

WORKSHEET

SUPER HEALTH HEROES PLANNING SHEET

Use this sheet to select a specific health problem, issue, or need that affects students in your school.

1. Brainstorm student health problems.

2. Select a main problem. Our team wants to work on the problem of _____

3. Brainstorm all the things that your team and the class might be able to do to help students improve. (Remember that you can find experts to help you. Think of as many categories as you can when you brainstorm. Consider: How might the government help? How might the school help? How might lunch ladies help? etc.)

4. Write your best idea and create a plan. Make general assignments. Who will do what to accomplish your goal? Examples: The custodian will help us find and lay down exercise mats before school. The P.E. teacher will give us time to practice our skill a few minutes each P.E. period.

5. Advertise your plan. Who will you tell and how can you make it fun!
