

Teacher:

School:

**May's Healthy Habits Campaign Message is:**  
**"Have integrity! Be the healthiest you can be!"**

Having integrity means being the best you can be in terms of your thoughts and actions toward other people and in how you treat yourself. As we transition toward summer break, it's important that we continue to think about our health and make choices that will keep us feeling our best! To review the year's healthy habits, and make the connection between integrity and health, this packet contains:

<b>Exercise Activities and Resources</b>	<b>Time needed:</b>	<b>Page Number:</b>
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If you are interested in having a Public Health Educator from the Chatham County Public Health Department present to your class on any of the Healthy Habits themes to wrap up the school year, please take a look at the offerings for your grade level at [www.chathamnc.org/schoolhealth](http://www.chathamnc.org/schoolhealth), or contact Ellie Morris, the School Health Liaison for the Chatham County Public Health Department at [elizabeth.morris@chathamnc.org](mailto:elizabeth.morris@chathamnc.org) or 919-545-8443.

**The main points to focus on for May and June are:**

- If you have integrity with your health, it means you are taking care of yourself in every possible way, so that you can be the healthiest you can be.
- You've learned about a lot of ways to be healthy this school year, from eating fruits and vegetables to washing your hands. To be the healthiest you can be, you will have to put together everything you've learned over the year to make healthy choices.

## Be the Healthiest You Can Be Basics

### What is integrity?

There are several meanings of “integrity,” but in the context of health, the meaning that is most appropriate is:

- The state of being whole, entire, or undiminished.
- A sound, unimpaired, or perfect condition

In order to put integrity into action for health, it is important to make healthy decisions and build healthy habits within all of the different topic areas that were covered through the Healthy Habits Campaign.

### The nine *Healthy Habits* covered in this year-long program were:

• <b><i>Respect your body by eating a variety of healthy foods every day!</i></b> Students learned about planning healthy snacks and choosing healthy foods.
• <b><i>Take responsibility for a drug free life!</i></b> Students learned about identifying and avoiding risky situations, and taking personal responsibility for staying substance-free.
• <b><i>Be kind to your body – eat a rainbow of fruits and vegetables every day!</i></b> Students identified their favorite fruits and vegetables and practiced choosing healthy snack and meal options.
• <b><i>Be kind to your friends – wash your hands!</i></b> Students learned about the importance of washing hands and other ways to avoid getting sick.
• <b><i>Healthy relationships are honest relationships!</i></b> Students learned ways to identify and participate in a healthy relationship
• <b><i>Control decay! Brush your teeth every day!</i></b> Students learned about the importance of dental health and the best ways to ensure dental health.
• <b><i>Understanding how to balance food and play every day!</i></b> Students learned about the importance of physical activity and the concept of balancing the energy you burn with the energy you eat.
• <b><i>Use perseverance to reach your physical activity goals!</i></b> Students learned why and how to set physical activity goals.
• <b><i>Be the healthiest you can be!</i></b> Students review the healthy habits they have learned over the school year.

### Multiple ways to be healthy

There are so many aspects of health, and therefore many ways to be healthy. In an ideal world, everyone would be healthy in every way, but for most people, including students, this is more of a goal. What we mean by the slogan, “Be the healthiest you can be!” is that it’s important to do as much as you can to be healthy, and to pay attention to as many elements of your health as possible. One goal of these lessons is to help students start thinking about health holistically and putting the pieces together of everything they have learned about health over the school year. The other goal is to help students keep thinking about and maintaining healthy habits over the summer vacation.

<b>Educational Game</b>	<b>Healthy Grab-Bag</b>
<i>Time Needed</i>	15-20 minutes
<i>Organization &amp; Equipment</i>	<p>Organization</p> <ul style="list-style-type: none"> <li>• This is a large group activity, but can be modified for smaller groups if desired.</li> <li>• Instead of using the written habits at the end of this packet (page 5) to prompt the charades game, you can use pictures, or verbally cue students.</li> <li>• To facilitate students guessing the charades correctly, you can post the list of healthy habits where the group can see it.</li> </ul> <p>Equipment</p> <ul style="list-style-type: none"> <li>• A bag or box to hold the themes for charades</li> </ul>
<i>Teacher Introduction</i>	<p>This activity gives students a review of the themes from each month’s Healthy Habits lessons. Similar to charades, when a student pulls a Healthy Habit out of the grab-bag, s/he will act it out and the group will a) guess what the habit is and b) comment on why that habit is important and how it might keep you healthy.</p>
<i>Rules and Directions</i>	<ul style="list-style-type: none"> <li>• Tell the students that they will be reviewing the healthy habits that they’ve studied this year.</li> <li>• Explain that students will take turns pulling a healthy habit out from the bag/box.</li> <li>• Students will act out whatever “healthy habit” they pull out of the bag.</li> <li>• Tell students that when they are watching, their job is to guess what healthy habit is being acted out.</li> <li>• After students guess the habit correctly, you will choose a couple individuals to share with the group why the habit is important and how it could help keep them healthy.</li> <li>• Each student should get a chance to grab a healthy habit and act it out. Decide if you will allow students to “pass” if they do not want to or are too shy to do the acting part.</li> <li>• Do an example round if desired.</li> <li>• Ask the students if they have any questions before you begin.</li> <li>• Once all students have had a chance to act out a healthy habit, move to the debrief.</li> </ul> <p><b>Debrief:</b></p> <ul style="list-style-type: none"> <li>• Ask the students: “Of the healthy habits we just talked about, which ones do you think you are already doing a really great job with?” Have a few students share their answers to this question.</li> <li>• Then ask, “Which one or two do you think would be good for you to focus on and improve on this summer?” Have a few students share their answers to this question.</li> <li>• Lastly, ask the students if they think there is one healthy habit that is the most important.</li> <li>• After the students respond, emphasize that all the healthy habits are important! Explain that even if you are really good at eating healthy, does that mean you don’t have to brush your teeth or get plenty of physical activity? No! We should try to do the best we can on all of these healthy habits to be the healthiest we can be.</li> <li>• Leave the students with the thought that all aspects of health are important.</li> </ul>
<i>Variations</i>	<ul style="list-style-type: none"> <li>• Make the healthy habits that students “grab” more specific, such as “flossing your teeth”, “eating an apple”, “jump-roping”.</li> </ul>

<b>Artistic Connections</b>	<b>Healthy Superhero</b>
<i>Time Needed</i>	20 minutes
<i>Organization &amp; Equipment</i>	<p><b>Organization</b></p> <ul style="list-style-type: none"> <li>• This activity can be done individually or in pairs; either way, a large group report out/debrief at the end will help reinforce learning.</li> <li>• List on the board or on a large flip chart all of the healthy habits covered. Feel free to simplify them into “brushing teeth” or “eating healthy food”.</li> </ul> <p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Paper and markers for each student/pair to draw their superhero</li> </ul>
<i>Teacher Introduction</i>	This activity provides an opportunity for students to exercise their creativity and also review the healthy habits they have learned over the course of the year. Each student will create a superhero that is focused on one healthy habit and present their superhero to the class.
<i>Rules and Directions</i>	<p><b>Activity</b></p> <ul style="list-style-type: none"> <li>• Tell the students that they will get to create and draw their own Healthy Superhero in this activity.</li> <li>• Tell the students that they will each choose one healthy habit. They will then create a Healthy Superhero whose job it is to promote that healthy habit all over Chatham County and the United States. Review the healthy habits that students have learned about and help them choose one on which to focus.</li> <li>• Let the students know that they should think about their Superheroes’ healthy “mission”, come up with a name, and then draw what their Superheroes’ costumes/symbols would look like. If you think it will be helpful, give an example of a possible superhero, like Fred the Flosser-Man, whose “mission” is to get everyone to floss daily and who has a logo of a floss container on his cape.</li> <li>• Tell the students that once they are finished with their Healthy Superhero, they will all bring their Superhero drawings back to the group to explain their Superheroes’ missions and show their drawings.</li> </ul> <p><b>Debrief</b></p> <ul style="list-style-type: none"> <li>• Have each student/pair present back to the group briefly about their Superhero.</li> <li>• Ask the students, “What do you think it would be like if all of these Superheroes were real and could help us when we needed help being healthy?”</li> </ul>

**CUT THESE OUT FOR THE “HEALTHY GRAB-BAG”**

Respect your body by eating a variety of healthy foods every day!
Take responsibility for a drug free life!
Be kind to your body – eat a rainbow of fruits and vegetables every day!
Be kind to your friends – wash your hands!
Healthy relationships are honest relationships!
Control decay! Brush your teeth every day!
Understanding how to balance food and play every day!
Use perseverance to reach your physical activity goals!
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