

# Healthy Lifestyle

**A HEALTHY LIFESTYLE** is the way a person lives to help keep his or her mind and body free from illness and harm.

## LESSON 1

Read the meaning of **HEALTHY LIFESTYLE** to students. Ask students if they can tell you what a healthy lifestyle means in their own words. Ask them to give examples of something they do that helps one have a healthy lifestyle. Tell students they will learn a Healthy Lifestyle Song. Sing the following words to the tune of “Mary Had a Little Lamb.” I will have a healthy life, healthy life, healthy life, I will have a healthy life, and grow big and strong!” Practice with them, and have them repeat it several times. As time allows, have students tell the meaning of a healthy lifestyle in their own words.

***School/Home Link*** - Tell students to ask a family member to describe ways that family members can help each other have a healthy lifestyle.

## LESSON 2

Review the meaning of **HEALTHY LIFESTYLE** with students. Tell them that they will clap to the syllables of the words: healthy lifestyle. Lead the class in clapping to match each individual syllable in the words: Health (1) thy (2) Life (3) Style (4). Reinforce that there are four “claps” in Healthy Lifestyle. Ask them to describe a person who has a healthy lifestyle. Ask them to share something they did today that will help them have a healthy lifestyle. Sing the Healthy Lifestyle Song as time allows.

***School/Home Link*** - Tell students to ask a family member to describe things that they can do to help their family be a healthy lifestyle family.

## LESSON 3

Review the meaning of **HEALTHY LIFESTYLE** with students. Explain that having a healthy lifestyle starts with eating properly. Explain that one should have a balanced diet with lots of fruits and vegetables. Read: I am going to call out some names of some fruits and vegetables. Stand up if you like it. If you don't like it, then remain seated. Call out several different fruits and vegetables – after each, say “Good for you!” As time allows, have the students draw a picture of their favorite fruit or vegetable. Display the drawing as space allows. Sing the “Healthy Lifestyle Song” as time allows.

***School/Home Link*** - Tell students to share their pictures with a family member and to discuss the importance of eating healthy.

## LESSON 4

Review the meaning of **HEALTHY LIFESTYLE** with students. Remind students that a healthy lifestyle is always living each day in a way that will keep your body and mind from harm. Have students give “thumbs up” if the student is being healthy in the following situations. Have them show a “thumbs down” if not. Read the following sentences:

- Instead of eating potato chips when coming in from school, Brett ate a banana. (thumbs up)
- Henrico stays up late every night. (thumbs down)
- Mary played outside and got lots of good exercise instead of watching a TV show. (thumbs up)

Congratulate students for correct responses. As time allows, have students sing the “Healthy Lifestyle Song.”

***School/Home Link*** - Tell students to ask a family member to do an outside activity with them.

## LESSON 5

Review the meaning of **HEALTHY LIFESTYLE** with students. Tell the students that one way to maintain a healthy lifestyle is by being active and exercising. Have the students stand in a circle and do some stretching exercises. As time allows, ask students if they know why exercise is so good for them. Share reasons such as, it keeps oxygen flowing, it is good for your muscles – especially the heart, it will keep you alert, etc. Sing the Healthy Lifestyle Song as time allows.

***School/Home Link*** - Tell students to sing the Healthy Life Style Song to a family member.