

## Lesson 10: Health Feels Great

Content Area: Healthy Habits

Book of The Day: Your Body is Awesome by Digrun Danielsdottir

Poems and Songs:

Vocabulary Words of the Day: feet, routine, plop

	Activities:	Materials Needed:	Opportunities for Interaction:	Standards/ Learning Outcomes:
Birth to 18 months:	<p>a. Focus on introducing the vocabulary words of the day. Talk with the infants by pointing to the different body parts. As the child responds by moving and communicating, acknowledge their movements. <b><i>This helps the child understand that their actions illicit responses and you are introducing new words.</i></b></p> <p>b. Recite and reenact the chant to help your child follow a series of directions. <b><i>This helps your child understand motor movements and introduces rhymes too!</i></b></p>	<p>a. No materials needed.</p> <p>b. Review the "Hello Body" (chant)                      Good morning fingers.                      Good morning toes.                      Good morning smile.                      Good morning nose.                      Good morning shoulders.                      Good morning eyeballs.                      Good morning arms.                      Good morning hands.                      Good morning knees.                      Good morning shoulders.                      Good morning hips.                      My body likes to balance.                      My body likes to breathe.                      My body likes to move                      And get a good night's rest.                      Two things that make me do my best.</p>	<ul style="list-style-type: none"> <li>• I am touching your toes. Let's count each of them. One, two, three, four, five, six, seven, eight, nine, ten. You have five toes on each of your feet.</li> <li>• You have two (brown) eyes. You can blink your eyes, you close them when you go to sleep, and you open them so that you can see.</li> <li>• Raise your shoulders up and down as you sing the chant.</li> <li>• Talk with your baby as you label different body parts.</li> <li>• Help your child imitate the action if he/she is able to follow the movement.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Communication</li> <li>✓ Listening</li> <li>✓ Understanding</li> <li>✓ Vocabulary</li> <li>✓ Gross Motor Activity</li> <li>✓ Moves body, arms and legs with increasing coordination</li> </ul>

a. Introduce the *Health Feels Great!* video. ***The child is making connections to real life experiences.***

b. With chalk, draw a path on the sidewalk. Depending on your child's abilities, this may be a straight line, a curve, or a zig zag pattern. Encourage your child to maneuver through the path at her own pace. She can walk between the lines or on the line. The child can help identify the level of difficulty to pursue in the challenge. ***The child participates in the planning and execution of the activity, exercising decision making skills.***

a. The *Health Feels Great!* video.

b. chalk

- Explain to your child what is happening in the video. The potatoes learned that making healthy choices can make them feel good. Review these healthy choices with your child: exercising, eating right, sleeping, and taking care of your body.

- Model for your child how to walk between the lines or on the line.

Show your child how to walk "heel to toe" on the line. Model how you can extend your arms sideways for balance.

Try different ways to walk the line: backwards or crawling along the line.

- ✓ Communication
- ✓ Vocabulary
- ✓ Coordination
- ✓ Balance
- ✓ Problem Solving

a. Introduce the *Health Feels Great!* Video.

b. Explain to your child that we make healthy choices daily. Together you will explore some healthy habits that you do daily or routinely. ***This helps your child understand routines and healthy habits.***

c. Work with your child to create a sidewalk activity, "Kangaroo Feet" together. With chalk, trace your child's feet moving in different directions (going forward, to the right, to the left, going backward). Encourage your child to create a "kangaroo path" with you. ***This activity helps your child understand the importance of working with another person and following a series of oral directions. The child participates in the planning and execution of the activity, exercising decision making skills.***

a. The *Health Feels Great!* Video

b. the Health Feels Great! video, magazine pictures of familiar, healthy routines, areas where healthy routines happen (i.e. bathroom), scissors

c. chalk

- Explain to your child what is happening in the video. The potatoes learned that making healthy choices can make them feel good. Review these healthy choices with your child: exercising, eating right, sleeping, and taking care of your body.

Pick, as a pair, a healthy routine (i.e. combing your hair, washing your hands, or washing your face) to practice.

- Find pictures in magazines of familiar, healthy routines (i.e. combing your hair, washing your hands, or washing your face). Talk with your child about the habit and how it helps to keep you healthy. Pretend to perform some of the routines together.

- Talk with your child about kangaroos. Ask, "Do you know how kangaroos move?" Demonstrate how kangaroos move as you hold your hands in front of your chest as your elbows are bent. Then hop with both feet leaving the ground. Encourage your child to practice hopping with you. Make sure they take off with both feet off of the ground at the same, bending their knees slightly when they land. Try to follow the chalk paths you drew on the ground. Offer directions like, "Hop to the right and then hop two times to the front." Praise your child when he follows the series of directions.

- ✓ Communication
- ✓ Language
- ✓ Literacy
- ✓ Balance
- ✓ Coordination
- ✓ Rhythm
- ✓ Problem Solving/sequence

a. Introduce the *Health Feels Great!* video.

b. Read the book, Your Body is Awesome, by Sigrun Danielsdottir with your child. Then, trace your child's body with chalk on the sidewalk. Label the different parts of her body and encourage your child to help decorate her silhouette. Talk with your child about the function of the different parts of the body. ***This helps your child understand about different body parts and how it is our responsibility to practice healthy habits.***

c. Create an obstacle course inside your home using cushions, chairs, sofas, cardboard boxes, and safe obstacle materials that your child can climb over and through. Allow your child to try to figure out how to move through the obstacle course; then model how to maneuver through some of the spaces and explore the obstacle together. Provide assistance to your child as is needed. ***Focus on allowing the child to be creative to problem solve as he practices agility, balance and coordination.***

a. The *Health Feels Great!* video.

b. Your Body is Awesome by Sigrun Danielsdottir, chalk

c. cardboard boxes, cushions, chairs, and safe obstacle materials that your child can climb over and through

- Explain to your child what is happening in the video. The potatoes learned that making healthy choices can make them feel good. Review these healthy choices with your child: exercising, eating right, sleeping, and taking care of your body.

Pick, as a pair, a healthy routine (i.e. combing your hair, washing your hands, or washing your face) to practice.

- Do a "picture walk" as you share the cover, title, author and illustrator and browse through a few pictures.

Read the book together and explore good habits to live a healthy life.

Then, trace your child's body with chalk on the sidewalk. Label the different parts of her body and encourage your child to help decorate her silhouette. Talk with your child about the function of the different parts of the body.

- Explore questions like, "What did you do to move from next to the sofa to move around the table?" Ask your child to describe and then recreate the steps he took.

Challenge your child. "Can you get through the course again faster? Can you move through a different pattern?"

Preschool Texas Essential Knowledge and Skills (Prekindergarten TEKS):

- ✓ 1.B.2.a Child begins to understand difference and connection between emotions/feelings and behaviors.
- ✓ Agility
- ✓ Balance,
- ✓ Coordination

a. Introduce the *Health Feels Great!* Video.

b. Read the book, *Your Body is Awesome*, with your child. ***Focus on getting the child to observe, investigate and describe properties of the body.***

c. *Co-author* a letter to the body thanking it for all of the amazing things that it does. ***Focus on summarizing with your child how amazing the body is and how it is a gift. Explain that we have to take care of our bodies and we do so by living healthy lives: eating right and exercising.***

a. The *Health Feels Great* video.

b. **Your Body is Awesome** by Sigrun Danielsdottir; index cards, pencils

c. pencil, paper, crayons

- Explain to your child what is happening in the video. The potatoes learned that making healthy choices can make them feel good. Review these healthy choices with your child: exercising, eating right, sleeping, and taking care of your body.

Pick, as a pair, a healthy routine (i.e. combing your hair, washing your hands, or washing your face) to practice.

- Do a “picture walk” as you share the cover, title, author and illustrator and browse through a few pictures. Explain that the video and the book both talk about healthy habits. Together, list some ideas that were introduced in both. Write the list on index cards.

Use the index cards to play a gross motor game. Shuffle the cards, ask the child to choose a card, and then act out the word that is written on the card. Take turns selecting cards.

- Co-author a letter to your body to thank it for all of the amazing things that it does. Work with your child to make a list of movements that you can perform and what you are able to do with your body. Your child can help to draw pictures.

Share the letter with members of your family.

Preschool Texas Essential Knowledge and Skills (Prekindergarten TEKS):

- ✓IX.C.3 Child identifies good habits of nutrition and exercise.
- ✓Child observes, investigates, describes and discusses properties and characteristics of common objects.

Special Needs:	<p>a. Select child friendly music. As the music is playing, move. When the music stops, plop to the ground. <i>This activity will help your child learn how to follow simple directions and how to control her body. She will also self-identify how much force she will use to jump or plop on the pillows.</i></p>	<p>a. child friendly music, radio or laptop, pillows (one per person)</p>	<ul style="list-style-type: none"> <li>• Select child friendly music. As the music is playing, dance. When the music stops, plop to the ground! (Your child may choose to jump on the pillow and not plop onto it.) Encourage your child to move and to be active. You can freestyle, wiggle and shake. Be safe and be aware of your neighbor so that you don't accidentally bump into someone.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Listening skills</li> <li>✓ Visual skills</li> <li>✓ Understanding</li> <li>✓ Body Control and Motor Reactions</li> </ul>
Family Assignment:	<p>Developing and practicing healthy habits will result in feeling great. As a family, there are many opportunities for you to participate in physical activities outdoors in your neighborhood and in your community. Model for your child how to practice being physically active each day. Playing gross motor games (i.e. running, skipping, jumping) and participating in sports (i.e. basketball or soccer) are just a few examples. Challenge your family to choose a new activity each week to do together. You can throw a ball for ten minutes, you can run outdoors, or you can play hopscotch. Remember as the parent and caregiver, your child will follow your example. Have fun being active as you learn and play together!</p>			
Resources:	<ul style="list-style-type: none"> <li>• For the <i>Health Feels Great!</i> video and additional activity ideas, visit: <a href="http://www.klrn.org/healthy-kids">www.klrn.org/healthy-kids</a></li> <li>• <a href="#">Easy-to-Read Science Plays: Human Body</a> by Scholastic</li> <li>• <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a></li> </ul>			