



Introduction to Healthy Habits

Let's learn about healthy habits! A healthy habit is something we do regularly to keep our bodies healthy and strong.

1. What is a healthy habit? _____
2. Can you name one healthy habit you practice every day?

3. Why are healthy habits important for our bodies?

Activity: Draw a Picture of Your Favorite Healthy Habit

Draw a picture of your favorite healthy habit, such as brushing your teeth or eating a healthy snack.

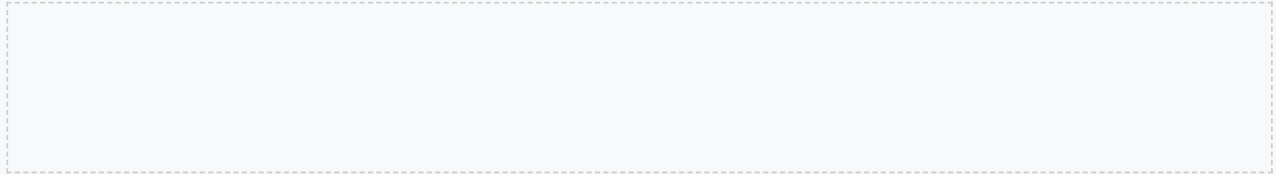
Healthy Eating Habits

Let's learn about healthy eating habits! Eating a variety of foods helps keep our bodies strong and healthy.

1. What are some healthy foods that you like to eat?

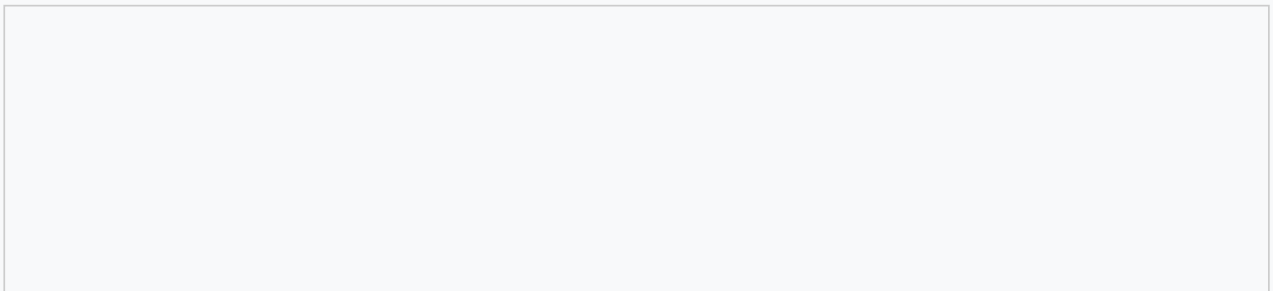
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Activity: Create a Healthy Plate

Draw a picture of a healthy plate with different food groups, such as fruits, vegetables, proteins, and grains.

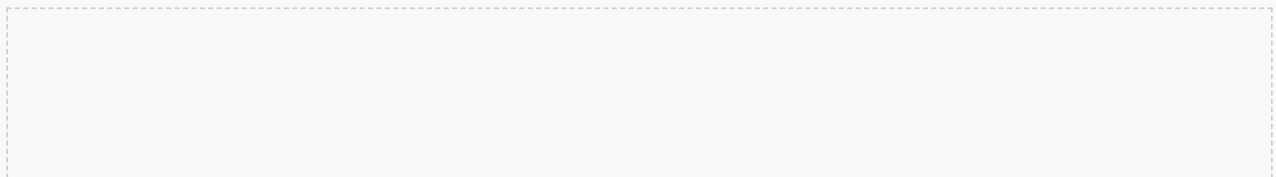


Physical Activity

Let's learn about physical activity! Physical activity helps keep our bodies strong and healthy.

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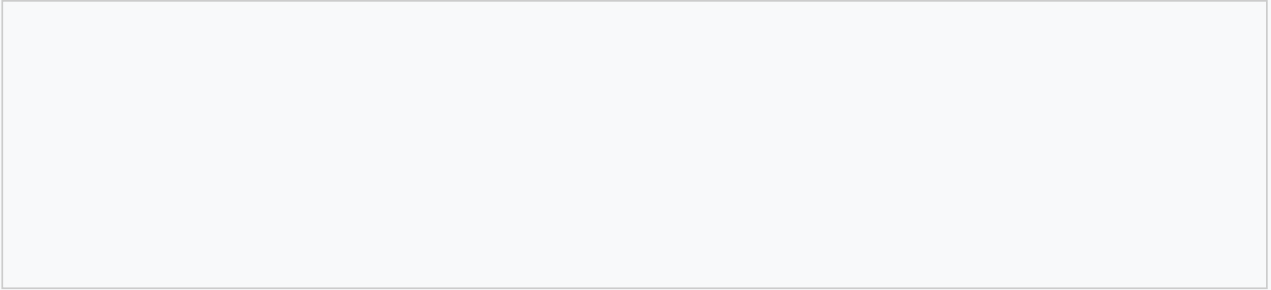
3. How often should we engage in physical activity?



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Activity: Draw a Picture of Yourself Engaging in Your Favorite Physical Activity

Draw a picture of yourself engaging in your favorite physical activity, such as running or dancing.

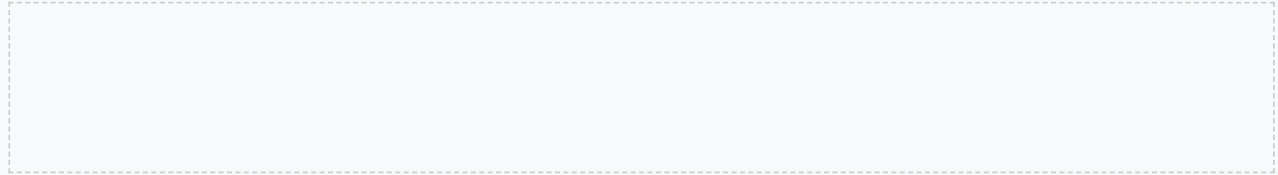


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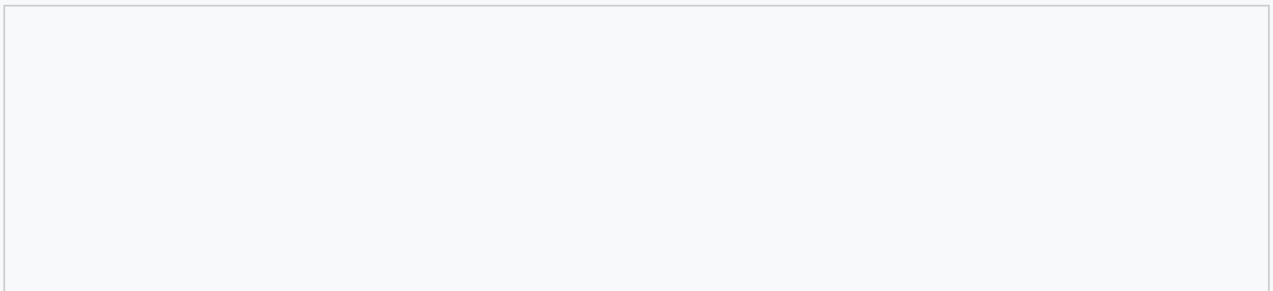
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2. Can you name one thing you do to help you fall asleep at night?

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Activity: Create a Bedtime Routine

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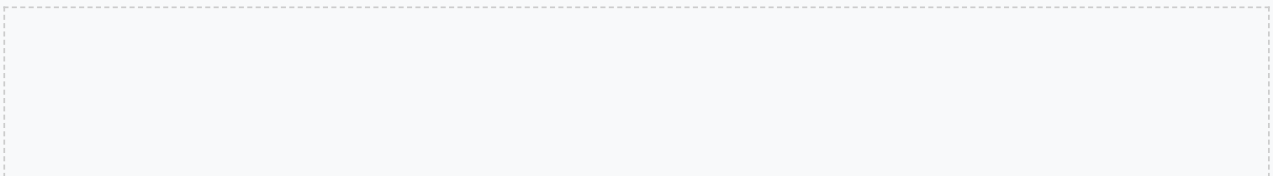


Hygiene Habits

Let's learn about hygiene habits! Keeping our bodies clean helps prevent germs and illnesses.

1. Why is it important to wash our hands? _____
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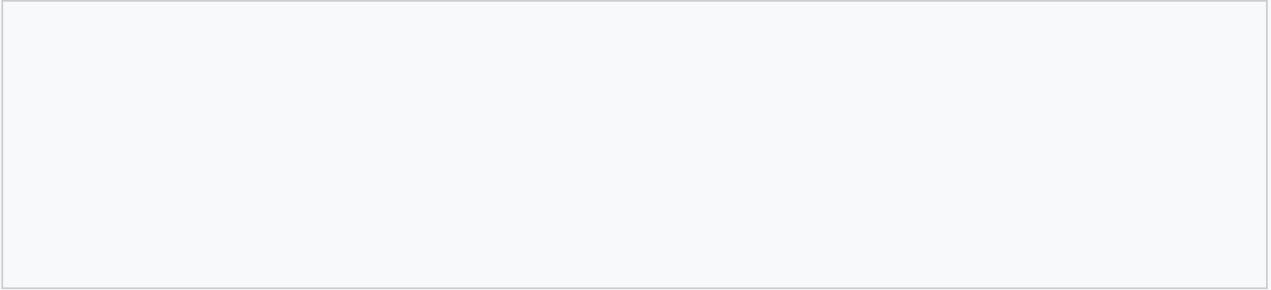
3. How often should we take a bath or shower? _____



Activity: Draw a Picture of Yourself Practicing Good Hygiene Habits

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Draw a picture of yourself practicing good hygiene habits, such as washing your hands or brushing your teeth.



Emotional Well-being

Let's learn about emotional well-being! Taking care of our feelings helps us stay happy and healthy.

1. What is one thing that makes you happy? _____
2. Can you name one way to express your feelings?

3. Why is it important to take care of our feelings?

Activity: Create a Feelings Chart

Draw a picture of a feelings chart, including different emotions such as happy, sad, and angry.

Healthy Habits Charades

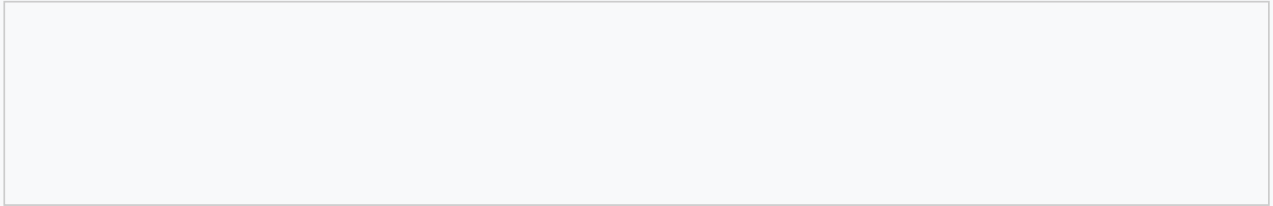
Let's play a game of charades! Act out a healthy habit without speaking, such as brushing your teeth or eating a healthy snack.

1. Act out a healthy habit without speaking.
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Healthy Habits Sorting Game

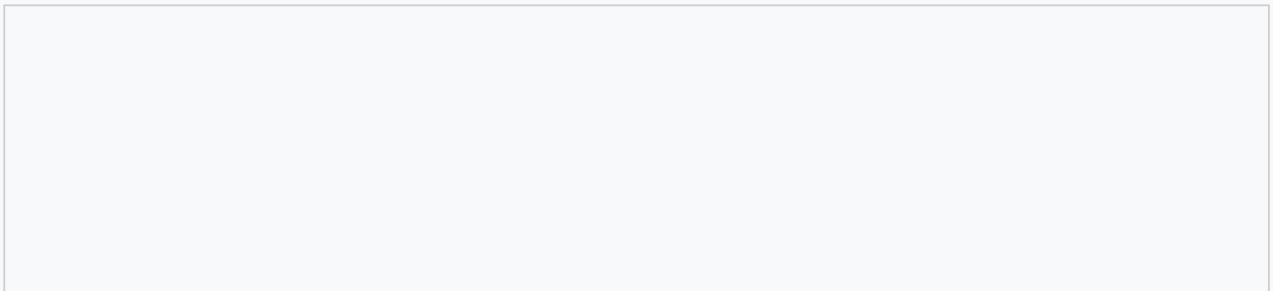
Let's play a sorting game! Sort the following pictures into healthy and unhealthy habits:

- Eating a salad
- Playing outside
- Watching TV
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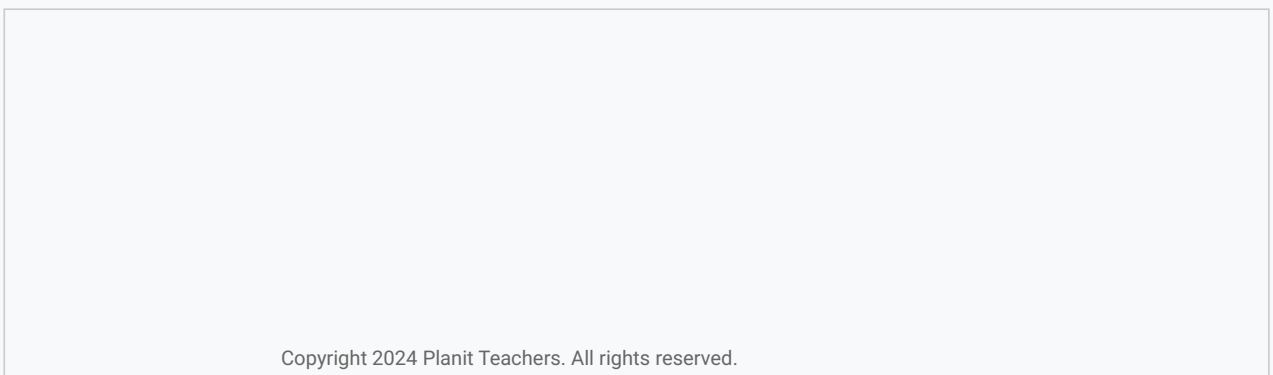
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Healthy Habits Poster

Let's create a poster! Create a poster about your favorite healthy habit, including a picture and a short sentence about why this habit is important.



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Reflection

Let's reflect on what we've learned! What did you learn about healthy habits today?

1. What did you learn about healthy habits today?

2. Can you name one healthy habit you will practice this week?

3. Why is it important to take care of our bodies? _____

Activity: Reflect on What You've Learned

Reflect on what you've learned and how you can apply it to your daily life.

Differentiated Activities for Mixed-Ability Groups

Let's provide differentiated activities for mixed-ability groups! What are some ways to adapt activities for students with different learning needs?

1. What are some ways to adapt activities for students with different learning needs?

2. Can you name one strategy for supporting students with learning difficulties?

3. How can we ensure that all students are included and engaged in activities?

Activity: Create a Differentiated Activity Plan

Create a plan for adapting activities for students with different learning needs, including strategies for supporting students with learning difficulties and ensuring inclusion and engagement.

Healthy Habits for the Mind

In addition to physical health, it's essential to prioritize mental well-being. Healthy habits for the mind include practices such as meditation, mindfulness, and gratitude. These habits can help reduce stress, improve focus, and increase overall happiness.

Mindfulness Exercise

Take a few minutes to practice mindfulness. Focus on your breath, and let go of any thoughts or distractions. Notice how your body feels and the sensations in your surroundings.

Case Study: The Benefits of Mindfulness

A study on mindfulness found that participants who practiced mindfulness regularly experienced reduced stress and anxiety, improved sleep quality, and increased self-awareness. These findings highlight the importance of incorporating mindfulness into daily routines.

Healthy Relationships

Nurturing healthy relationships is vital for our emotional and mental well-being. Healthy relationships involve mutual respect, trust, and effective communication. It's essential to surround ourselves with positive influences and maintain boundaries to protect our emotional health.

Building Healthy Relationships

Reflect on your current relationships. Identify one relationship that you'd like to nurture or improve. Write down specific actions you can take to strengthen this relationship, such as scheduling regular check-ins or practicing active listening.

Group Discussion: Healthy Relationships

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Discuss the following questions in small groups: What are some characteristics of healthy relationships? How can we prioritize self-care in our relationships? What are some strategies for maintaining healthy boundaries?

Overcoming Challenges

Developing healthy habits can be challenging, especially when faced with obstacles or setbacks. It's essential to anticipate potential challenges and develop strategies for overcoming them. This might involve seeking support from friends or family, finding alternative solutions, or practicing self-compassion.

Overcoming Obstacles

Think about a time when you faced a challenge or setback. Write down the obstacle you faced, the strategies you used to overcome it, and what you learned from the experience.

Reflection: Resilience and Perseverance

Reflect on your ability to overcome challenges. What strengths do you possess that help you persevere? What areas do you need to work on to improve your resilience? Write down specific actions you can take to develop greater resilience and perseverance.

Maintaining Motivation

Maintaining motivation is crucial for sustaining healthy habits. It's essential to celebrate small victories, set realistic goals, and find ways to make healthy habits enjoyable. This might involve finding a workout buddy, tracking progress, or rewarding yourself for milestones achieved.

Motivation Strategies

Brainstorm a list of strategies for maintaining motivation. Share your ideas with a partner or in a small group. Discuss the following questions: What are some ways to make healthy habits more enjoyable? How can we celebrate small victories and milestones?

Case Study: The Power of Accountability

A study on accountability found that participants who shared their goals and progress with a friend or mentor were more likely to maintain motivation and achieve their goals. This highlights the importance of finding a support system to help maintain motivation and accountability.

Conclusion and Next Steps

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In conclusion, developing healthy habits requires a holistic approach that incorporates physical, mental, and emotional well-being. By prioritizing self-care, building healthy relationships, and maintaining motivation, we can set ourselves up for success and achieve our goals.

Action Plan

Create an action plan for implementing healthy habits into your daily routine. Identify specific habits you'd like to develop, strategies for overcoming challenges, and ways to maintain motivation. Share your plan with a partner or in a small group and discuss the following questions: What are some potential obstacles you might face? How can you support one another in achieving your goals?

Final Reflection

Reflect on what you've learned throughout this journey. What insights have you gained? What habits do you plan to implement or maintain? Write a letter to yourself or create a vision board to represent your commitment to prioritizing your health and well-being.

Additional Resources

For further learning and support, explore the following resources: books, articles, websites, and mobile apps. Discuss the following questions in small groups: What are some reliable sources for health and wellness information? How can we critically evaluate the credibility of online resources?

Resource Scavenger Hunt

Conduct a scavenger hunt for reliable health and wellness resources. Share your findings with the group and discuss the following questions: What are some common themes or topics addressed in these resources? How can we apply the information to our daily lives?

Group Discussion: Health and Wellness Resources

Discuss the following questions in small groups: What are some ways to stay up-to-date with the latest health and wellness research? How can we apply the information to our daily lives and share it with others?

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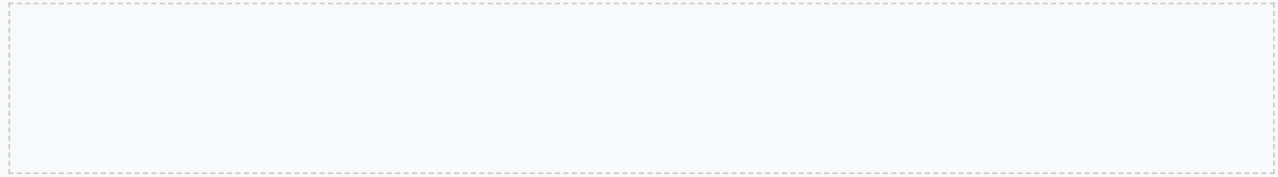
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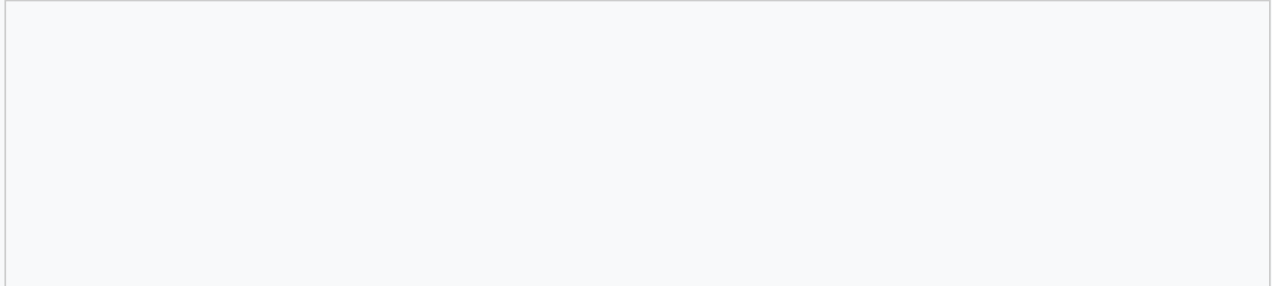
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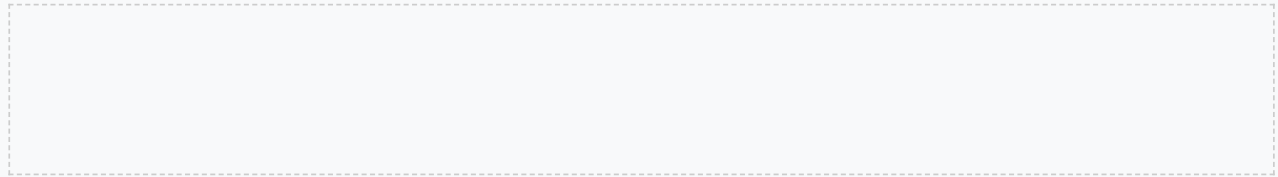
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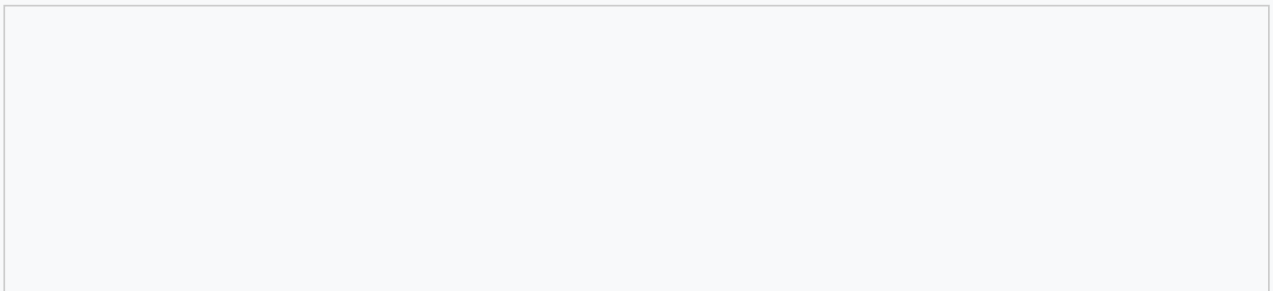
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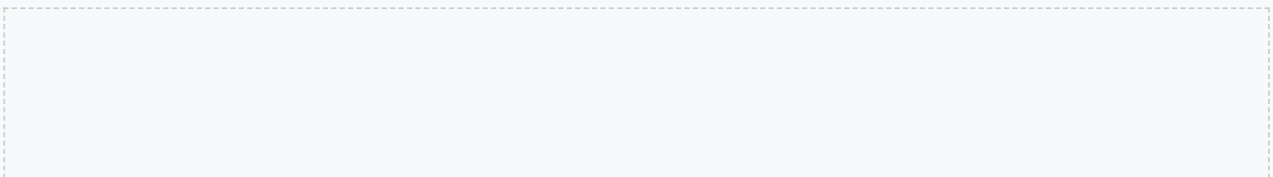


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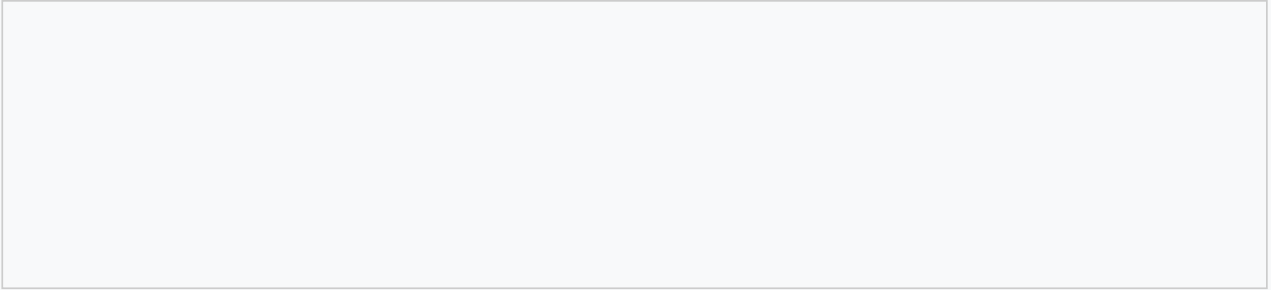
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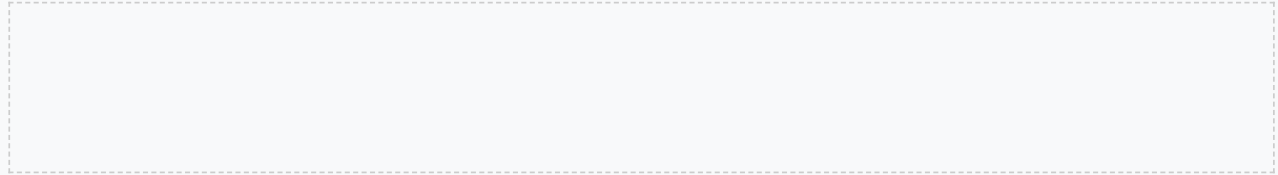


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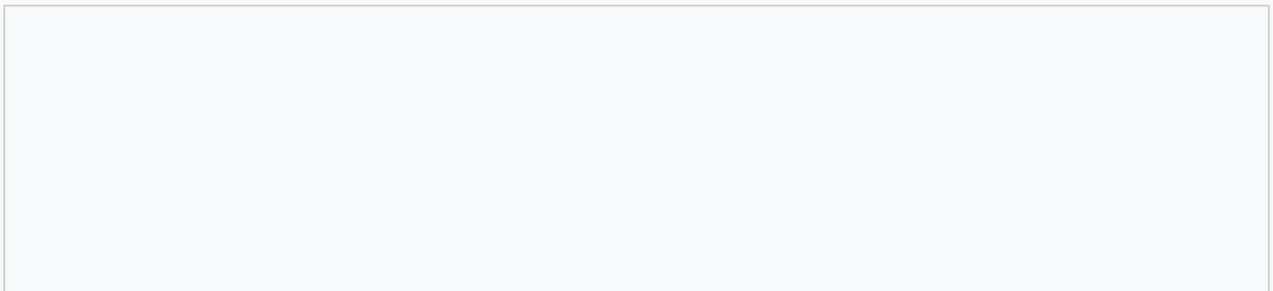
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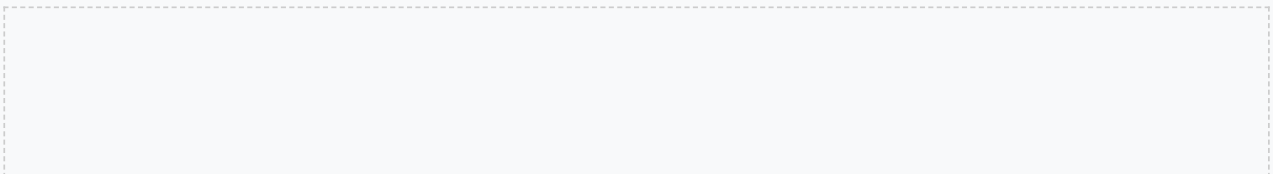


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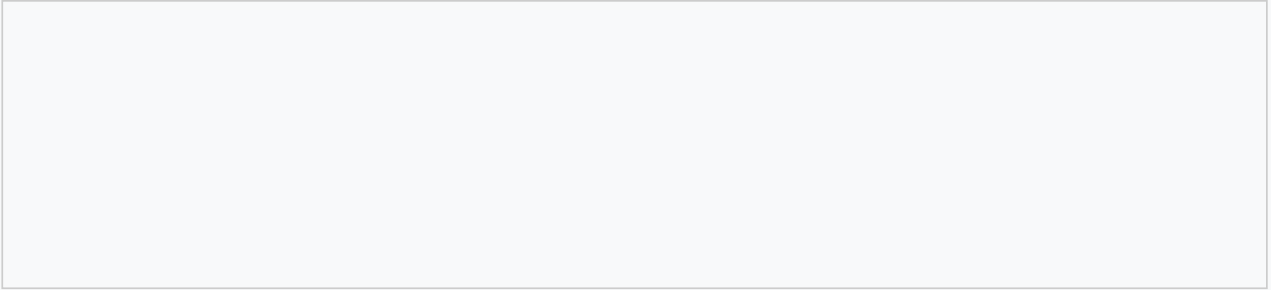
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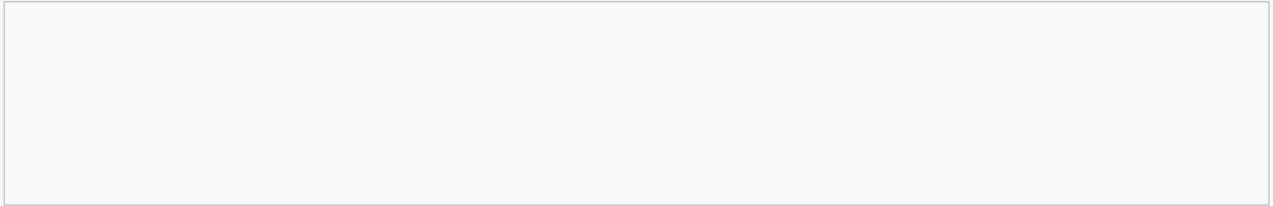
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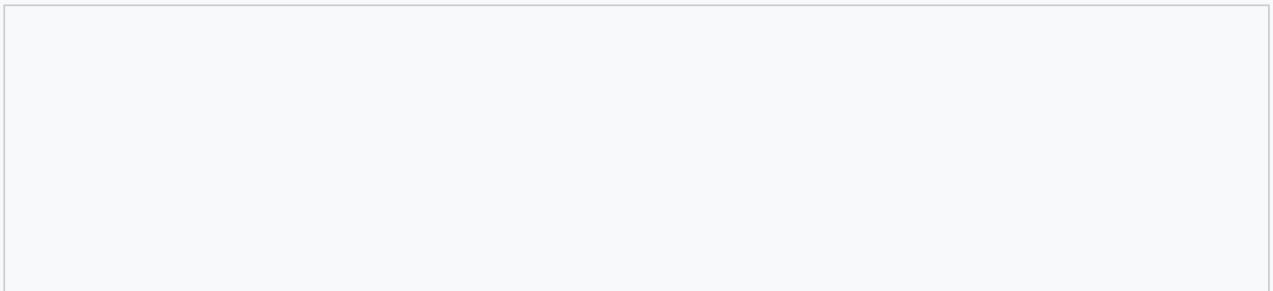
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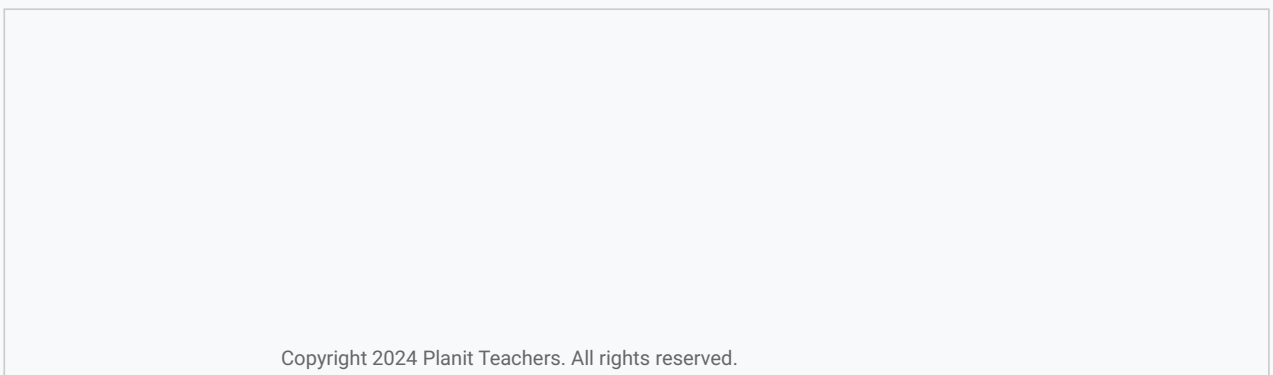
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