



SCIENCE





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.

I do
exercise
everyday



Practice
good
hygiene
habits



I Take
Care of my
Body
When... 

Eat
nutritious
and healthy
food



I make
good
choices to
be happy



Care for
my
emotions

Day 2





I exercise!

Exercise = Brain Power

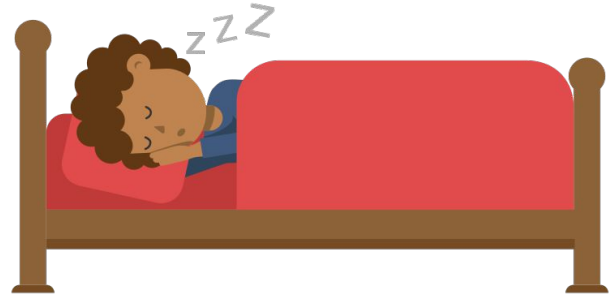
Discuss: How does exercise improve my body wellness?



Why Should I Exercise?



My stamina is increased

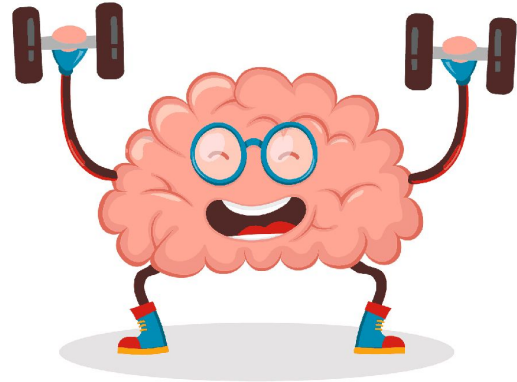


I sleep better

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)		VS		UNHEALTHY (NO SALUDABLE)	
<p>* Look, listen and choose the correct answer. (Observa, escucha y escoge la alternativa correcta.)</p>					
 CORN 	HEALTHY	 CHIPS 	HEALTHY		
	UNHEALTHY		UNHEALTHY		
 ICE-CREAM 	HEALTHY	 CUPCAKE 	HEALTHY		
	UNHEALTHY		UNHEALTHY		
 PEAR 	HEALTHY	 MILK 	HEALTHY		
	UNHEALTHY		UNHEALTHY		
 CANDY 	HEALTHY	 ORANGE 	HEALTHY		
	UNHEALTHY		UNHEALTHY		
 SODA 	HEALTHY	 COOKIES 	HEALTHY		
	UNHEALTHY		UNHEALTHY		
 PIZZA 	HEALTHY	 EGG 	HEALTHY		
	UNHEALTHY		UNHEALTHY		

Kid's Healthy Eating Plate

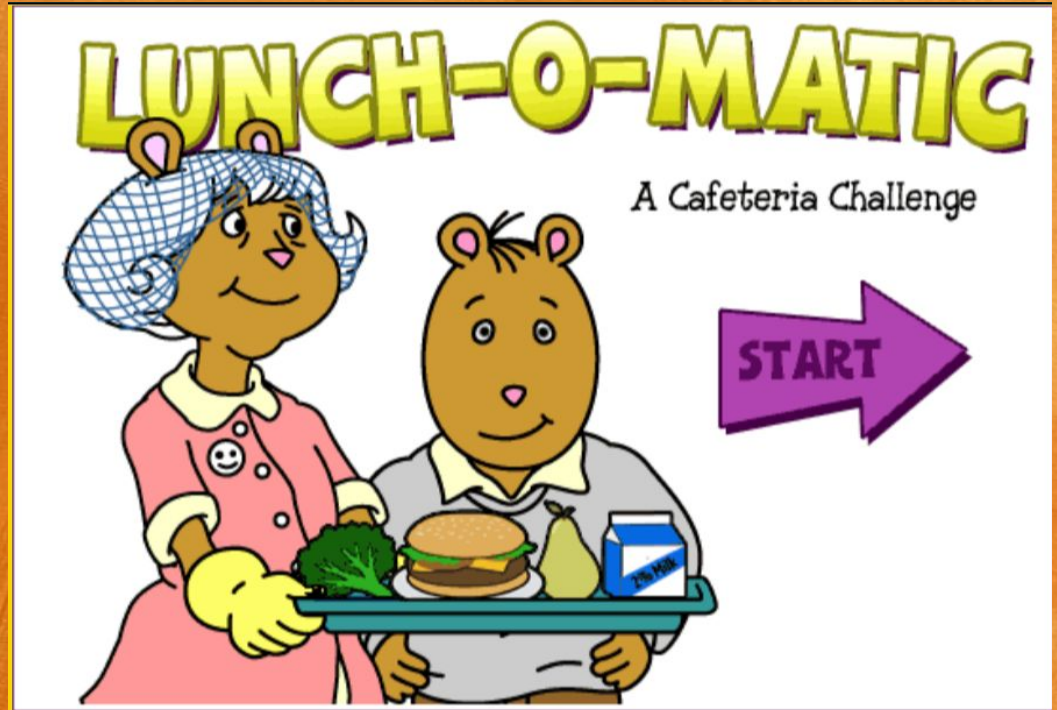
Healthy Meal



Draw this on white paper

Plan a Healthy Meal

Send this
game to
students.





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