

HOTT Activities



Healthy Habits Bulletin Board Name: _____

Date: 6-11-12

Grade Level: K-2

Class/Classes: Language Arts

Professions: A variety of health professions

References: www.healthyhands.com

All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.

Purpose: Children will be able to identify good hygiene habits. Children will discuss good hygiene behaviors and why they are important. They will develop a bulletin board to display pictures that support healthy habits.

Materials needed: "Healthy Habits" lettering, bulletin board border sheets, pencils and crayons, scissors (one pair per student), an assortment of magazines, gym bag

BEFORE YOU START: Duplicate Lettering (You may want to consider enlarging it), duplicate Border Sheets (one per every two children), cut each of the border sheets in half lengthwise, and bring a gym bag to class.

Duration: 30- 45 minutes

Instructions:

- Place your gym bag in the front of the room. Ask the children if they can guess what you are going to do after school. [*Exercise.*] Lead them in a discussion of why exercise is important. [*Build a healthy, strong body. Improve your cardiovascular system and heart.*] What happens when you don't exercise? [*Less energy. Not as strong.*]
- Ask children to think of other things they do to take good care of themselves. Let them pantomime (act out) these healthy behaviors for the class to guess. [*Brush teeth, shampoo and comb hair, wash hands, bathe, do the dishes, wipe down counters.*] After each act, discuss what was done, why it is important and what happens if you don't practice this healthy habit.
- Divide children into groups. Let them go through magazines to find pictures that promote healthy habits. It can be a picture of someone doing a healthy behavior or a product that supports a healthy habit.
- Let each group share the pictures they found.
- Explain to the children that they get to help build a "Healthy Habits" bulletin board. Distribute border sheets to the children and tell each of them to color one. If they are working on identifying colors and following directions, guide them as they color.
- As children complete their sheets, have them bring them up to be stapled to the board. Staple the "Healthy Habits" lettering across the top of the board.

- Once the board has been assembled, post the pictures the children had found in magazines onto it, grouping similar pictures together by the habit they address. Have children help create labels for each healthy habit represented.

Possible extensions include:

- Observe children as they are cutting out pictures for the bulletin board. Ask the students why they chose the pictures, or have each group share its pictures with the class.
- Make a “Healthy Habits” book with the class. Let each child finish the sentence: I am healthy because I _____ . Have them draw a picture to go with their sentence.
- Ask children to look for healthy habits and products that promote them on television.

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A **Nurse** is a person who cares for people who are sick or disabled. The nurse may check the patient before the doctor sees them. They may check the ears, throat, eyes, or blood pressure.



Do you know a nurse?



Where can a nurse work? (*school, clinic, hospital...*)



Do you know your school nurse?



How do nurses help you?

