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.
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
### 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.

**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**

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”
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 ____________
Querida familia,

Voy a tener una clase acerca de cómo 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 llevártelos a la escuela el día_________________________.