



# 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

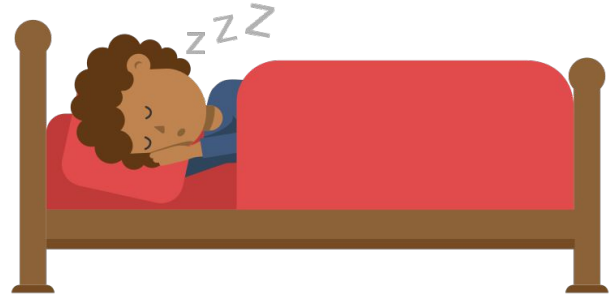
Discuss: How does exercise improve my body wellness?



# Why Should I Exercise?



My stamina is increased

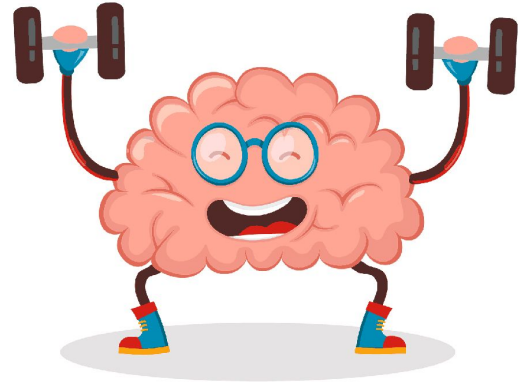


I sleep better

# 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



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

	HEALTHY
	UNHEALTHY

	HEALTHY
	UNHEALTHY

	HEALTHY
	UNHEALTHY

	HEALTHY
	UNHEALTHY

	HEALTHY
	UNHEALTHY

	HEALTHY
	UNHEALTHY

	HEALTHY
	UNHEALTHY

	HEALTHY
	UNHEALTHY

	HEALTHY
	UNHEALTHY

	HEALTHY
	UNHEALTHY

	HEALTHY
	UNHEALTHY

	HEALTHY
	UNHEALTHY

# Kid's Healthy Eating Plate

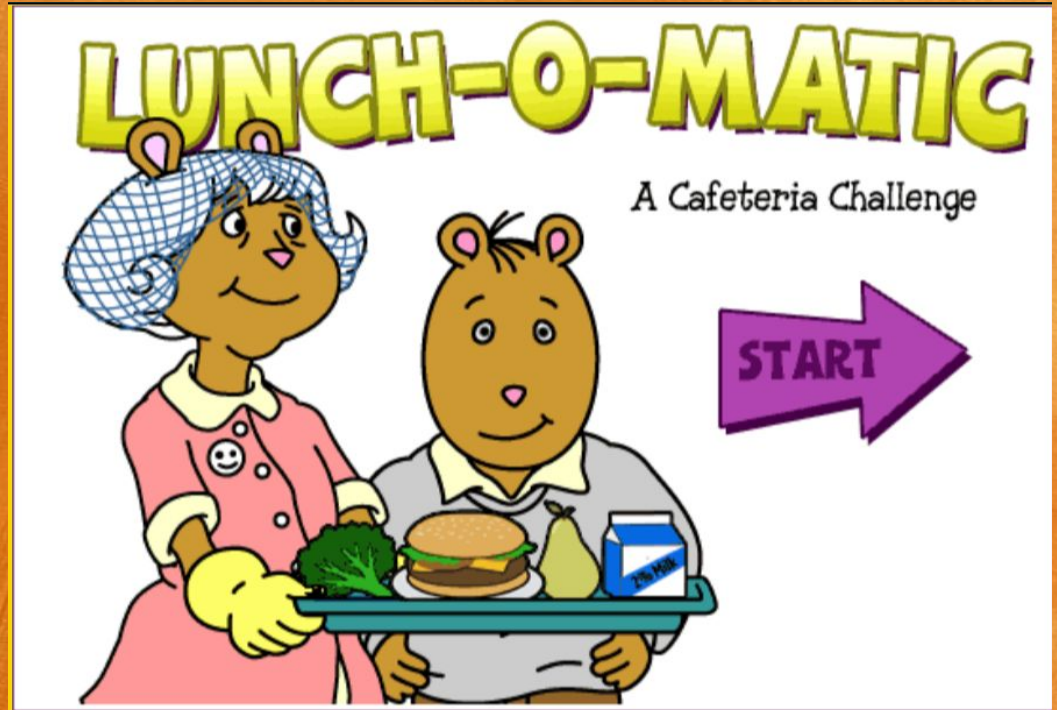
## Healthy Meal



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