

LESSON: Hannah Stays Healthy

TIME: 15 min. **GRADE:** 1st & 2nd

MATERIALS

- “Hannah Stays Healthy” video

IOWA STANDARDS

Iowa Health Standard 7. Performance Indicator 1. PreK-2. Demonstrate healthy practices and behaviors to maintain or improve personal health.

21st Century Skills. Health Literacy 5. K-2 Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.

OBJECTIVES

- Students will understand the importance of daily movement.
- Students will list ways to get moving and stay healthy.
- Students will move in a variety of ways.

INTRODUCTION

What are your favorite recess activities? Many of them involve moving your bodies, which is a good healthy habit. Today we are going to learn about **healthy habits**: things we can do every day to grow up healthy and strong.

As you watch the video, listen for things we can do to grow up healthy and strong. Show students “Hannah Stays Healthy” video.

DISCUSSION

At first, Hannah was on her tablet too long. What does it look like when someone has spent too much time with her tablet? Did she move her body much when she was on her tablet?

Some screen time is ok, but our bodies need to move every day. At the end, how did Hannah’s friends encourage Hannah to move her body? What other activities do you think Hannah might like?

The Healthy Habit All-Stars talked about 4 ways to help our bodies grow healthy and strong. Do you remember what we need every day?

- 5 - Eat 5 fruit and vegetables
- 2 - Less than 2 hours of screen time
- 1 - Move our bodies 1 hour
- 0 - No sugary drink

MOVEMENT ACTIVITY

Before beginning this activity, have students find their “Brain Breaks Spot” – their place in the classroom where they are at least an arm’s length from others and can move safely.

*Encourage the teacher or teacher aide to help children with special needs participate. For example, a child with gross motor challenges might jump rather than hip twists, or stand on tip toes rather than balance on one leg.

Movement Pattern Option #1 – if possible, it might be helpful to write or draw the patterns on the board or screen

- 10 jumping jacks
- 10 high knees
- Tell me a way you like to move when you’re outside.
- 10 jumping jacks
- 10 high knees
- Tell me a way you like to move when you’re outside.
- 10 jumping jacks
- What comes next in the pattern?

Movement Pattern Option #2 – if possible, it might be helpful to write or draw the patterns on the board or screen

- 10 hip twists
- 10 skaters
- Tell me a way you like to move at home or in your neighborhood.
- 10 hip twists
- 10 skaters
- Tell me a way you like to move at home.
- 10 hip twists
- What comes next in the pattern?

Movement Pattern Option #3 – if possible, it might be helpful to write or draw the patterns on the board or screen

- Balance on one foot
- Sit and reach stretch
- Balance on the other foot
- Tell me something you like to do with your friends.
- Balance on one foot
- Sit and reach stretch
- Balance on the other foot
- What comes next in the pattern?

If Hannah was stuck on a screen all day, she might miss out on the fun activities you listed. What else might she miss?

How does your body feel when you are doing a favorite activity? {It makes me smile, I breathe fast, I feel my heart pumping, my leg muscles are stretched in a good way, I can pay attention better afterwards.}

CLOSING DISCUSSION

Today we learned about healthy habits that can help us grow up healthy and strong. Do you remember the 4 healthy habits in the video? We also listed many ways to move our bodies. How do you plan to move your body today – perhaps at recess, during a Brain Break at school, or after school?

For additional movement activities in the classroom, check out

[Brain Breaks: 50+ Classroom Energizers for Active Learning & Relaxation.](#)

[bit.ly/3dhVIDJ]

