

UNIT 3: PHYSICAL WELL-BEING

LEARNING OBJECTIVES

The purpose of this lesson is to teach and reinforce students' healthy behaviors by learning how to properly fuel their bodies with nutritious food to have energy, encouraging proper sleeping habits and stress-relieving techniques, engaging in good hygiene habits, and reinforcing healthy, active behaviors. Students will learn that there is a relationship between physical health and other aspects of our well-being.



STRATEGIES

- I take care of my body.
- I wash my hands to keep germs away.
- I eat a rainbow every day and eat healthy food first.
- I do something physical every day.
- I limit screen time.
- I have a bedtime routine that helps me sleep.
- I recognize stress and can calm myself.

LESSON CONTENT

This lesson helps students identify healthy foods, and the importance of food in sustaining the energy needed to do what we need to do every day. Children will have opportunities to learn strategies to stay healthy through proper hygiene practices, moving our bodies, and how managing stress and getting a good night's sleep helps our bodies, our brains, and our well-being.

CONVERSATION STARTERS

- How many colors did you eat today?
- What is your favorite way to move your body?
- Can you tell me why it's important to wash our hands and take a bath?
- What do you think your body does when you're asleep?

LEARNING SUMMARY

- Students learn that there are many ways that we can help keep our bodies healthy.
- Eating a rainbow every day means that children are getting the nutrition their bodies need to grow and function well.
- Our bodies can move in many ways, and movement is important to good health.
- Washing hands and bathing regularly helps us stay clean and eliminates germs.
- Calming techniques can help us relax our bodies.
- Everyone needs sleep. There are strategies that can help us get a good nights' sleep.

EXTENDING THE LEARNING

Find a fun movement game or activity that you can do together. You can try this one [here](#), or find another that will get your bodies moving.

Take an excursion to the grocery store together. Can you find a fruit or vegetable for every color of the rainbow? Make a rainbow salad with the fruits or vegetables that you find, or try a new food you've never tasted before.