

Healthy Habits

More Practice With Bugs and “I” Messages



3 Cs

- ☞ I care about myself.
- I care about others.
- I care about community.

Help students to understand and invite them to state clearly:

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.

Preparation

Materials

Send Home Connection requesting magazine pictures of healthy foods and activities before you plan this lesson (see page 81).

Berenstain, Stan, and Jan Berenstain. *The Berenstain Bears and Too Much Junk Food*. New York: Random House, 1985. (Check out this book from your media center.)

butcher paper

glue

Music

“Take Care of Your Body” from CD *Something Good* (see page 148)

Vocabulary

healthy habits
lifestyle

Lesson at a Glance

Note to teacher:

Complete optional Home Connection before teaching this lesson.

Introduction

1. Taking Care Of Ourselves So We Can Be Healthy.

Strategies

2. Good Things We Can Do To Take Care Of Our Bodies.
3. *Berenstain Bears and Too Much Junk Food*.
4. “Good Health” Collage.

Conclusion

5. Sing And Dance/Stretch/Exercise To “Take Care Of Your Body”

Core Curriculum Objectives and Standards

Objectives

Students will identify activities, habits, and attitudes that promote healthy lifestyles.

Standards

- 7000-0401** Demonstrate proper care of the body.
- 7000-0601** Understand how food is the fuel of the body.
- 7000-0602** Identify benefits of physical activity

Teacher Notes

Home Connection

Prepare

Make a copy of the Home Connection for each child. Send the “Home Connection” paper home with each child and instruct them to bring pictures of healthy food and activities

Introduction

Discussion

- What are some bugs you feel when you don’t get enough sleep?
- What kinds of bugs would you feel if you did not have enough food to eat? Help students answer with an “I” message like, “I feel grumpy when I don’t get enough sleep.”

Tie in the 3 Cs

- I Care about myself.
- I Care about others.
- I Care about community.

Help students to understand and invite them to state clearly-

I have the right to care about myself.

I have the responsibility to make smart choices when I care about myself.

Ask

- Do we have a right to eat food?
- What is our responsibility to our bodies when we make choices about what food to eat?

Strategies

Discussion

2. Good Things We Can Do To Take Care Of Our Bodies.

Discuss some of the good things we can do to care for our bodies and why we should do these things.

- Get lots of sleep.
- Eat healthy food.
- Exercise every day.
- Practice healthy habits (brushing teeth and hair, bathing, etc.).

Read and Discuss

3. *Berenstain Bears and Too Much Junk Food.*

Discuss the book.

Art Project

4. “Good Health” Collage.

- Have a supply of pictures of healthy foods and healthy activities.
- On a large piece of butcher paper, trace around a student to create a body shape cut-out.
- Using the pictures, make a group collage on the butcher paper entitled, “Doing Good Things for our Bodies.”
- Discuss the collage.

Conclusion

5. Sing And Dance/Exercise/Stretch To “Take Care Of Your Body”





Home Connection

Dear Family,

I am going to have a lesson about taking care of my body. Will you help me cut out pictures of healthy foods and activities for me to make a special craft? Please help me get them to school by _____



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Conexión en el Hogar

Querida familia,

Voy a tener una clase acerca de como cuidar de mi cuerpo. ¿Me podrías ayudar recortando dibujos de alimentos sanos y actividades para mi para poder hacer una manualidad? Por favor ayúdame a llevarlos a la escuela el día _____



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