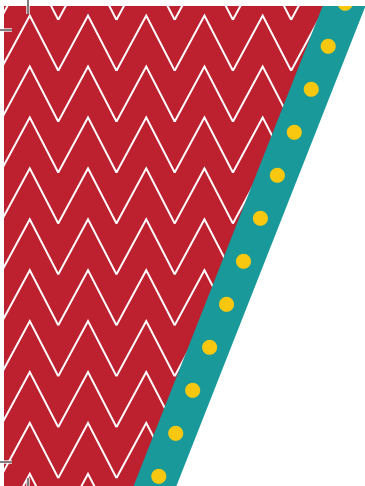


The background of the entire page is a vibrant yellow sunburst pattern. The rays originate from a point at the bottom center and radiate outwards towards the top corners, creating a sense of energy and positivity.

THE *Healthy* KIDS PROJECT

QUICK START CARDS

Copyright 2012, 2013 Gottalook Productions LLC

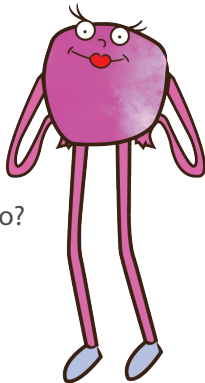


LESSON 1: We Have Bodies

KEY MESSAGE:

It's important to take care of our bodies. We need them for everything we do in life.

Can each student name 3 or more things the human body can do? Consider all kinds of tasks from dynamic (like jumping) to subtle (like reading or listening).





LESSON 2: Hello, Body!

KEY MESSAGE:

Muscles pull bones to create movement at joints.

Play the “Hello Body!” video and have students move each body part along with the song (Ex: wiggle fingers when song says “fingers”).

Explain to students that bones hold up the body. Muscles move the bones. We can’t bend our bones, so we move at our joints. A joint is where two or more bones come together. Which joints moved in the song?



Have students stand in a circle. Explain that you will toss someone a ball and when the ball is received, the child is to demonstrate one way the body can move. For example: clap, hop, march, stretch, wave, etc. When the movement is finished, she or he will toss the ball back to you and you will pass it to another child to continue the game. Move quickly from student to student. Reinforce the concept that there are infinite options for human movement!

LESSON 2: Hello, Body! (cont'd)



LESSON 3: Sugar, Master of Disguise

KEY MESSAGE:

It's important to know how much sugar is going into our bodies.
Eating too much sugar is unhealthy.

The American Heart Association recommends children age 4-8 eat **no more than 3 tsp of added sugar per day**. Children age 4-8 eat an average 21 teaspoons of sugar daily... **that's 7 times the recommended allowance!**





Using standard sized sugar cubes (where 1 cube=1 tsp. sugar) or using counting blocks to represent sugar cubes, have children count 3 stacks:

Stack 1: 3 sugar cubes (AHA recommended daily maximum sugar for 4-8 year olds)

Stack 2: 12 sugar cubes (amount of sugar in a typical soda)

Stack 3: 21 cubes (average amount children consume daily)

Explain what each stack represents. Which stack has the least sugar?

Which stack has the most? How much bigger is Stack 2 than Stack 1?

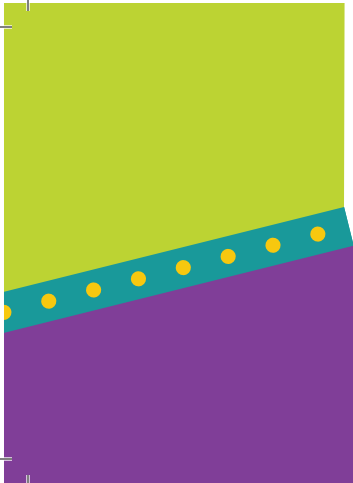
LESSON 3: Sugar, Master of Disguise (cont'd)



What do the stacks show us? (Ex: Even one soda per day is too much sugar for these ages, a little bit of sugar is OK but most kids eat too much, sodas are unhealthy, etc.) Remind students that water is the healthiest drink for hydrating the body. It contains no added sugars or chemicals.

Find the “6 Ways to Beat the Sugar Baddie™” handout in the “Lessons” DVD. Send it home by email or print as an important resource for parents.

LESSON 3: Sugar, Master of Disguise (cont'd)



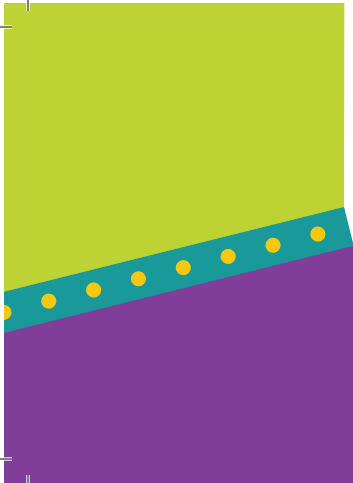
LESSON 4: The Couch Potato Blues

KEY MESSAGE:

Food and physical activity affect how we feel.

Healthy choices help us to feel good and to perform at our best!

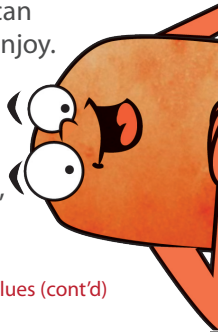
Share the “The Couch Potato Blues” video with the class. Ask,
“Have you ever felt sick after eating too much ice cream or too many cookies?
Did you choose to eat less the next time you were offered sweets?
How do you know when your stomach is full?”



Sometimes people use food as a source of pleasure to make upset feelings go away, but it usually doesn't work. Discuss how physical activity can improve one's mood. Make a list of physical activities the children enjoy. What other healthy activities can help to process upset feelings?

(Ex: Talk to friends or family, make art or music, do something kind for others, simply sit with the feelings and feel them until they pass, practice slow deep breathing, etc.)

LESSON 4: The Couch Potato Blues (cont'd)





LESSON 5: (Not About) Perfection

KEY MESSAGE:

Mistakes are a natural part of learning. It's important to speak with kindness, encouragement, and compassion, whether we are talking to ourselves or to others.


Mistakes provide useful feedback. Ask students if they can think of a time they learned something important from a mistake they made.

Ask students: What do you do when you make a mistake? Do you give up... or talk negatively to yourself? Or do you internally encourage yourself and keep trying? What are some kind and positive things we can say (to ourselves and to each other) when mistakes happen?

Discuss what it means to "Make lemonade out of lemons"!



LESSON 5: (Not About) Perfection (cont'd)



Guess who missed over 9,000 baskets, lost nearly 300 games, and was even cut from his high school basketball team? Michael Jordan!

Dr. Seuss had his first book rejected 27 times, and author J.K. Rowling was broke and jobless when she started writing the first Harry Potter book.

Winners aren't people who never make mistakes... they are the people who learn from their mistakes and use that knowledge to succeed.

LESSON 5: (Not About) Perfection (cont'd)

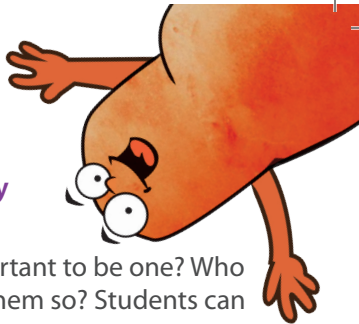


LESSON 6: Help Each Other

KEY MESSAGE:

You can become a positive role model for others by making healthy choices.

What does it mean to be a good citizen? Why is it important to be one? Who are some good citizens in your class and what makes them so? Students can create a good citizen award for the class and nominate a person to receive it.



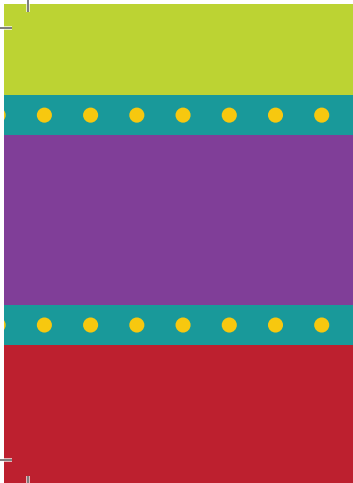


When you make good choices, you become a role model for others (Ex: Tasting new healthy foods, using kind words, trying a new skill, trying again if things aren't perfect the first time, helping others). What other actions or choices demonstrate good role modeling?

Squeeze a small amount of mustard from a packet onto a napkin. Ask students to try and put it back into the packet. Discuss how unkind words are like the mustard. They leave a stain that can't be removed and are unable to be taken back once they are spoken.

What does it mean to be compassionate?

LESSON 6: Help Each Other(cont'd)



LESSON 7: The Water Song

KEY MESSAGE:

Water is necessary for life and health.

Teach children the following section of “The Water Song” as a “shout out” call and response, then play the video and have students sing along!

Teacher: Juice and soda...

Teacher: That’s why we choose...

Teacher: Water helps us...

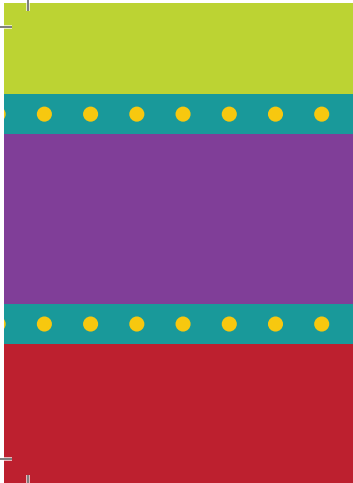
Teacher: Have some water...

Students: ...Are desserts!

Students: ...Water first!

Students: ...Stay alive!

Students: ...Give me five!



Our bodies are mostly water. Print and color the coloring page in “The Water Song” Lesson to see how much water your brain, lungs, blood, and other body parts contain!

Water helps flush out waste through our lungs, skin, intestines, and kidneys. What else can water wash (besides the inside of our bodies)?

When it’s really hot or cold outside our bodies need extra water to stay hydrated.



LESSON 7: The Water Song (cont'd)



LESSON 8: Foods That Grow

KEY MESSAGE:

It's important to eat a variety of fresh fruits and vegetables. A plant-based diet is the healthiest.

Discuss with students how some foods grow **under** ground (like potatoes and carrots) while others grow **above** ground on bushes, on trees or on vines. Can students name some foods that fall into each category?

Start an indoor or outdoor garden with the class!




LESSON 9: Healthy Choices A TO Z

KEY MESSAGE:

There are lots of fun and healthy choices when looking for something to do or something to eat.

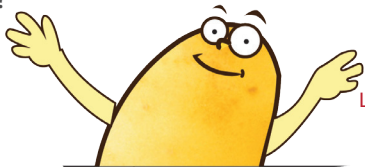
Show the video, "Healthy Choices A to Z"

Ask students, "What are some fruits and vegetables named in the video that you would like to try?"



Write the alphabet across the top of the board and ask students, “Can you name some fruits, vegetables, or healthy activities that either were or weren’t named in the video?” As students name things, place each item under the the letter that corresponds to the first letter in the word (Ex: bok choy under B, mushroom under M, skipping under S, etc.).

Can the class list at least one food and one activity for each letter of the alphabet?



LESSON 9: Healthy Choices A TO Z (cont'd)



LESSON 10: Health Feels Great!

KEY MESSAGE:

Health is its own reward. It feels great to be active, to be healthy, and to perform at our best.

We get our energy from food, water, exercise, and sleep. How do you feel when you don't get enough rest or food? Can you perform at your best if you are dehydrated? Tired? Physically Weak? What choices can you make to help your body be its best? (Ex: go to bed on time, play outside instead of playing video games, drink plenty of fresh water, etc.)