



Educator guide: Physical health and healthy minds lesson

Recommended for grades:

1st grade

Time:

3 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 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. Recognize healthy habits for the body and mind.

Activity description:

In this lesson, students will learn about five different habits that will keep both their body and mind healthy.

Pre and post-test questions:

Use the questions on the following page with your students in any way that you see fit. You may choose to combine questions from various lessons and activities that your students participate in.



1. Circle two ways to keep your mind and body healthy.



a. Get outside.



b. Play video games.



c. Eat healthy foods.



d. Drink soda.

Vocabulary:

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

- Electronics – television, phones, video game systems or anything that uses electricity
- Healthy – good for your mind and body
- MyPlate – a picture and description that tells you what foods you can eat to keep your body healthy and strong
- Trusted adult – a grownup that you are close to and who cares about you, such as a parent, family member, teacher, school counselor, etc.

Supplemental activity: Healthy body and mind coloring activity

Objectives:

After completing this activity students will be able to:

- Recognize healthy habits for the body and mind.

Materials needed:

- One set of coloring pages for each student (found on the following pages)
- Crayons/Markers/Colored pencils

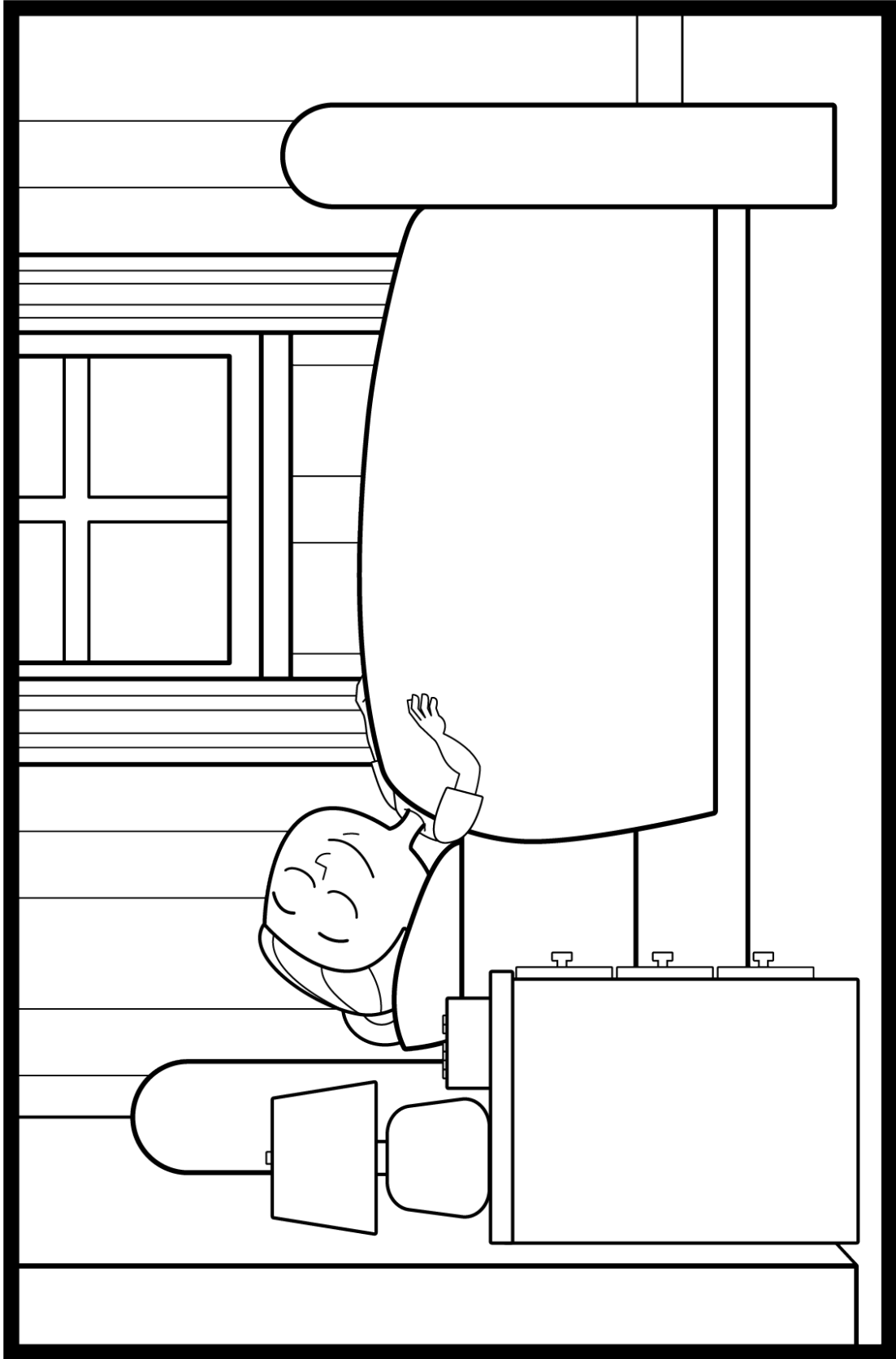
Time required:

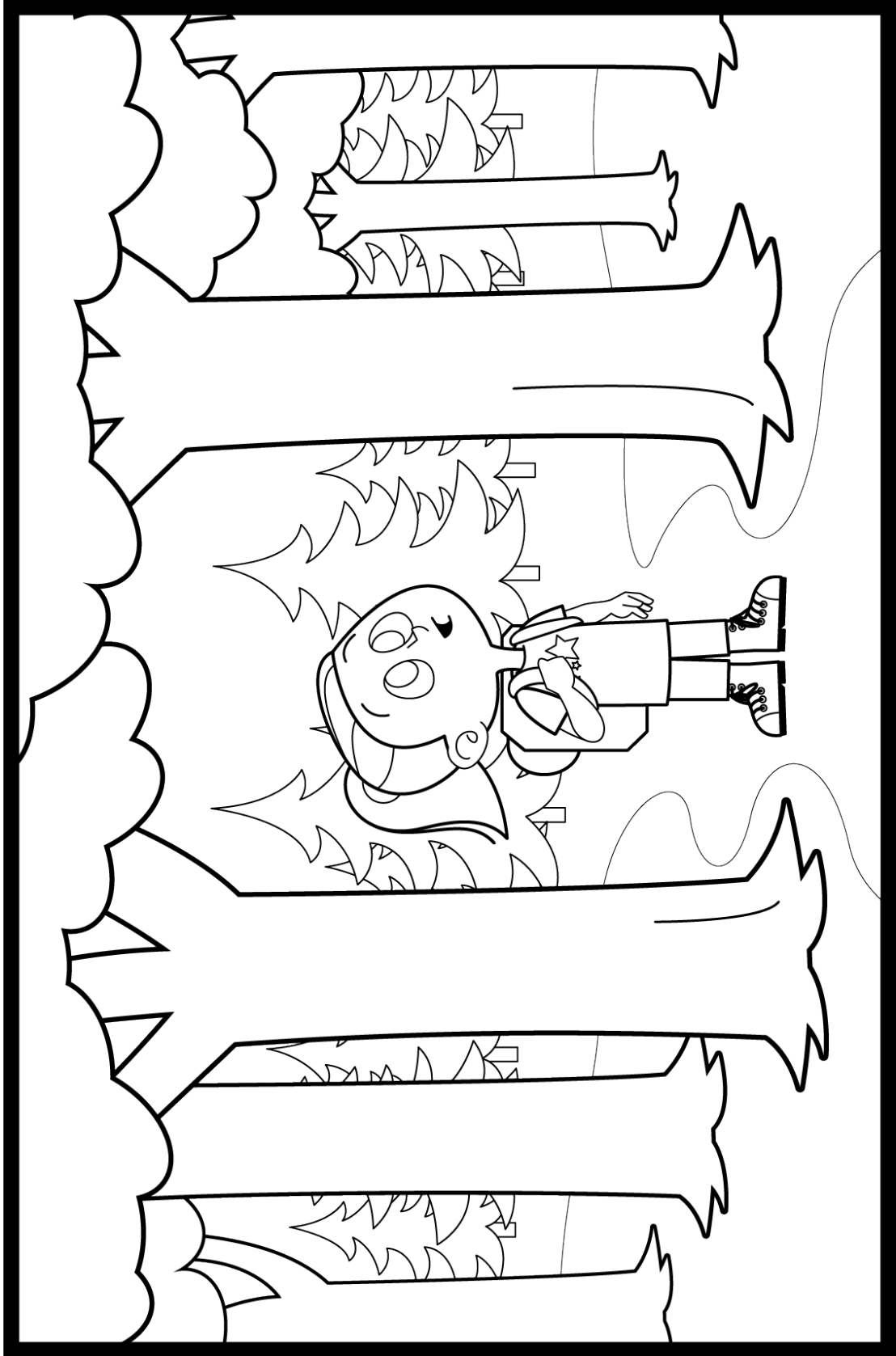
25 minutes

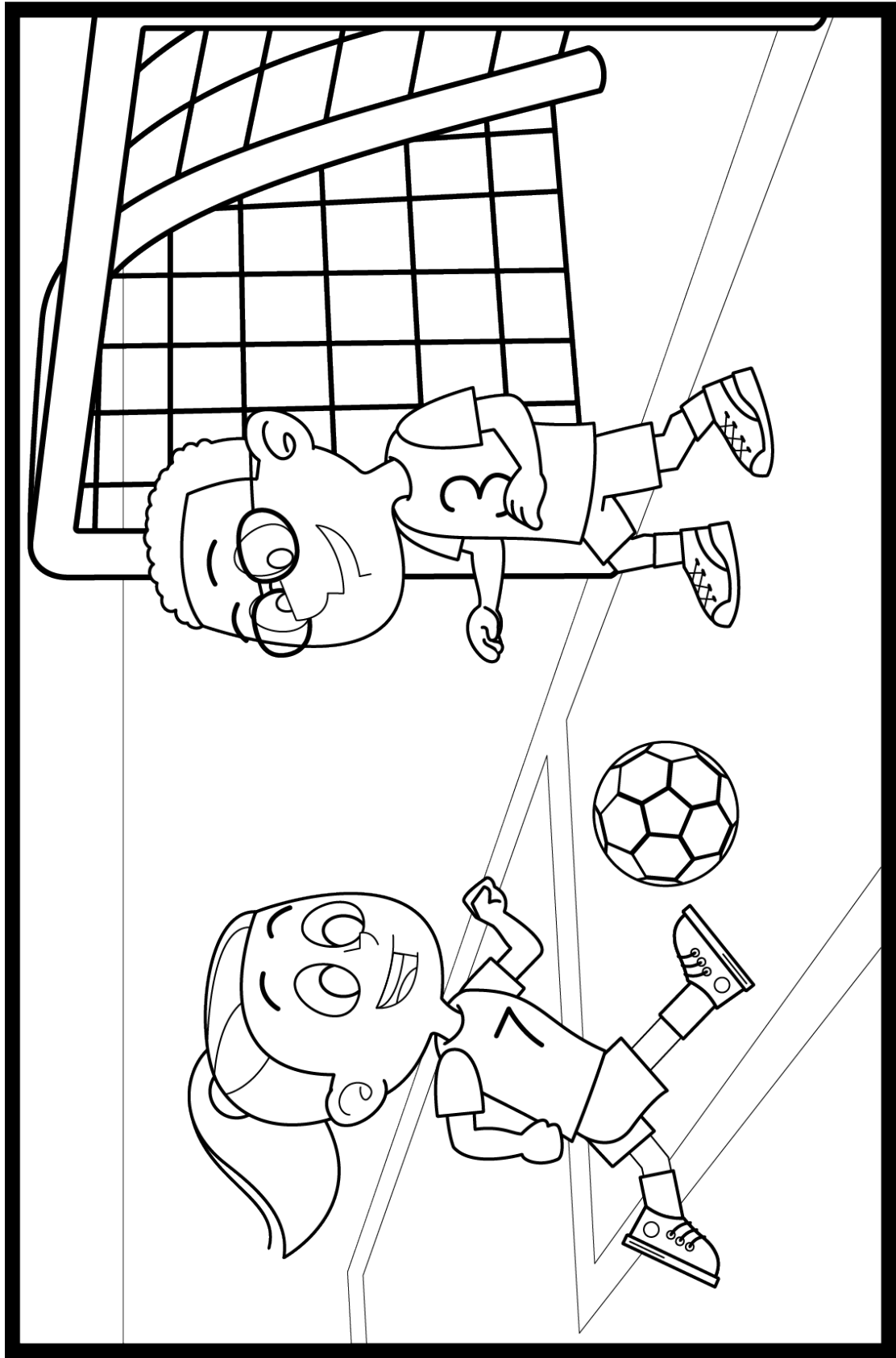
Instructions:

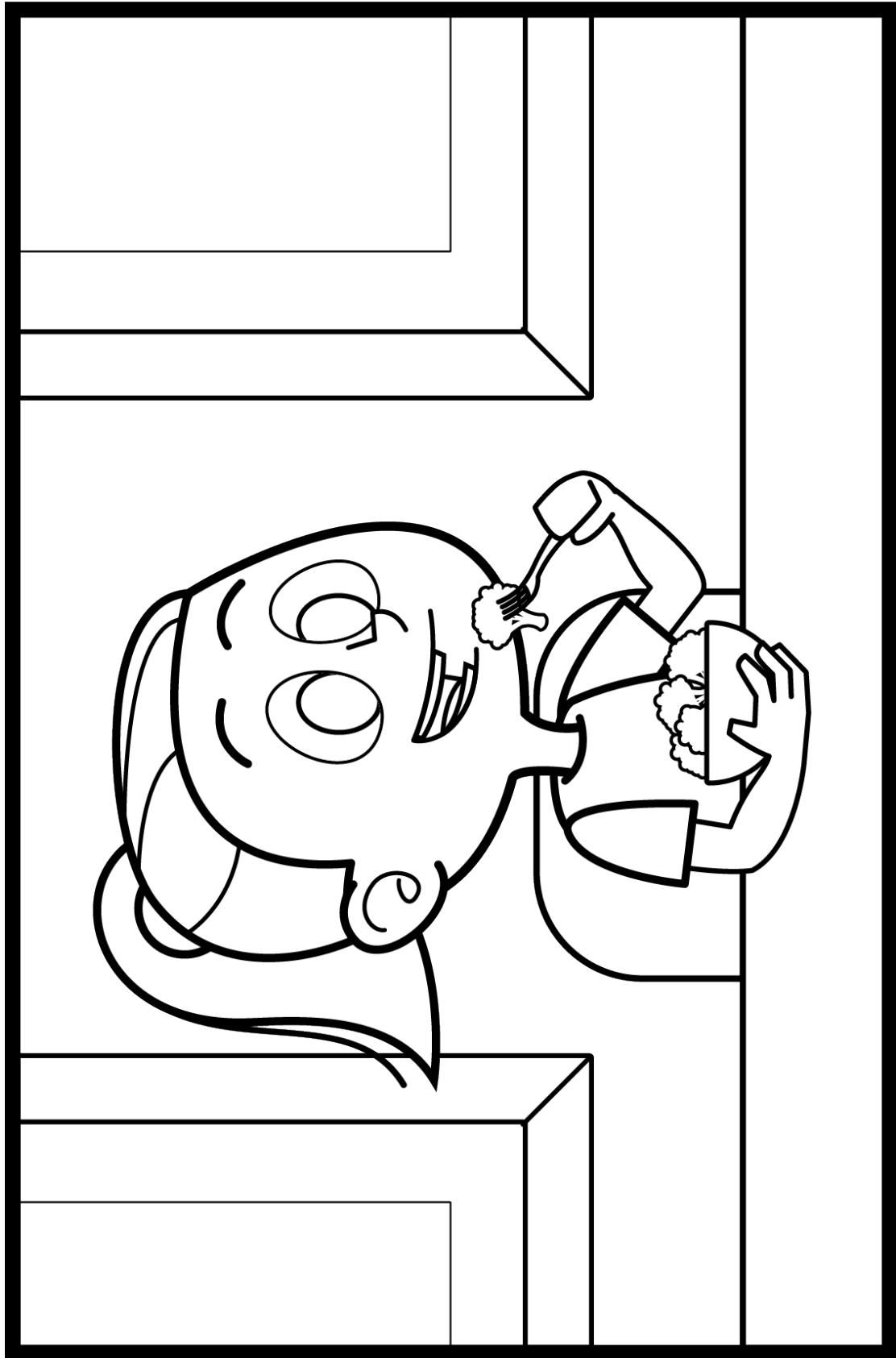
Print out a set of printable coloring pages for each student, found on the following pages. Each of the five coloring pages will have a picture representing one of the healthy activities discussed in the online lesson. In class, students will color the page for the healthy activity they want to try when they get home.

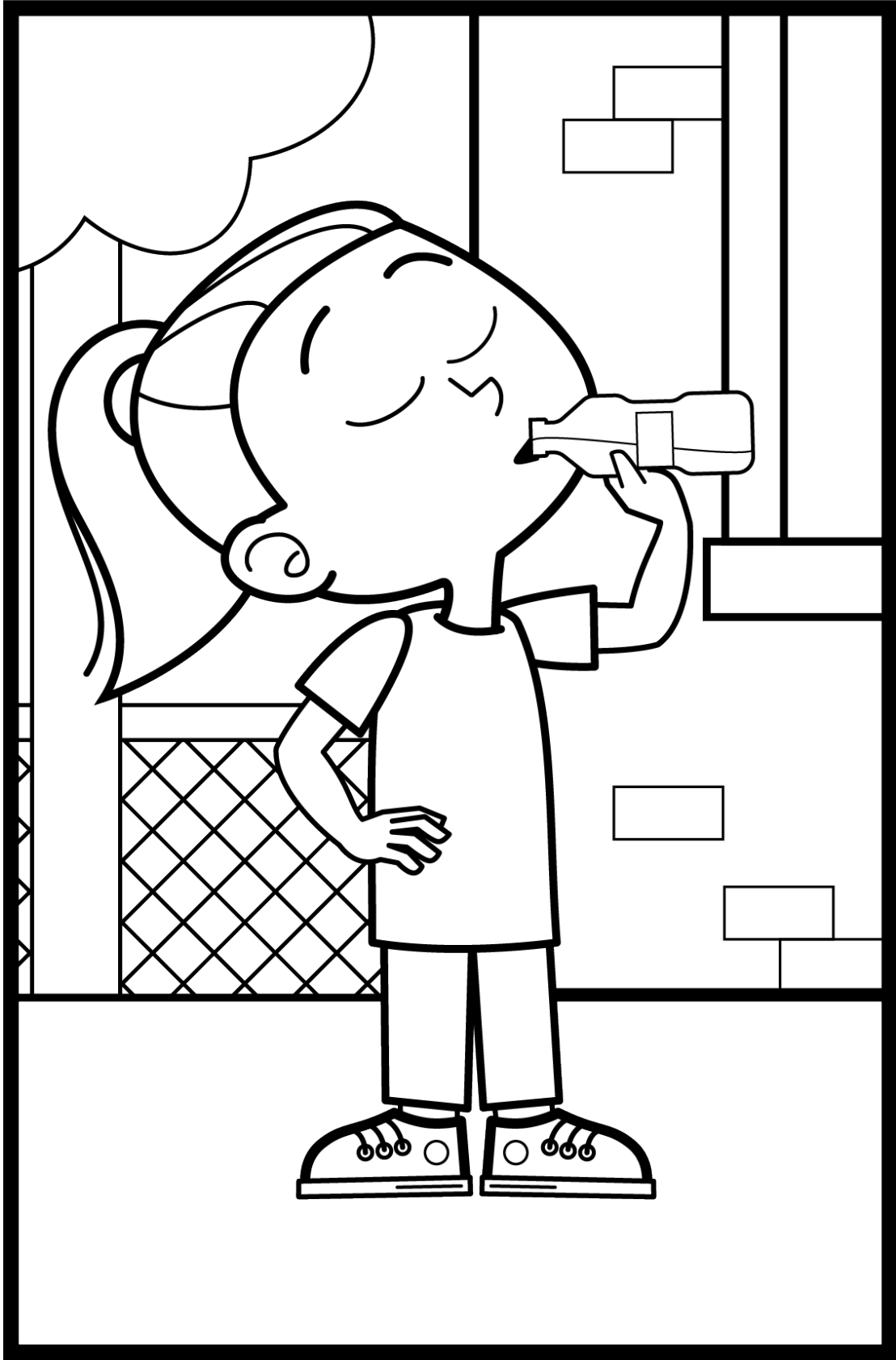
Ask your students to write, with the help of their trusted adult, what happened when they tried their activity. What did they do? Did they enjoy it? Students can write their thoughts on the back of their printed sheets. Discuss their reflections in class. Encourage students to color the remaining pages and try a new healthy activity each week.











Transcripts

Slide 1

Belinda Badger: I'm here with my friend Quinn to talk today about how keeping your body healthy helps keep your mind healthy too!

Quinn: Staying active helps you have more energy and feel good about yourself!

Belinda Badger: It does, doesn't it Quinn? Moving your body, in addition to some other healthy habits, can really help you keep your mind healthy.

Slide 2

Belinda Badger: There are lots of healthy habits that keep your body healthy and your mind, too. Five you can try are: getting enough sleep, drinking water, eating healthy, moving your body, and getting outside. Click on each of the buttons to learn more about these healthy habits!

Sleep: A good night's sleep means sleeping 10 to 11 hours and going to bed at the same time every night. It's also important to avoid watching TV or playing on electronics right before bed.

Water: Drinking water does so many important things for your body. When you are drinking enough water, your body functions properly, you feel calmer, happier, and more focused. Try drinking water instead of soda or juice and see how much better you'll feel!

Healthy foods: Eating healthy foods, like fruits, vegetables, and other foods from MyPlate, will keep your body and your brain healthy. It will also keep your body and brain fueled up and full of energy for the day. Talk with your trusted adult to learn more about MyPlate.

Moving: Being active will help keep both your brain and body healthy. Try to play a game with your friends and get physical activity for at least 60 minutes a day. There are so many sports and games to play. Try some out and see which you like the best!

Outside: Being outdoors and getting fresh air each day is another way you can keep both your body and brain healthy. It's also better for your mind than staring at a screen. If you have a choice between watching TV or playing outside, your brain and body will thank you for getting outside!



Slide 3

Belinda Badger: So as you can see, there are so many things we can do to keep our minds and bodies healthy.

Quinn: And a trusted adult can always help you make good decisions about staying healthy.

Belinda Badger: Talking with your trusted adult will help you figure out what you can do to stay physically and mentally healthy. That's it for today, see you next time!



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