



SCIENCE



A flat-lay photograph featuring various items related to health and fitness on a bright yellow background. In the top left is a pair of black over-ear headphones. In the top right is a white bowl filled with fruit, including two bananas, a red pomegranate, several yellow and green apples, and an orange. In the center is a white smartphone with a black border. To the left of the phone is a coiled yellow and pink measuring tape. Below the phone is a folded light blue t-shirt. In the bottom right corner is a pair of black and blue athletic sneakers with orange accents. The text "Day 1" is written in a large, dark blue, cursive font across the center of the image, partially overlapping the smartphone and the t-shirt.

Day 1



Taking Care of my Body

I Take Care of my Body!

Discuss:
What does
your body
needs to be
healthy?



HEALTHY HABITS

For Healthy Kids

STAY FIT

- Get about eight hours of sleep each night.
- Do some form of exercise every day: run, walk, stretch, play.

STAY HEALTHY

- Practice good hygiene by keeping yourself clean and germ free.

STAY ENERGIZED

- Eat nutritious meals and snacks daily. Include foods from these groups: dairy, grains, protein, vegetables, and fruits.

STAY SAFE

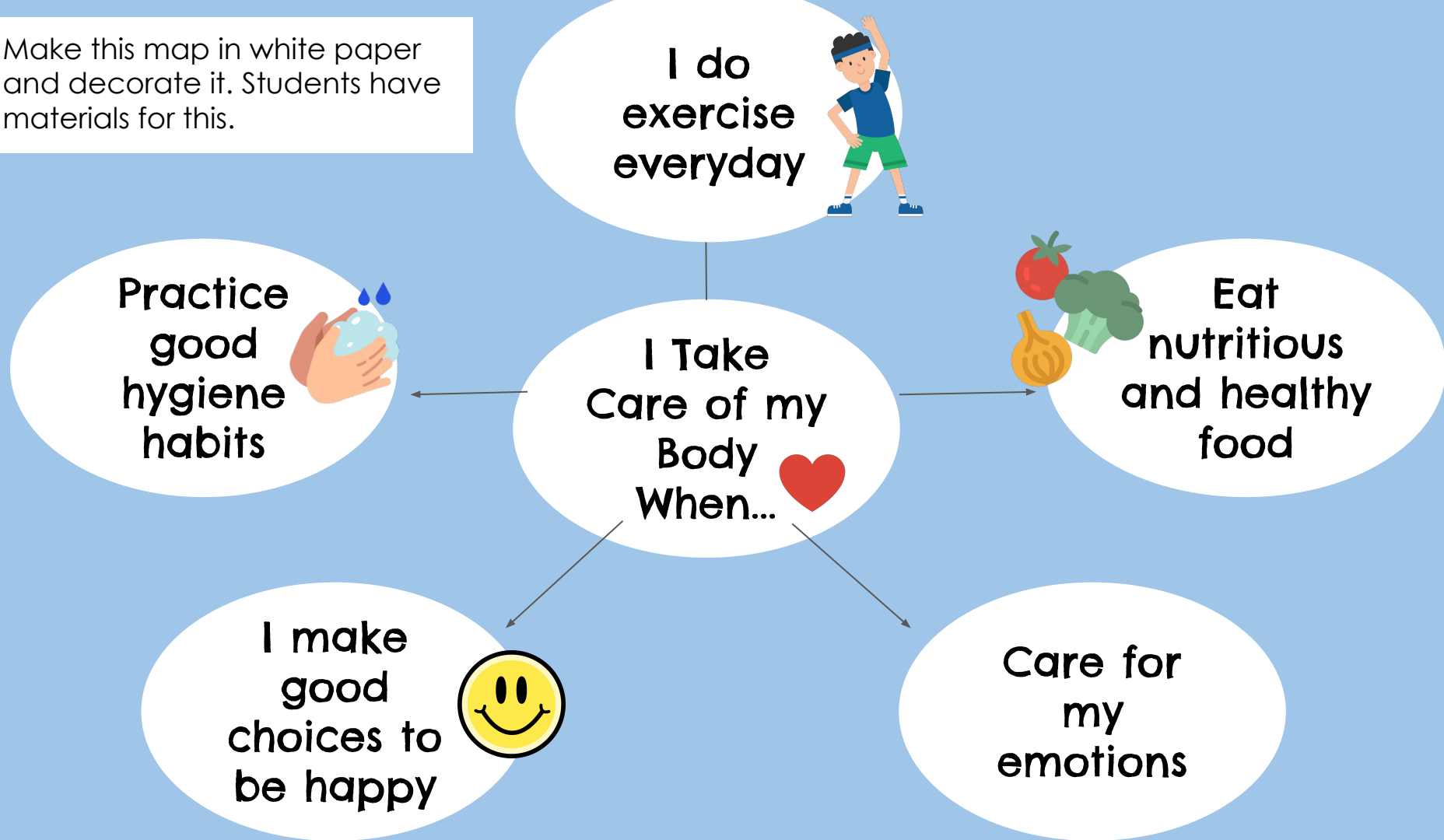
- Wear proper gear when playing sports, bicycling, or riding in a car.
- Obey safety rules.

STAY HAPPY

Make good choices every day for a happy, healthy YOU!

Let's Stay Healthy!

Make this map in white paper and decorate it. Students have materials for this.



Day 2





I exercise!

Exercise = Brain Power

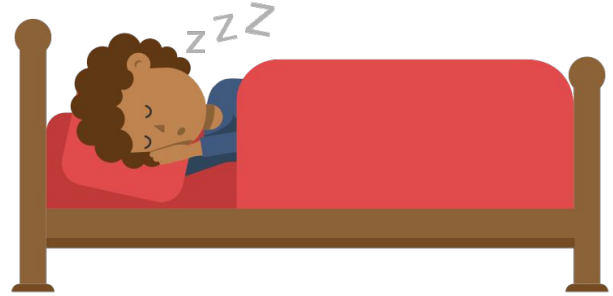
Discuss: How does exercise improves my body wellness?



Why Should I Exercise?



My stamina is increased

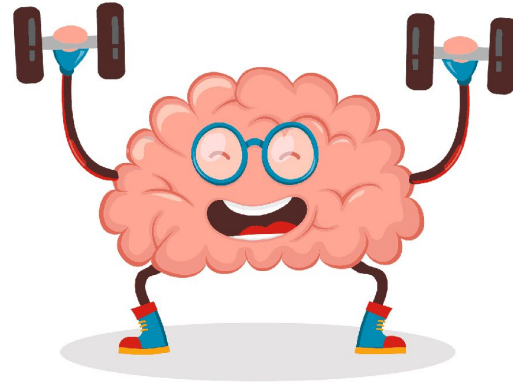


I sleep better

Why Should I Exercise?



It makes me feel fit and healthy



It sharpens my thinking

Why Should I Exercise?



It gives me more energy.



I get stronger.

Why Should I Exercise?



It helps me to relax



My heart becomes stronger.

Ready, Set, Go!



Let's workout!



Extra work out

Day 3





I Eat Healthy!


Healthy Food, Healthy You!


Discuss: Why is important to eat a healthy and nutritious food?




Healthy vs. Unhealthy

























Liveworksheet

**HEALTHY**
(SALUDABLE)



**UNHEALTHY**
(NO SALUDABLE)

* Look, listen and choose the correct answer.
(Observa, escucha y escoge la alternativa correcta.)

 CORN 	HEALTHY UNHEALTHY	 CHIPS 	HEALTHY UNHEALTHY
 ICE-CREAM 	HEALTHY UNHEALTHY	 CUPCAKE 	HEALTHY UNHEALTHY
 PEAR 	HEALTHY UNHEALTHY	 MILK 	HEALTHY UNHEALTHY
 CANDY 	HEALTHY UNHEALTHY	 ORANGE 	HEALTHY UNHEALTHY
 SODA 	HEALTHY UNHEALTHY	 COOKIES 	HEALTHY UNHEALTHY
 PIZZA 	HEALTHY UNHEALTHY	 EGG 	HEALTHY UNHEALTHY

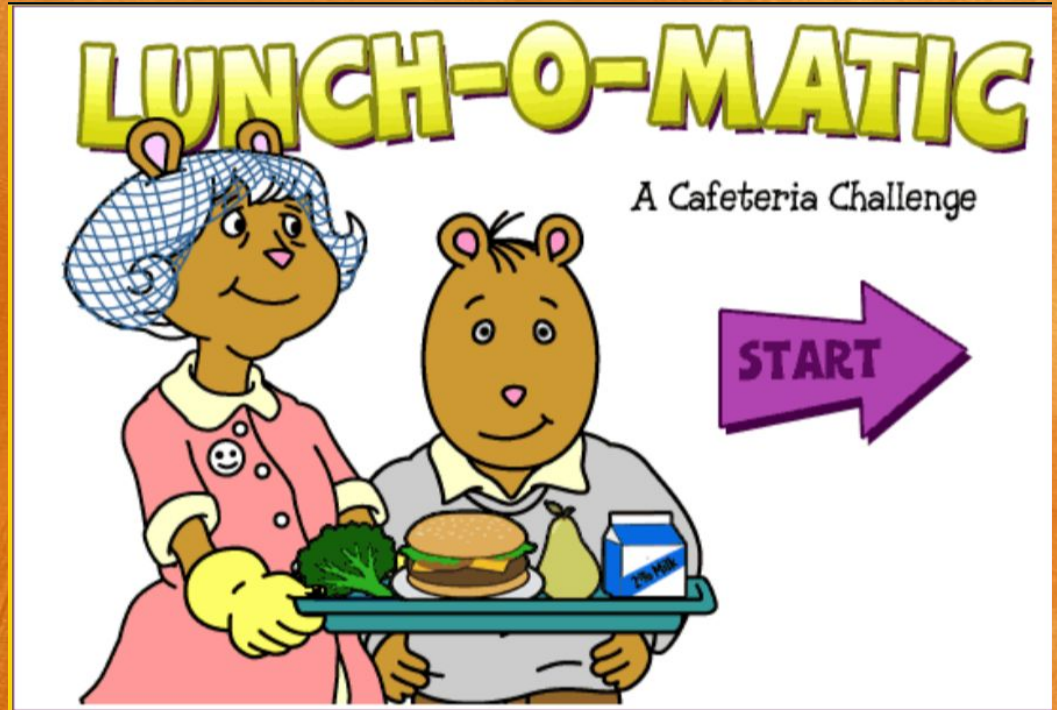
Healthy Meal

Draw this on white paper



Plan a Healthy Meal

Send this
game to
students.



A collection of various bathroom and personal care items is arranged around the central text. At the top, from left to right, there is a clear plastic bottle, a yellow sponge with a white string tied around it, a white pump dispenser, and a blue and white loofah. At the bottom, from left to right, there are two white round tablets, a white folded cloth, a yellow rubber duck with an orange beak, a white plastic comb, a white bar of soap, and a wooden backscratcher with gold-colored bristles. The entire scene is set against a light blue background with teal borders on the left and right sides.

Day 4



**I Practice Good
Hygiene Habits!**

Personal Hygiene Habits

Discuss: What are other personal hygiene habits you practice?





Oral Hygiene



Bathing Ritual



Hair Care



Foot Hygiene



Toileting Hygiene



Hand Hygiene



Coughing and
Sneezing Hygiene



Home Hygiene

I Shower Everyday

What if you
never shower
again???



Hygiene Charades



- Students will play charades.
1. In the chat, assign each student an action describing any hygiene habit.
 2. Take turns to mimic the action and the rest of the class tries to guess the action.



Day 5



**I Make Good
Choices to be Happy**

I Make Good Choices

Discuss: How making good or bad choices affects your health?



GOOD Choices are:

- Waiting my turn
- Following the rules



BAD Choices are:

- Pushing a friend to get what I want
- Disobeying the rules



GOOD Choices can:































- Keep me safe
- Help me have a good day
- Please my parents and teacher



BAD Choices can:

- Hurt other people
- Cause me to miss out on good things.
- Make others unhappy



<p>working hard even when I feel frustrated</p>   	<p>respecting other people's space</p>   
<p>hurting people when I'm mad</p>   	<p>taking deep breaths when I'm angry</p>   
<p>appropriately fixing my privates</p>   	<p>yelling and screaming when I'm upset</p>   
<p>being silly instead of doing my work</p>   	<p>refusing to do your work</p>   
<p>pouting when you don't get your way</p>   	<p>using a tissue</p>   

I Make Good Choices

Solve Liveworksheet