any balance exercises (*i.e. standing on one foot*)? Exercise keeps us healthy!

If you have time: If we don't exercise and we just watch TV all day, what happens to our bodies (*i.e., weak, tired*)? It's OK to watch TV at times but is a lot good for us? No!

WEEK 3 – B DAY

First, review the meaning of the word of the month and what you discussed in the beginning of the week. Then say, last time we talked about exercising our bodies. What parts of our bodies can exercise help (*i.e. muscles, bones, heart*)? Today let's focus on 3 words that are big parts of exercise; endurance (pronounced in-dur-ants), strength, and flexibility. Does anyone know what any of these words mean? Remember when we talked about how exercise helps our hearts? Endurance is when you can do a heart-pumping activity for a long time. Can you give me an example of an exercise that gets a heart pumping (*i.e. running, boxing, dance*)? Strength is how strong your muscles are. Can you give me an example of an activity that takes strength (*i.e. push-ups, handstands*)? Flexibility is when muscles can easily bend and go through their full range of motion. Name a flexibility exercise (*i.e. yoga, splits, kicks*). Do you have endurance, strength, and flexibility? Great!

If you have time: What happens if you don't have endurance in class? If you did not have strength? If you weren't flexible? Be sure to work on all of these areas!

End the class by saying: "The word of the month is "Health"
What's the Powerful word of the month?" Have them shout back: "Health!"

Bonus: Share some of the completed projects with the class. Reward and praise those children who handed in the project on time and did well!

HEALTH

What's the Powerful Word of the Month?
Health means: Wellbeing in body, mind and spirit.

Last week we continued talking about health. We talked about the importance of exercising our bodies. What happens if we don't exercise our bodies? What are some of your favorite ways to exercise your body? We also talked about 3 words that are an important part of exercise: Endurance, Strength, and Flexibility. What do these words mean-- why do they matter to you as a student in this class? How have you exercised your body lately? (Spotlight someone for a job well done. Let him/her know you're proud!)

This week, we're discussing unhealthy choices as well as our healthy plans for 2012:

WEEK 4 – A DAY

First, go over the meaning of the word and points written above. Then say, we have talked about several things that keep us healthy. Now let's talk about the choices someone might make that would be unhealthy. How can the following things compromise or weaken our health: (1) Staying up late every night (*i.e. feeling tired, unfocused, more likely get sick*) (2) Eating meals or touching your face without washing your hands first (*i.e. spreading germs*) (3) Eating lots of sweets and salty foods and not eating vegetables and fruits (*i.e. not getting vitamins, feeling sluggish*) (4) Watching many hours of TV or playing a lot of video games each day (*i.e. affects brains, keeps us from exercising/socializing*) (5) Not exercising our bodies (6) Smoking (*i.e. impacts lungs, heart, etc*) (7) Taking drugs. What if you only take drugs sometimes-- is that OK? It still can be very dangerous and bad for your health. You make the choice.

If you have time: Who is a positive role model in your life who makes healthy choices? What do you admire about that person? How are you a role model for others?

End the class by saying: **“The word of the month is “Health”
What's the Powerful word of the month?”** Have them shout back: **“Health!”**

WEEK 4 – B DAY

First, review the meaning of the word of the month and what you discussed in the beginning of the week. Then say, last time we talked about unhealthy choices someone might make that can compromise or weaken health. What are some of the choices someone might make that would be unhealthy for their bodies? Right. Today let's talk about setting some healthy goals for 2012. How can you be healthier this year (*i.e. drinking more water, stretching, exercise, healthy lunch*)? Let's make some goals for ourselves. Remember, a goal needs to be very specific and it should be said as if it's already being accomplished right now. For example, “my healthy goal for 2012 is I am exercising for 20 minutes every weekday morning.” I didn't say “I will” do something, I said “I am” as if it's happening now. What's your healthy goal (Use “I am”)? How will the accomplishment make you feel? What else can you do to be healthier? Great!

If you have time: Finish this sentence; “I am helping my body be as healthy as it can be by” (*i.e. drinking lots of water, exercising, eating nutritious foods*). Are you a healthy student? A healthy leader? Yes! Go for it!

Bonus: Share some of the completed projects with the class. Reward and praise those children who handed in the project on time and did well!