

LESSON: Hannah Stays Healthy

TIME: 15 min. **GRADE:** PreK-K

MATERIALS

- “Hannah Stays Healthy” video
- “I Like to Move” action poem lyrics (page 3)

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

Raise your hand if you play outdoors. Please share what outdoor activities you enjoy. Today we are going to learn about ways to grow up healthy and strong.

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

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?

A little screen time is ok, but our bodies need to move every day. At the end, how did her friends encourage Hannah to move her body? {Having a dance party.} What other activities do you think Hannah might like?

The Healthy Habit All-Stars talked about other ways to help our bodies grow up 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 drinks

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.

Children will repeat after you each line of “I Like to Move” action poem (included at the end of this lesson). Pause after each line to give all children time to move and stretch. *Encourage the teacher or teacher aide to help children with special needs participate. For example, a child with spina bifida who uses a wheelchair might swivel their wheelchair rather than jumping up and down, or stretch their arms straight up rather than pointing their toes.

CLOSING DISCUSSION

The Healthy Habit All-Stars helped Hannah stay healthy. What do we need every day to grow up healthy and strong? Our bodies need to move every day. How do you plan to move your body today – maybe 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]



I Like to Move Action Poem

“I like to move my body. (March in place and point to self) My body
likes to move. (Wiggle fingers and arms)

I can...

Wave my arms.”

Repeat the poem with the following movements:

Jump up and down.

Touch my toes.

Shrug my shoulders.

Point my toes.

Stand on one leg.

Turn around. Roll
my neck. Twist my

hips. Stretch my
arms.

Challenge moves:

Hop like a skater. (Hop side to side, from one foot to the other)

Jump like a star. (Start in a squat position, then jump up extending arms and legs)

* Ask for students to suggest movements... *

And then sit down!