



Educator guide: Healthy minds lesson

Recommended for grades:

4th grade

Time:

5 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 2: Analyze influences that affect health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Describe at least three healthy behaviors (including at least one that specifically helps keep the mind healthy) they can do each day.
2. List three things that can help them get a good night of sleep.

Lesson description:

In this lesson students will learn about ways to keep their mind healthy. They will learn about healthy sleep habits, screen time guidelines, mindfulness and other habits that are important for healthy minds.



Pre and post-test questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. About how many hours of sleep does someone your age need?
 - a. 7
 - b. 8
 - c. 10**
2. Which of the following will help you get a good night's sleep?
 - a. Keep the room you sleep in warm.
 - b. Only use your bed for sleeping and reading.**
 - c. Turn off all electronics 10 minutes before bed.

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Healthy minds lesson. You may choose to use this list in any way that fits your needs.

- Brain – the organ inside the head that controls thought, memory, feelings and activity
- Mindfulness – a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations
- Screen time – time spent using a device such as a computer, phone, tablet, television or games console
- Yoga – a mind and body practice that combines physical postures, breathing techniques and meditation or relaxation

Healthy minds worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Healthy minds lesson.

1. List two playtime activities that you enjoy.

a. _____

b. _____

2. Name two people who you would like to connect with soon, that you don't normally see or talk to.

a. _____

b. _____

3. What does being mindful mean?

4. What are two things you could do for downtime?

a. _____

b. _____

5. How many hours of sleep does someone your age need?



6. List three healthy sleep habits.

a. _____

b. _____

c. _____



Healthy minds worksheet answer key

1. List two playtime activities that you enjoy.

Playing on the playground, drawing, building a snowman, playing games, etc.

2. Name two people who you would like to connect with soon, that you don't normally see or talk to.

Friends, relatives, etc.

3. What does being mindful mean?

Being mindful means taking time to notice your thoughts, what your body feels like, what your ears are hearing and anything else that is around you and happening right now. It's taking time to be present in the moment.

4. What are two things you could do for downtime?

Lying in bed staring at the ceiling, laying in the grass looking at the clouds or the stars, letting your mind wander, etc.

5. How many hours of sleep does someone your age need?

Approximately 10 hours

6. List three healthy sleep habits.

Keep a regular daily routine, get up and go to bed around the same time each day, get physical activity throughout the day, keep your bedroom cool, dark and quiet, turn off all electronics at least 30 minutes before bedtime, limit screen time to 2 hours or less each day, etc.

Supplemental activity: Family wellness bingo

Objectives:

After completing this activity students will be able to:

- Describe at least three healthy behaviors (including at least one that specifically helps keep the mind healthy) they can do each day
- Demonstrate health-enhancing behaviors, such as participating in physical activity, eating healthy foods and getting proper rest.

Materials needed:

- Printed copy of Family wellness bingo sheet for each student (included on next page)

Time required:

10 minutes

Instructions:

Send a Family wellness bingo sheet home with each student. Give students one week to complete what they can on the board with at least one other family member. You could even have a friendly competition to see who can check off the most squares.

Upon completion of the at home activity, have a class discussion about what they liked or didn't like about this activity. Did they learn anything new about their family members? Were there any challenges?

Family wellness bingo

With at least one family member, complete as many of the activities as you can and “x” them off. Once you get 5 in a row, up and down or across, you get a BINGO!

Went on a thirty minute walk	Made one healthy meal together	Tried meditation for at least 5 minutes	Played outside for 15 minutes	Got enough sleep each night for a week
Went grocery shopping together and bought healthy foods	Had a dance party	Did not bring any electronics to bed	Tried one new healthy recipe together	Had ten minutes of down time after school or work without electronics
Tried making a smoothie	Played a sport or active game for 20 minutes	Free space	Did not use electronics 30-60 minutes before bed time	Did yoga for 15 minutes
Stretched our muscles every morning or night for a week	Went to bed at the same time every night of the week	Connected with a family member that we don't see often	Had 4 dinners together without electronic devices or having the TV on	Played a board game
Switched one sugary drink per day with a less sugary drink for one week	Limited screen time to two hours or less per day	Wrote down a health goal to work towards	Ate three meals per day, including at least one together as a family	Tried a new fruit or vegetable



Transcript

Slide 1

In addition to proper nutrition and physical activity there are other important things you can do each day to stay healthy. In this lesson you will learn about some important mental activities that will give your brain what it needs to function at its best. Open the worksheet and print it or save it to your computer. Complete this worksheet as you move through this lesson.

Slide 2

Play time is something that definitely should be part of each day for everyone. That will mean different things to different people. For someone your age, it can include playing on the playground with friends at recess, drawing, building a snowman or playing a board game. It's important to allow yourself to be creative and enjoy new experiences. Play time helps make new connections in the brain, which is great!

Slide 3

Each day we should be taking time to connect with other people, ideally in person, rather than through a computer or cell phone. It's important to spend time with people that you enjoy, including other kids your age and trusted adults.

It's also good for our mind to take time when we can to connect with nature. Being in nature can reduce feelings of anger, fear and stress, while increasing pleasant feelings. Getting outside can also help you concentrate better when you return indoors. That's one of the reasons recess is so important! Other examples can include going to a park, going on a hike or even just laying in the grass.

Slide 4

Taking time to be mindful each day means noticing your thoughts, what your body feels like, what your ears are hearing and anything else that is around you and happening right now. It's taking time to be present in the moment. You can do this many different ways. Click on each character to hear how they practice being mindful.

Sofia: I'm learning how to do yoga, like my mom does.

Jack: When I need to re-focus at school I take a few seconds to just pay attention to my breathing by taking three big deep breaths.

Carly: When my family goes on a walk sometimes we will be really quiet and try to hear all the different sounds around us. We also try to notice all the different smells...which sometimes aren't great!

Being mindful can help you pay attention, calm down when you're upset and make better decisions.

Slide 5

Having down time each day is important too. Down time is when we are not focused on anything in particular and we let our mind wander, or we just simply relax. This helps our brain recharge.

Slide 6

And, lastly, we can't forget about sleep! Sleep is so important for your entire body. Sleeping gives the brain and body the rest it needs so that you are ready for the next day. Kids your age need about 10 hours of sleep. If you regularly don't get enough sleep you may have trouble in school, feel tired or sick, and feel irritable or cranky.

Slide 7

There are some things you can do to help you get the sleep you need. The first thing is to try to keep a regular daily routine. That means going to bed and getting up at around the same time each day. Then, throughout the day, get your body moving.



Slide 8

Your bed should be a place to sleep and to read before going to sleep, not a place to play video games, watch TV and eat a snack. Try to keep the room you sleep in cool, dark and quiet when you're trying to fall asleep.

Slide 9

Ideally, screen time should make up less than two hours of your day. Screen time includes playing video games, being on a computer, tablet or phone and watching TV. All electronics should be turned off at least 30 minutes before bedtime to help you fall asleep and get a good night's sleep.

Slide 10

There's no specific recipe for a healthy mind, and everyone is different, but you've just learned lots of things you can do to keep your mind healthy. Try some of them to see what works best for you. Think of all the things we've talked about as being like nutrients for your brain! Just like we need a variety of nutrients from food for a healthy body, it's important to practice a variety of these behaviors for a healthy mind!

Slide 11

Great job! You've completed this lesson.



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