

Teacher:

School:

May and June’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:

Exercise Activities and Resources	Time needed:	Page Number:
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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, or contact Ellie Morris, the School Health Liaison for the Chatham County Public Health Department at 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 as healthy as possible.
- 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:

<ul style="list-style-type: none">• <i>Respect your body by eating a variety of healthy foods every day!</i> Students learned about planning healthy snacks and choosing healthy foods.
<ul style="list-style-type: none">• <i>Take responsibility for a drug free life!</i> Students learned about identifying and avoiding risky situations, and taking personal responsibility for staying substance-free.
<ul style="list-style-type: none">• <i>Be kind to your body – eat a rainbow of fruits and vegetables every day!</i> Students identified their favorite fruits and vegetables and practiced choosing healthy snack and meal options.
<ul style="list-style-type: none">• <i>Be kind to your friends – wash your hands!</i> Students learned about the importance of washing hands and other ways to avoid getting sick.
<ul style="list-style-type: none">• <i>Healthy relationships are honest relationships!</i> Students learned ways to identify and participate in a healthy relationship
<ul style="list-style-type: none">• <i>Control decay! Brush your teeth every day!</i> Students learned about the importance of dental health and the best ways to ensure dental health.
<ul style="list-style-type: none">• <i>Understanding how to balance food and play every day!</i> Students learned about the importance of physical activity and the concept of balancing the energy you burn with the energy you eat.
<ul style="list-style-type: none">• <i>Use perseverance to reach your physical activity goals!</i> Students learned why and how to set physical activity goals.
<ul style="list-style-type: none">• <i>Be the healthiest you can be!</i> 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.

Academic Connections	Healthy Spokesperson
<i>Time Needed</i>	15-20 minutes
<i>Organization & Equipment</i>	<p>Organization</p> <ul style="list-style-type: none"> • Small groups with a large group report-out at the end. <p>Equipment</p> <ul style="list-style-type: none"> • Large paper, markers for each pair for drawing spokespeople • Worksheet (found on page 6) to write down character/spokesperson’s values, beliefs, favorite things to do, etc. • Healthy Habit slips (found on page 5, cut out and fold them) to give students a focus for their spokespeople
<i>Teacher Introduction</i>	In this activity, students will have an opportunity to develop their thoughts on how health and integrity relate to each other by creating a fictitious character or spokesperson for a particular healthy habit.
<i>Rules and Directions</i>	<p>Activity</p> <ul style="list-style-type: none"> • Begin by telling the students that they will be doing a creative activity today that will help them learn more about living with integrity and being healthy. • Ask the students if they know what integrity is. If they do, use their explanations to build the group’s understanding of the concept. If they do not, explain that integrity is about acting in ways that hold true to your values and beliefs. • Divide students into pairs for the activity. • Each pair will choose a healthy habit slip (found at the end of the packet) from a hat/cup. • Once each pair gets their healthy habit, explain that they need to develop and draw a spokesperson for this healthy habit and fill out the questions on the worksheet (found at the end of the packet) about what the spokesperson cares about most, favorite things to do, “catch phrase,” etc. • Emphasize that the spokesperson should really embody whatever the particular healthy habit is. They can also think of this person being a “walking advertisement” for the healthy habit. • Ask if the students have any questions. Pass out the worksheets to each pair. • Give the students about 10 minutes to develop their spokesperson. • Roam the room to make sure the students understand the task. <p>Debrief</p> <ul style="list-style-type: none"> • When the time is up, bring all the students back together so they can briefly “introduce” their spokesperson to group. • Have the students share their spokesperson’s healthy habit, the “catch phrase,” and one or two other characteristics of the spokesperson. • Review the idea of integrity as related to the spokespeople. Each character really believed that his/her healthy habit was important. Because of this, they all made sure to do their healthy habits regularly and told others about the importance of staying healthy. • If time permits, ask the students which healthy habit they would most like to be a spokesperson for.
<i>Variations</i>	<ul style="list-style-type: none"> • Do the same activity but with slightly bigger groups (3-4 students). • Have the students act out a scenario that involves the spokesperson.

Educational Game	Healthy in the Summertime “Mad-Lib”
<i>Time Needed</i>	15-20 minutes
<i>Organization/ Equipment</i>	<p>Organization:</p> <ul style="list-style-type: none"> • Students can complete the Mad Lib individually or in pairs <p>Equipment:</p> <ul style="list-style-type: none"> • A “Mad Lib” word worksheet for each student or each pair (page 7) • Pencils for everyone • Copies of the “Mad Lib” story (page 8)
<i>Teacher Introduction</i>	<p>In this Healthy Habits-themed “Mad Lib”, students contribute to a silly story about maintaining healthy habits during summer vacation. This activity allows students to apply knowledge of grammar, and may act as a reminder about several health topics that were covered over the course of the school year, including healthy eating, physical activity, and the importance of healthy relationships.</p>
<i>Rules and Directions</i>	<p>Activity</p> <ul style="list-style-type: none"> • Introduce the concept of “Mad Libs” to the students: they fill in different parts of speech, such as verbs, adjectives, nouns, etc. on a worksheet and then we will plug these words into a story line about healthy habits. • Students will work individually or in pairs to complete their worksheets. After they are finished, give each student or pair a copy of the story to follow along. • You will read the story to the group out loud. As you read, pause at the blanks, and allow each student/pair to fill in one of the blanks with the corresponding word on their worksheet. For ease, have students share their words in order of seating instead of soliciting responses at each pause. For the sake of time, just allow one student/pair to share for each blank. FYI, the words that need to be filled in with the students’ words are in bold and underlined. • “Mad Libs” usually end up being humorous since the words were thought of out of context. <p>Debrief</p> <ul style="list-style-type: none"> • Have the students tell you what came up in the story that was health related (tooth care, eating habits, physical activity, hand sanitizer, healthy relationships, anything else?). Also, clarify and review any messages that were changed because of student word choices. • Give each student a chance to share with the group one health-related thing (covered in the “Mad Lib” or not) that they plan to do this summer. It could be getting more exercise than last summer or during the school year; eating more fruits and vegetables than you ever have before; or brushing your teeth at least twice a day for the whole summer.
<i>Variations</i>	<ul style="list-style-type: none"> • Have students do this whole activity in pairs or groups- instead of you reading the story out loud, they will read it out loud together, adding in the words they came up with.
<i>Sources</i>	<p>Play this Word Lib (modified Mad Lib) online: http://www.wordlibs.com/genre/libs/index.php?story=16121&name=Healthy+Habits+in+the+Summertime</p>

**MAKE 2 COPIES OF THIS CHART IF YOU HAVE MORE THAN 9 PAIRS OF STUDENTS
IN YOUR CLASS.**

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!

Be the healthiest you can be!

HEALTHY HABITS SPOKESPERSON WORKSHEET

What is your spokesperson's healthy habit?

What does your spokesperson care about most?

What character traits does your spokesperson value (such as honesty, humor, loyalty)?

What character traits does your spokesperson regularly show through his/her actions?

What is your spokesperson's "catch phrase"? (Maybe this is the most common thing he or she says or maybe it's a personal motto.)

What are your spokesperson's favorite things to do?

What does your spokesperson do to "be the healthiest s/he can be"?

Healthy Habits in the Summertime

<p style="text-align: center;">Paragraph 1:</p> <p>past tense verb: _____</p> <p>verb: _____</p> <p>fruit: _____</p> <p>past tense verb: _____</p> <p>family member: _____</p> <p>strengthening exercise: _____</p> <p>strengthening exercise : _____</p> <p>body part: _____</p> <p>verb ending in -ing: _____</p> <p>adjective: _____</p>	<p style="text-align: center;">Paragraph 2:</p> <p>town in Chatham County: _____</p> <p>verb: _____</p> <p>plural noun: _____</p> <p>Verb ending in -ing: _____</p> <p>Verb ending in -ing: _____</p>
<p style="text-align: center;">Paragraph 3:</p> <p>body part: _____</p> <p>sickness: _____</p>	<p style="text-align: center;">Paragraph 4:</p> <p>unhealthy food: _____</p> <p>unhealthy food: _____</p> <p>sugary drink: _____</p> <p>family member: _____</p> <p>fruit: _____</p> <p>vegetable: _____</p>
<p style="text-align: center;">Paragraph 5:</p> <p>family member (different from before): _____</p> <p>place: _____</p> <p>sport: _____</p> <p>time measurement: _____</p> <p>your age: _____</p> <p>number greater than 100: _____</p> <p>time measurement: _____</p> <p>sport (same): _____</p> <p>place (same as last place): _____</p>	<p style="text-align: center;">Paragraph 6:</p> <p>past tense verb: _____</p> <p>family member: _____</p> <p>meat: _____</p> <p>vegetable: _____</p> <p>vegetable: _____</p> <p>vegetable: _____</p> <p>vegetable: _____</p> <p>fruit: _____</p> <p>family member (different from before): _____</p> <p>family member (same as last one): _____</p> <p>adjective: _____</p> <p>adjective: _____</p>

HEALTHY HABITS IN THE SUMMERTIME “MAD LIB”

This morning, I woke up and past tense verb downstairs to verb breakfast. I chose to eat a(n) fruit and some cereal with milk. After that, I past tense verb back upstairs, got dressed and flossed and brushed my teeth. When I came back downstairs, my family member was doing strengthening exercise and strengthening exercise and stretching their body part. My mom was verb ending in ing from the living room, saying that all that physical activity was going to help him/her stay adjective and healthy!

My older brother took me to camp. My camp is in downtown town in chatham county. During the day we verb many different plural noun, including verb ending in ing, relay races, verb ending in ing, and many different sports. Thanks to everything I learned this year about health, I know exactly what the coaches mean when they talk about flexibility, strengthening, and cardio activities. The coaches told us that we would do a lot of physical activity during camp.

I learned this school year about how important it is to keep my body part clean in order to stay healthy. I also learned that keeping my hands clean helps my friends because then no one will catch a/the sickness from me! My camp did not have hand sanitizer the first day I went, so I asked the counselor to get some and explained that it would really help to reduce sickness in our group.

For snack on the first day of camp, they served us unhealthy food and unhealthy food and sugary drink with lots of sugar in it. This was a very unhealthy snack and it did not give me the energy I needed to keep playing all afternoon. When I went home, my family member and I made a list of healthy snacks that I could bring to camp the rest of the week. My list included things like: yogurt, fruit, crackers, vegetable, and orange slices.

When my family member (different from before) picked me up from camp today, we went to the place to meet some friends of ours. They invited me to play sport. After we got home, I calculated how many time measurement of physical activity I got that day. I know a kid who is your age should get 60 minutes of moderate to vigorous physical activity every day. I think today I got number greater than 100 time measurement of physical activity between the basketball and the sport (same) I did at the place (same as last place) I know my PE teacher from school would be proud of me!

For dinner, my family member past tense verb some meat. I helped her make a salad full of vegetable, vegetable, and vegetable. We also had some vegetable. For dessert, we had some fruit. After dinner, I sat on the porch and talked to family member (different from before), who I get along with really well. I can tell family member (same as last) anything. This reminds me of what we learned in Healthy Habits - that adjective relationships are adjective relationships.