

Staying Healthy Year Round

Summary

Students will read literature about the seasons and observe and describe the weather in each. The group will compare and contrast the activities of people during different weather conditions showing how they adapt to changes. They will generate activity and nutritional guides appropriate to each.

Time Frame

4 class periods of 30 minutes each

Life Skills

Social & Civic Responsibility

Materials

books (see bibliography)
writing material

Intended Learning Outcomes

Students will observe and describe the basic components of weather and understand how a healthy diet and exercise can increase the likelihood of physical and mental wellness year round.

Instructional Procedures

1. Read a variety of books about the seasons or weather. (see bibliography)
2. Make a chart of physical activities appropriate for different weather conditions found in each season.
3. Generate a list of favorite seasonal foods or comfort foods triggered by weather conditions and discuss good nutrition year round.

Strategies for Diverse Learners

Gifted Students: Gather and read books independently. Generate activity and food lists independently.

Struggling Student: Listen to books read to them. Draw or cut out pictures of appropriate activities and food.

Extensions

This lesson could be done with a whole group, in cooperative learning groups, or as individual projects. Final projects could include lists, charts, posters, demonstrations, dioramas, oral reports, class or individual books.

Assessment Plan

The rubric called "Staying Healthy Year Round" may be used to assess student learning.

Rubrics

[Staying Healthy Year Round](#)

Bibliography

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Authors

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