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Healthy Kids

Unit Study

For Grades K-5



GOALS



How would you like to improve in these areas?
Write your goals into the sections below.

Physical

Mental/Emotional

Nutritional

Name: _____ Date: _____

Healthy Foods

Energy-Giving Food













Energy foods are also called Go Food. They help make you strong. They help you play. They help you study. They help you do many things. These are foods which are rich in carbohydrates and fats.

Name: _____ Date: _____

Healthy Foods

Body-Building Food



Body-building foods are called Grow Food. They help you grow tall. They make your bones strong. They help you build muscles. Grow foods are foods rich in protein. Make sure to eat enough proteins everyday.

Name: _____ Date: _____

Healthy Foods

Body Resistance Boosters



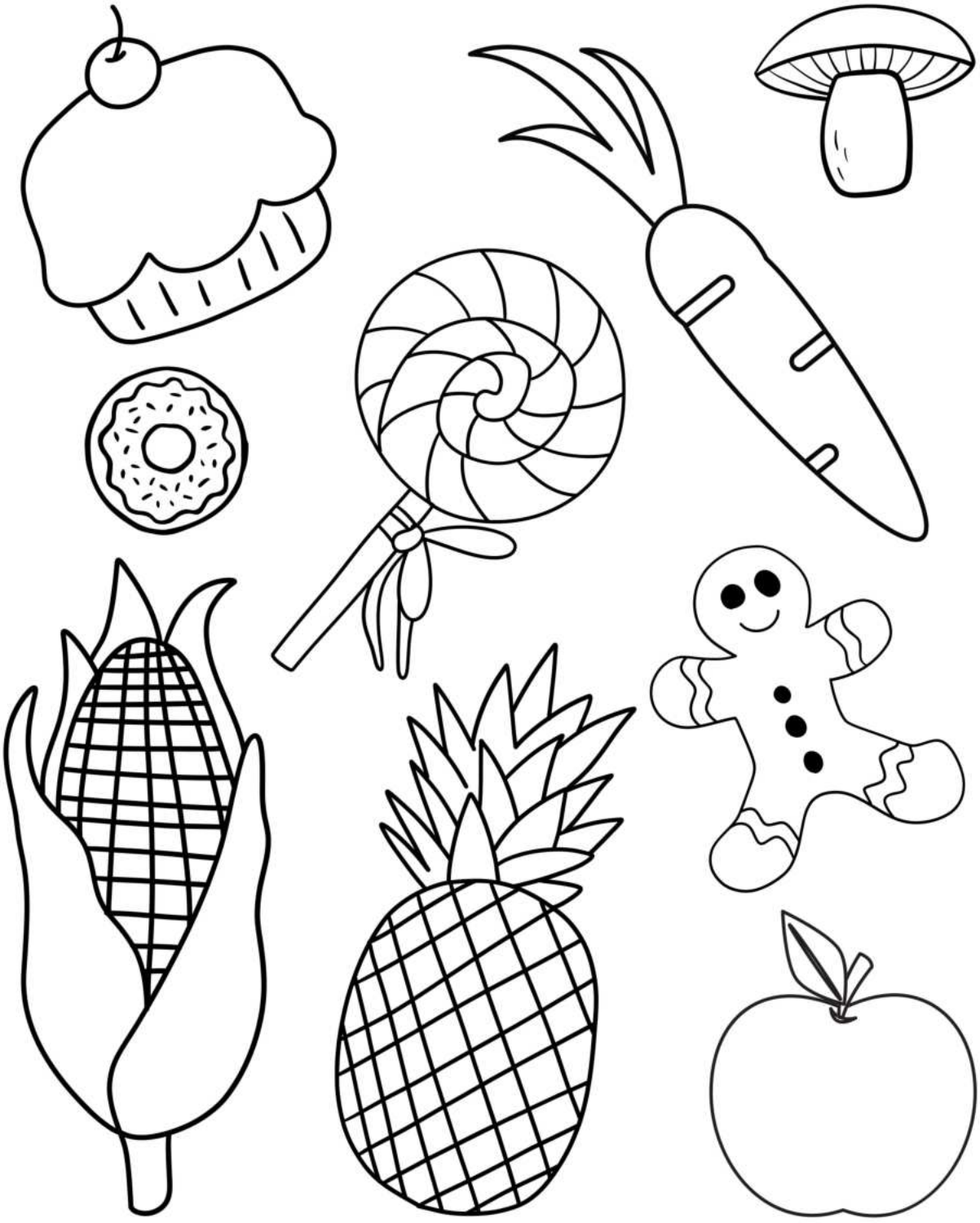
Foods that boost your body resistance are called Glow Food. They help make your skin smooth and healthy. Glow foods contain vitamins and minerals. They help keep you from getting sick. Fruits and vegetables are glow foods.

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Name: _____ Date: _____

Healthy or unhealthy?

Color only the healthy food items.



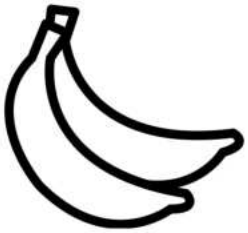
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Healthy Foods

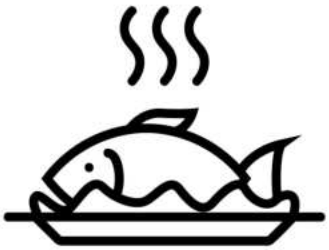
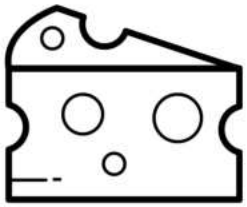
Color only the healthy food.

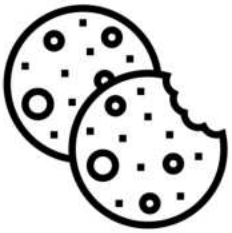


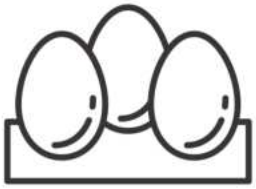






Name: _____ Date: _____

Cut and paste the pictures in the correct column.

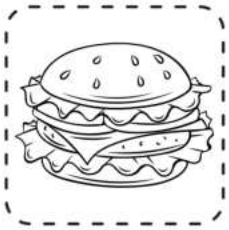
Healthy Food	Unhealthy Food









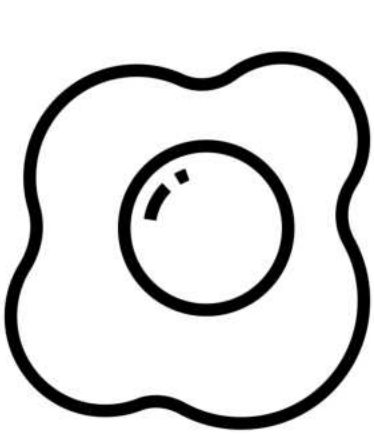


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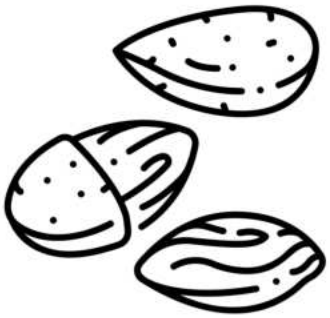
Healthy or Not healthy?

Color all the healthy foods and cross out those that are not.





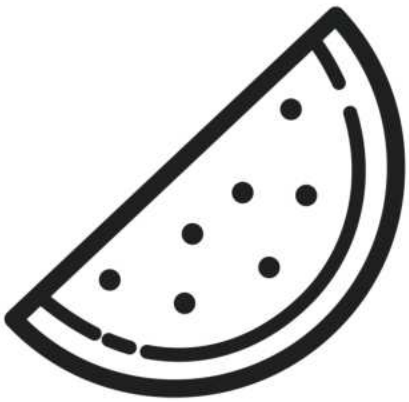


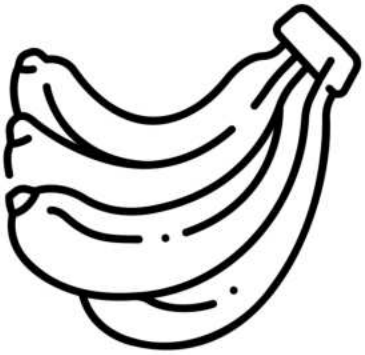








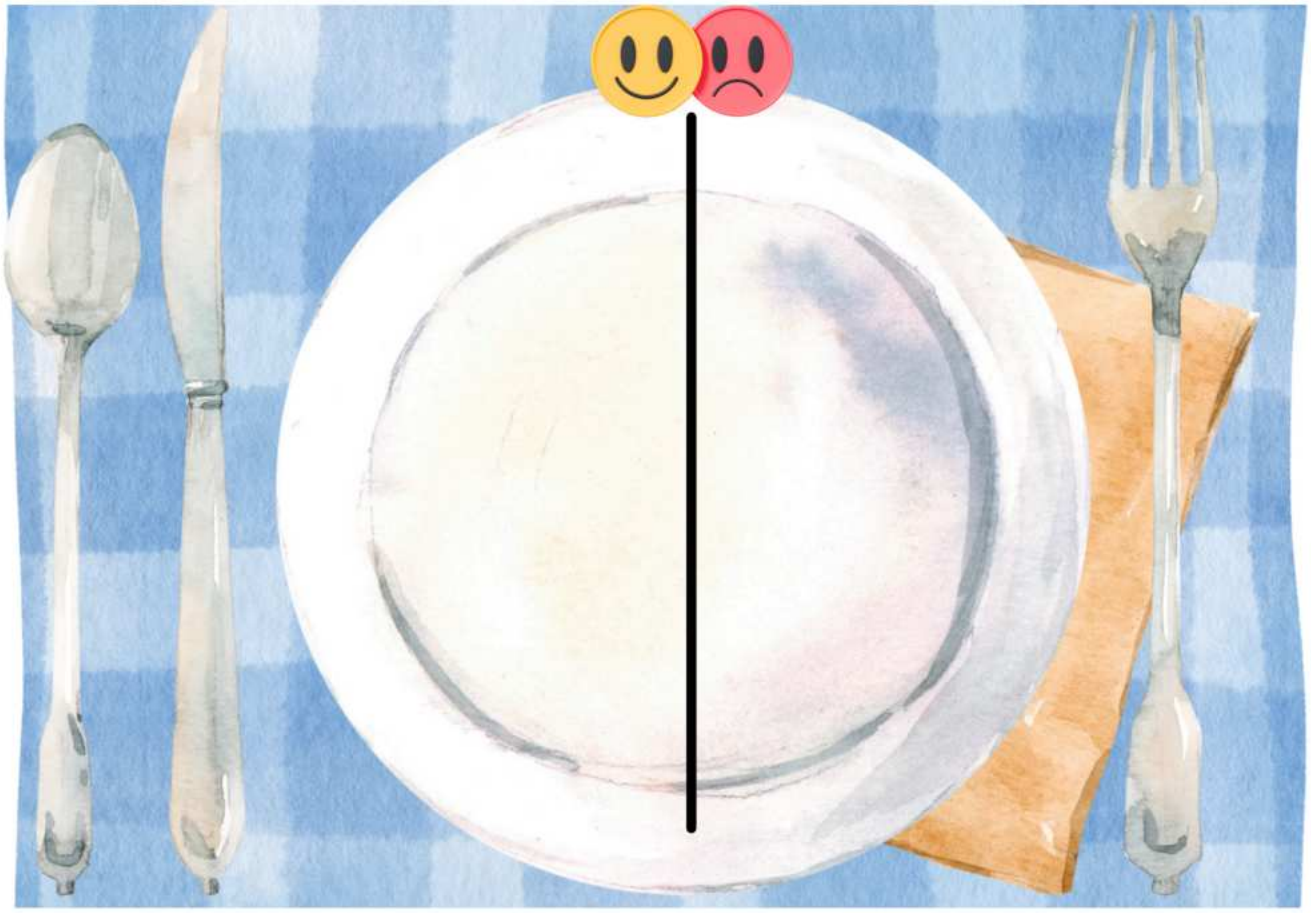


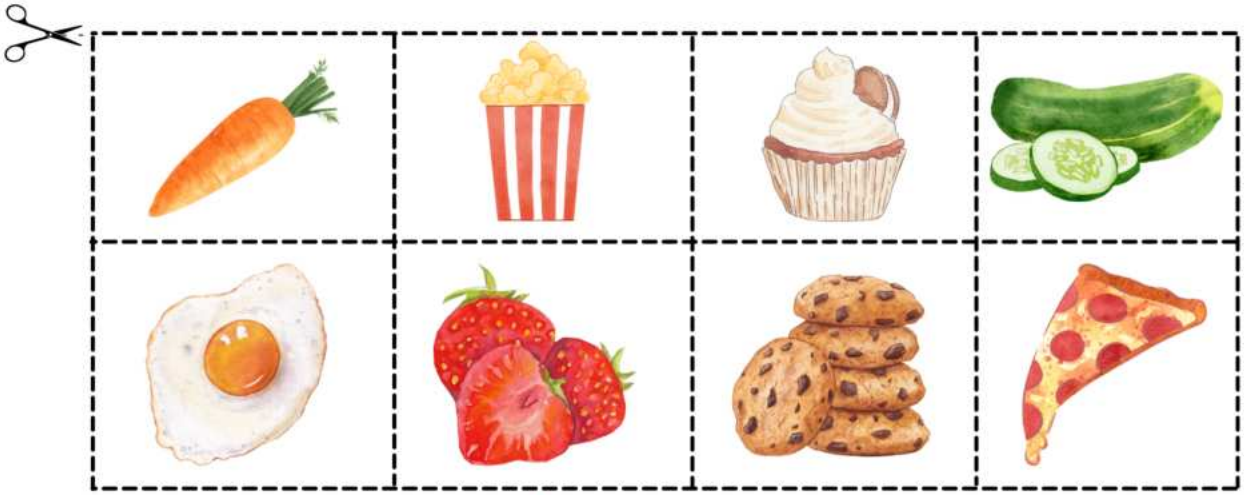


Name: _____ Date: _____

Likes & Dislikes

Cut and stick.



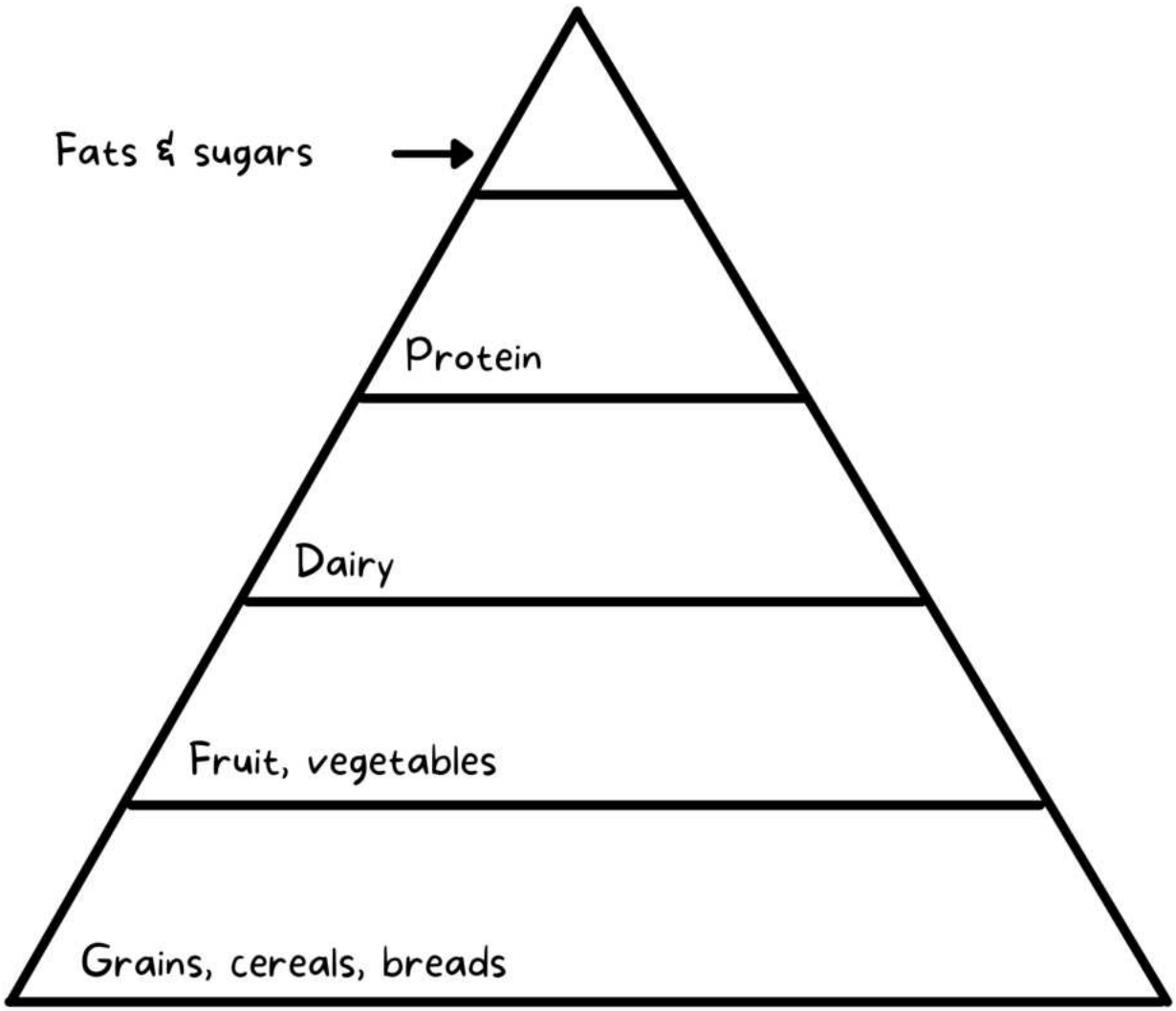


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Name: _____ Date: _____

Food pyramid

Think about what you eat in a typical day. Draw each food item in the correct section:



Reflect on your daily consumption and note any changes you'd like to make:

_____

_____

_____

_____

_____



Healthy Eating



1. Why is food and water important for our body?

2. How do you know if a snack is healthy or unhealthy?

3. If you had a snack today, why did you choose that snack?

Draw a picture of your snack here

Name: _____ Date: _____

Food for Thought

Label the picture. Write numbers below.



- [ ] plums
- [ ] onion
- [ ] tomatoes
- [ ] lemon
- [ ] carrot
- [ ] blueberries
- [ ] apples
- [ ] strawberries
- [ ] raspberries

Put different food in each column.

I love	I don't mind	I can't stand

Tell a friend what food you like and ask about their favorite food. Do you like the same food? What food would you like to try?

LUNCH

Label the things you can eat at lunch.

soup / french fries / fruits / boiled veggies
salad / sandwich / hamburger / mashed potatoes



.....



.....



.....



.....



.....



.....



.....



.....

Write what you and each member of your family like to eat and drink for lunch:

.....

.....

.....

.....

.....

.....

.....

Name: _____ Date: _____

WHAT KEEPS ME HEALTHY?

Write something that keeps us healthy in each bubble below
(Ways we can prevent sickness)

Example:
Washing my hands with soap and water



High Five to Healthy Habits

Read the healthy habits categories.

3. Relationships & emotions

2. Food & nutrition



4. Exercise & movement

1. Sleep & rest

5. Playing & creativity

Cut out the healthy habits and glue them under the correct headings.

I have fun and do creative things in my free time.

I go to bed early and I sleep 8 or more hours

I eat a variety of healthy food and drink water

I do exercise and move my body every day

I spend time with the people I love

DISCUSS: Do you have these healthy habits? - Which ones do you have to develop to give a high five to healthy habits?

ADVERTISEMENT

GRADE 1 & 2



Instructions: Create an advertisement for a new healthy snack.

- Use a catchy name for the snack
- Draw the snack
- Extension: Use descriptive words to describe the snack:

ADVERTISEMENT

GRADE 3 & 4



Instructions: Create an advertisement for a new healthy snack.

- Use a catchy name for the snack
- Draw the snack
- Write two to three, short, creative phrases to describe the snack

ADVERTISEMENT

GRADE 5 & 6



Instructions: Create an advertisement for a new healthy snack.

- Use a catchy name for the snack
- Draw the snack
- Write three to four, short, creative phrases to describe the snack
- Write some customer reviews to support the advertisement

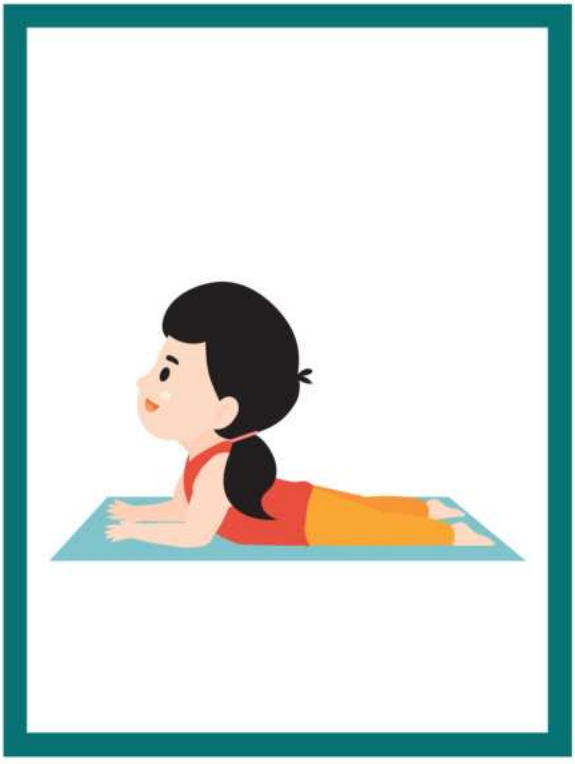
Yoga Brain Break

Cut out the cards. Students pick a card and try the yoga pose for 30 seconds.

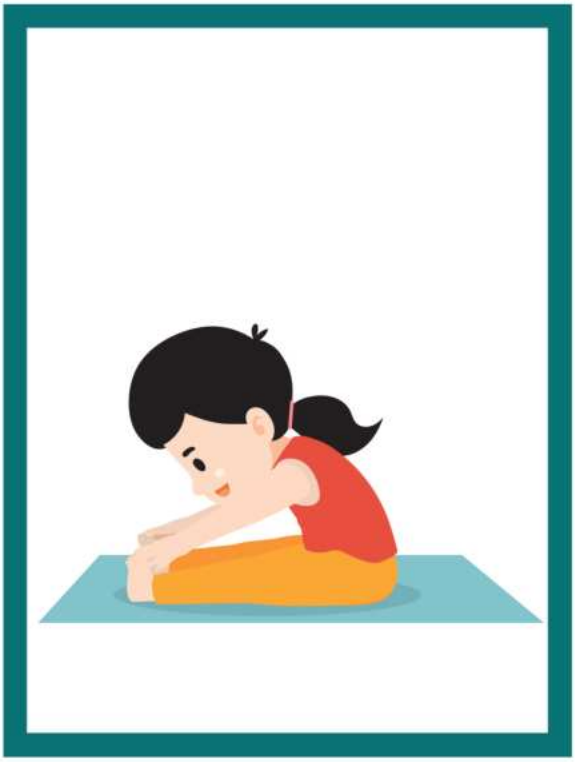


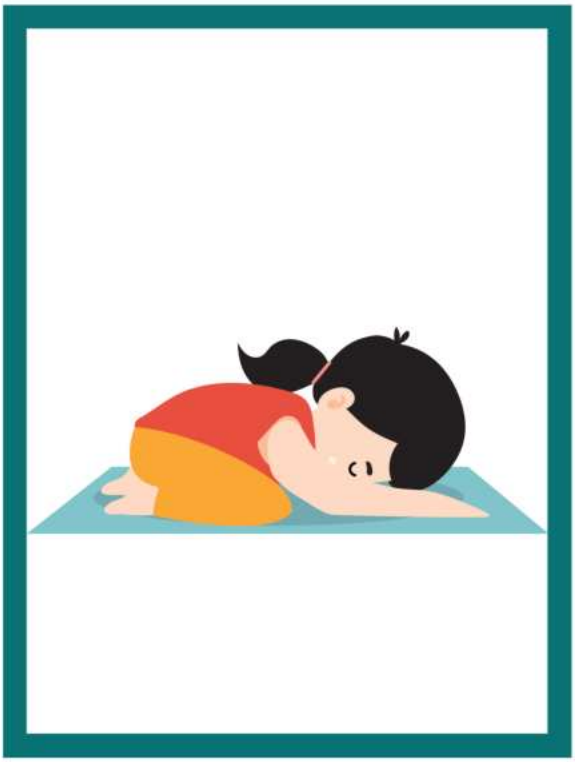




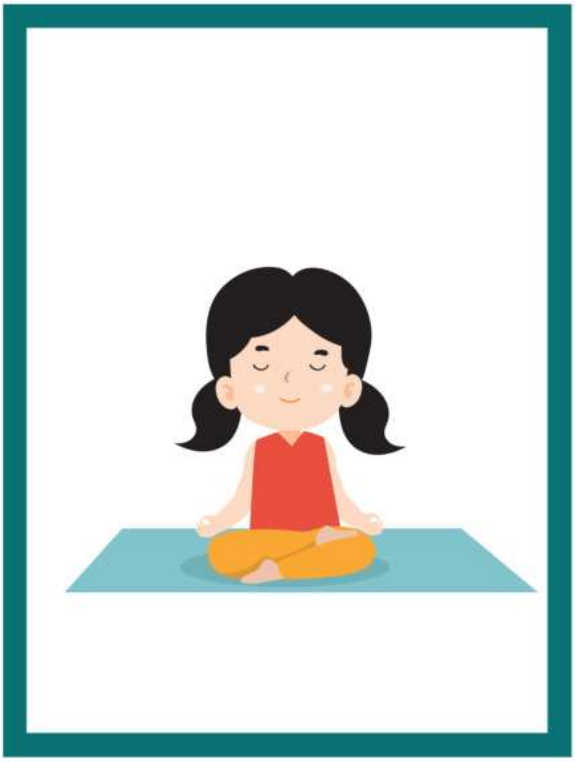


















Name: _____ Date: _____

Sports

Discuss the questions below.

Sports are great ways to get exercise!
What are the names of the sports in the photos below?
Which sports are your favorites?
What sports do you like to play?











Sports

2. Decide which of the verbs below go with the sports below. Can you add any other sports?

play	go	do

_____ swimming / running / kayaking

_____ karate / gymnastics / yoga

_____ basketball / football / ice hockey

3. Write which sport you associate with the sports equipment and places below. (write more than one, if possible)

_____ bat

_____ pitch

_____ wetsuit

_____ court

_____ helmet

_____ goal

_____ net

_____ tracksuit

Name: _____ Date: _____

What can you do?

Look at the examples below, and then at the table and write what Tim, Anna, John and Megan can and can't do.

✓ Sue can swim and ride a bike. ✗ Sue can't juggle.

Sue can swim and ride a bike, but she can't juggle.

	sing	dance	play the guitar
Tim	✓	✗	✓
Anna	✓	✓	✗
John	✗	✓	✗
Sam	✗	✓	✓

Tim _____

Anna _____

John _____

Sam _____

What can you do and not do?

DECK OF CARDS WORKOUT

Instructions: Print and cut the cards. Shuffle the cards. Pick ten cards, and do the exercise. The number in the card corresponds to the number of times you will repeat the exercise. (Note: Take time to learn and practice the exercises before doing the activity to avoid injury.)



CRAB WALK

Sit on the ground with your legs extended out in front of you. Place your hands by your side with your fingers pointed toward your feet. Lift your body up. Arch your back up as far as you can. Step forward.



PANDA WALK

Get down on your hands and feet. Slightly bend your knees and keep your back flat. Step forward with one of your hands. Then step forward with the opposite foot.



GRASSHOPPER MOTION

Start in a push up position. Turn your hip and extend your right leg out to your left side, then touch your foot to the floor.



FROG JUMP

Stand straight with feet apart. Squat, as deep as you feel comfortable and then leap forward as far as you can.

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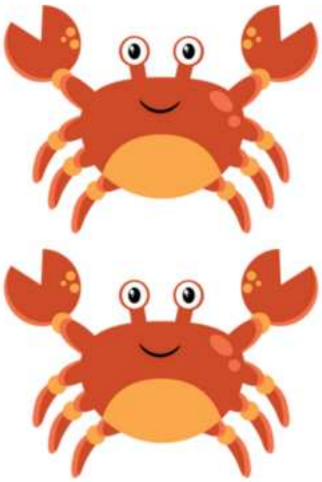
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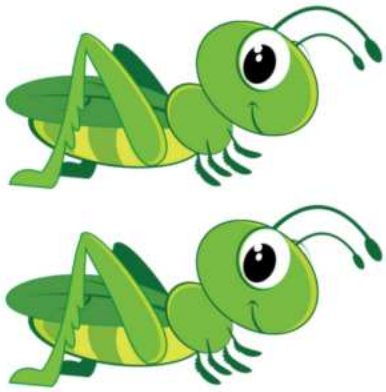
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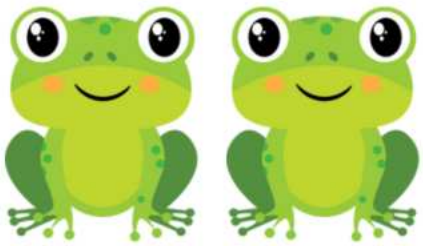
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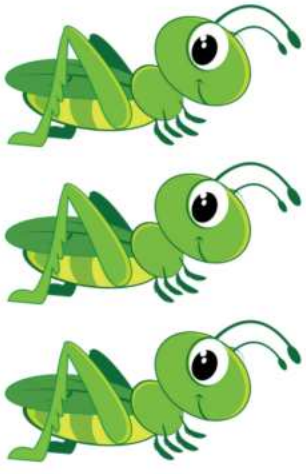
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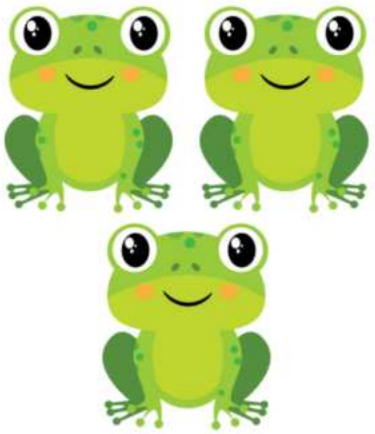
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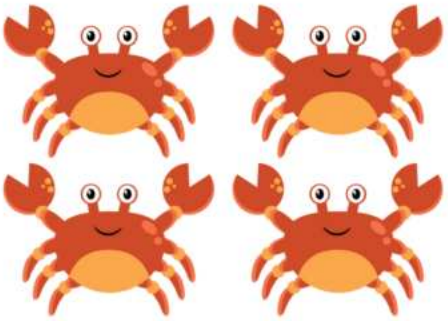
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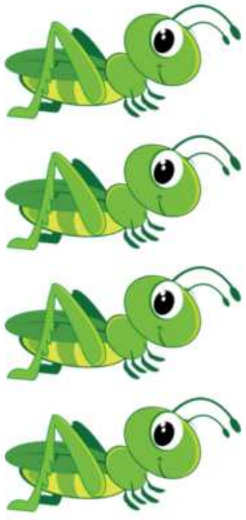
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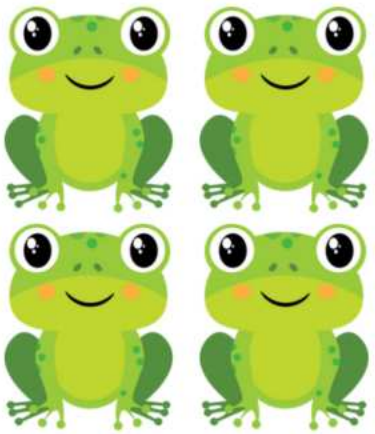
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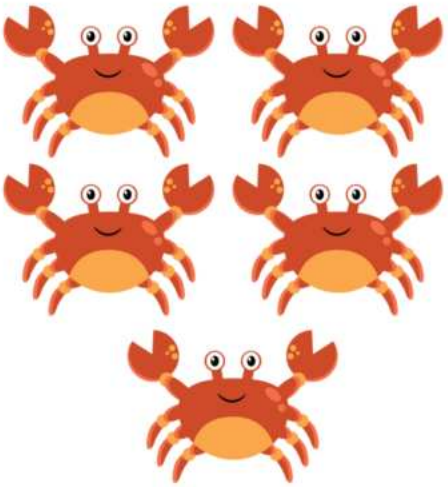
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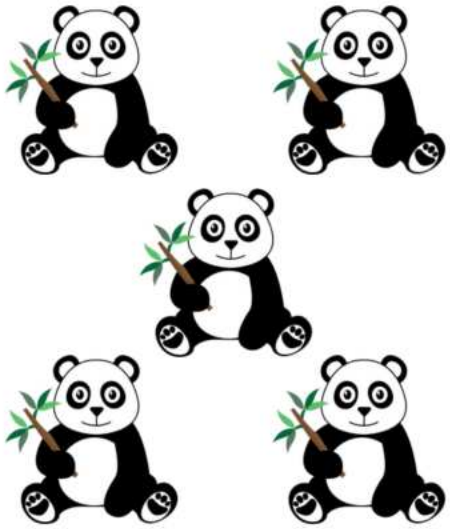
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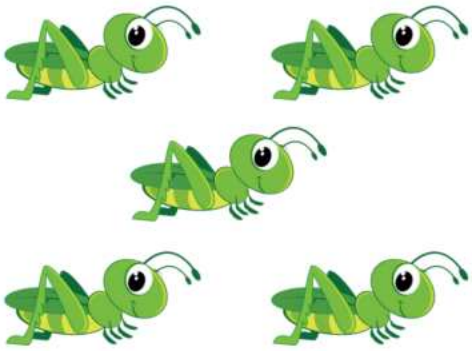
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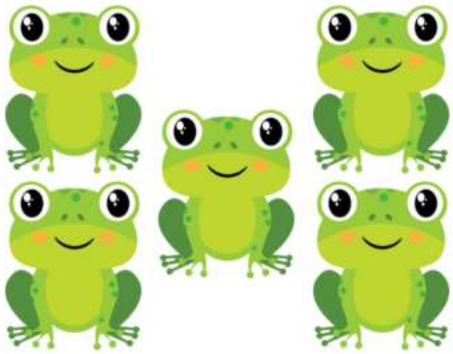
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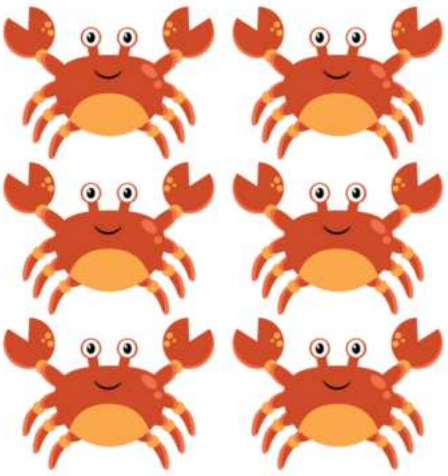
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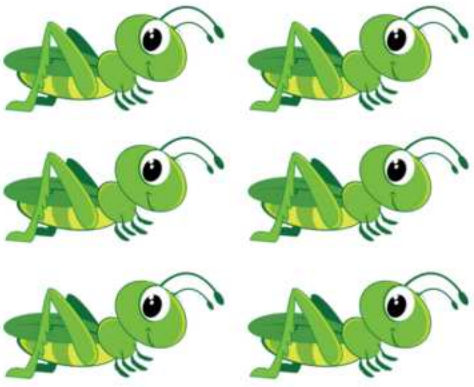
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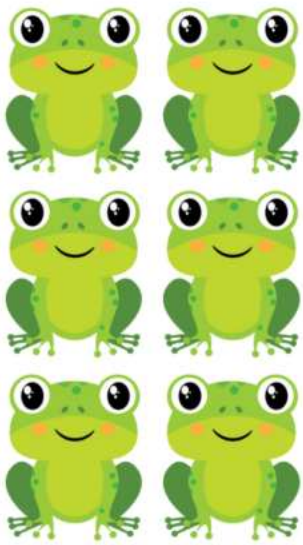
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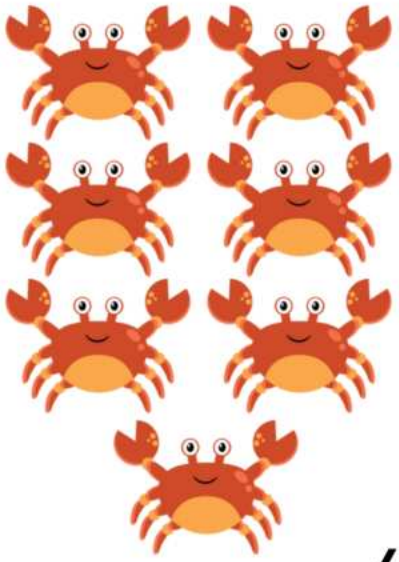
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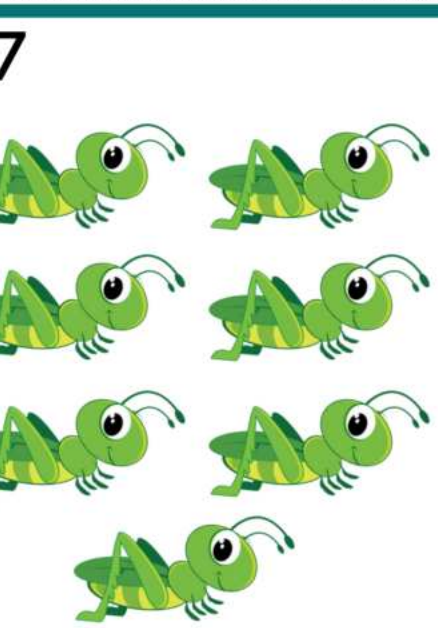
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REST



30 seconds

REST

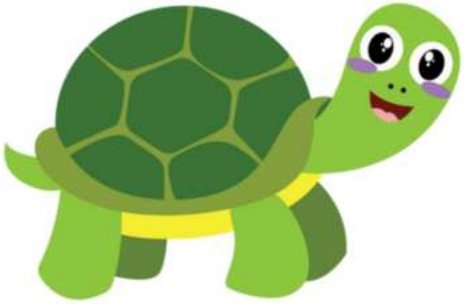
REST



40 seconds

REST

REST



50 seconds

REST

REST



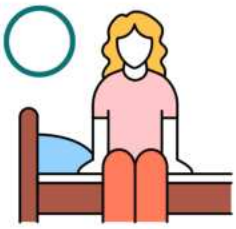
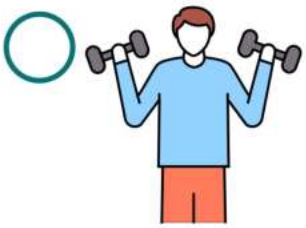
60 seconds

REST

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DAILY ROUTINES

1 **Match the pictures to the expressions used to describe daily routines on the following page. Write the letters.**
















a work

b clean

c go to bed

d buy food

e get up

f do the dishes

g get dressed

h walk

i do exercise

j chat with friends

k brush your teeth

l drive/go to work

m walk the dog

n do the laundry

o have a shower

p have breakfast

q make lunch/dinner

2 What's your routine like? What other activities do you do daily? Add them to the list.

Name: _____ Date: _____

MY FEELINGS

Feelings are physical sensations you feel in your body. How does it feel in your body when you are feeling...

HAPPY



SAD



CALM



FRUSTRATED



ANNOYED



SCARED



Name: _____ Date: _____

MY FEELINGS

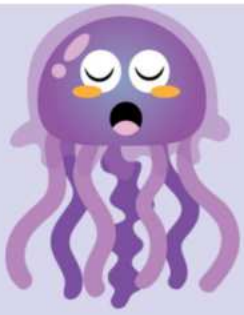
I feel happy when...



I feel sad when...



I feel annoyed when...



Name: _____ Date: _____

MY FEELINGS

I feel calm when...



I feel frustrated when...



I feel scared when...



Name: _____ Date: _____

COPING WITH ANGER



Write down five things that make you feel angry.

Write down five healthy coping skills.



Today I feel...

Circle the way you feel.

Happy Sad Angry Nervous Excited Tired

Worried Focused Confused Joyful

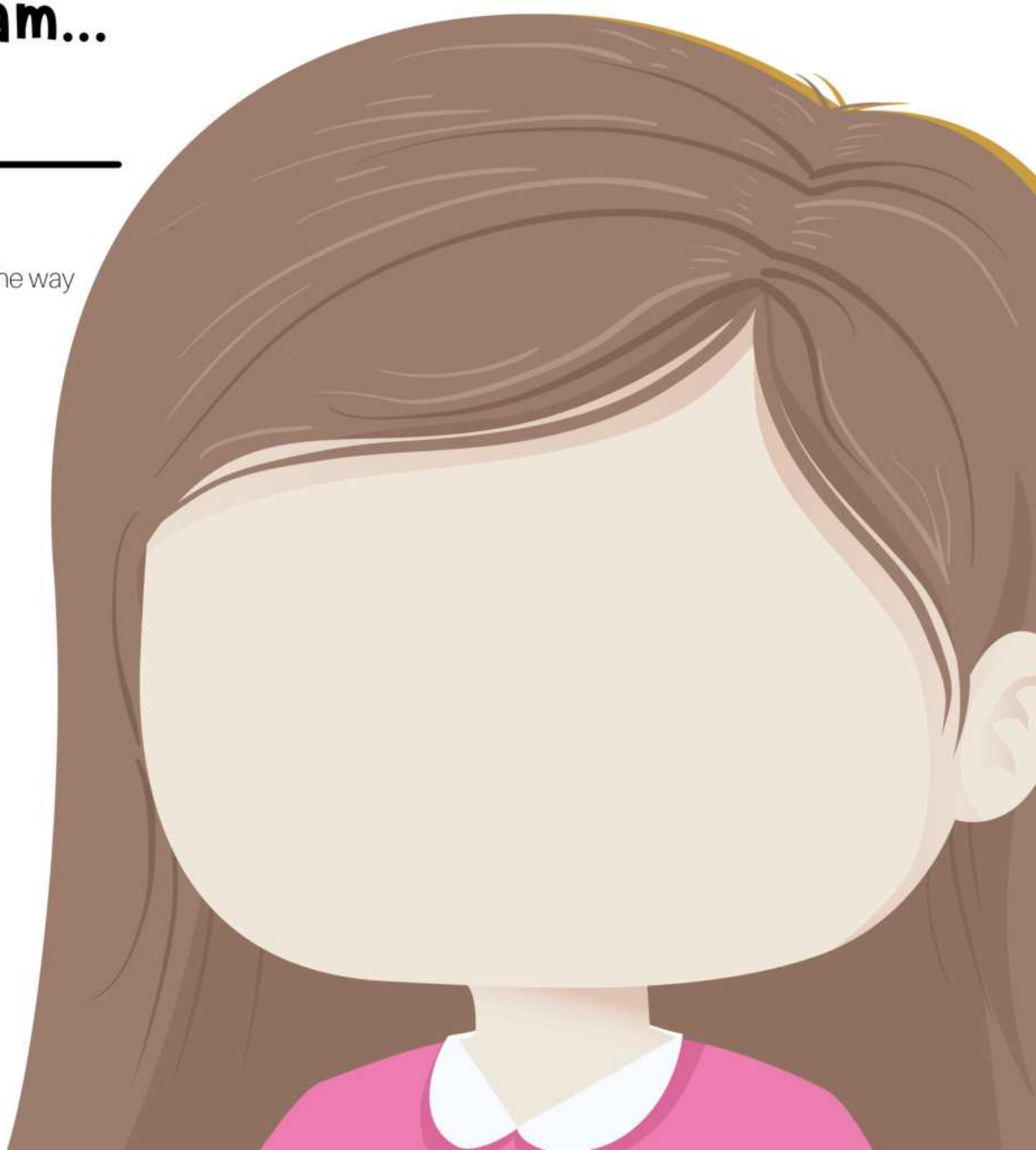
Confident Upset

Write a word to describe your feelings.

Today I am...

_____

Draw a face showing the way you feel today..



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Today I feel...

Circle the way you feel.

Happy Sad Angry Nervous Excited Tired

Worried Focused Confused Joyful

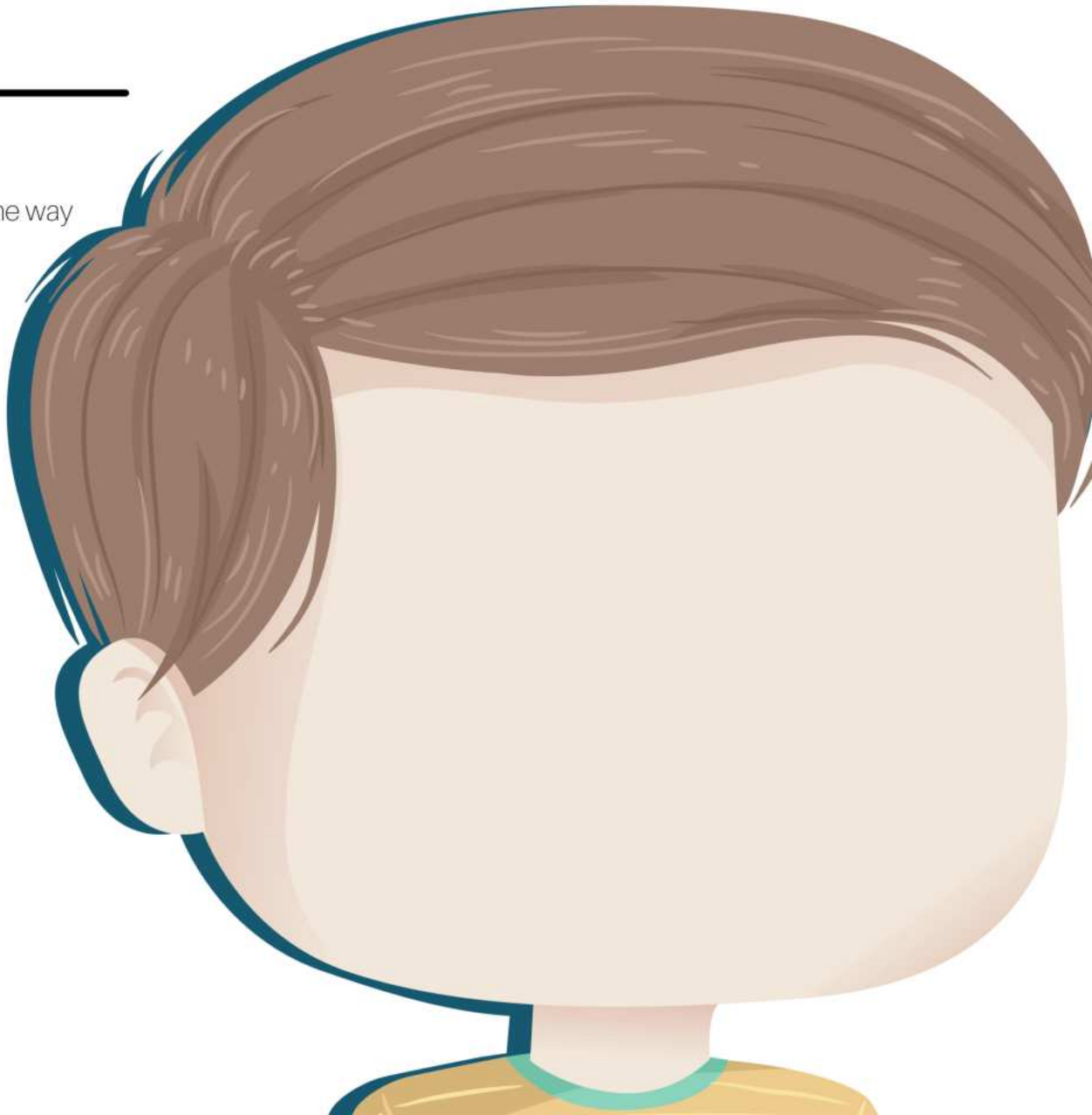
Confident Upset

Write a word to describe your feelings.

Today I am...

_____

Draw a face showing the way you feel today..

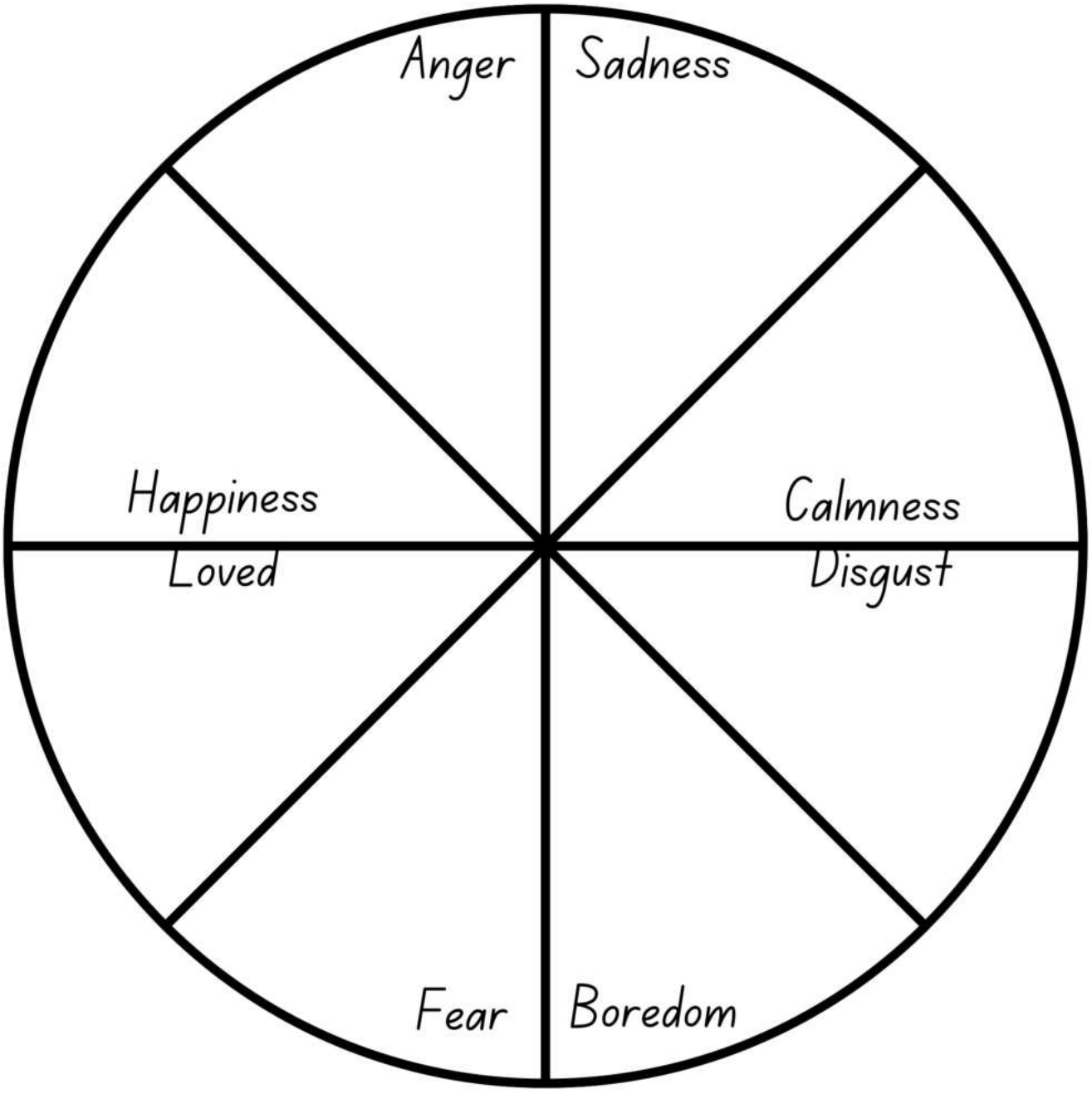


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Name: _____ Date: _____

Emotion Wheel

In each of the sections below write about a time you felt that emotion.



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Confidence Drawing

Something I Love

Something I Love About Myself

Something Who Loves Me

Something I am Good at

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Name: _____ Date: _____

My Gratitude Jar

In the jar below, please write down everything you are thankful for!



Name: _____ Date: _____

My Worry Jar

A worry jar is a useful tool that can help you express your worries and anxious thoughts. What are some things that make you feel worried? Write them in the jar below.



Think of a special time each day when you will open your worry jar and read your worries. You can do this with someone you trust.

What time will you open your worry jar?

Who is going to be with you?



When I feel WORRIED

Things that make me feel worried are:

This is how my face looks:

My body responds by:

The opposite of feeling worried is:

My face when I feel this way:

Things I can do to help myself feel more secure:



When I feel ANGRY

Things that make me feel angry are:

This is how my face looks:

My body responds by:

The opposite of feeling angry is:

My face when I feel this way:

Things I can do to help myself calm down:



When I feel LONELY

Times when I feel lonely are:

This is how my face looks:

My body responds by:

The opposite of feeling of lonely is:

My face when I feel this way:

Things I can do to help myself feel less lonely are:

When I feel SCARED

Things that make me feel scared are:

This is how my face looks:

My body responds by:

The opposite of feeling scared is:

My face when I feel this way:

Things I can do to help myself feel brave are:



When I feel SAD

Things that make me feel sad are:

This is how my face looks:

My body responds by:

The opposite of feeling sad is:

My face when I feel this way:

Things I can do to help myself feel happy again:

Emotional Bingo

Three possible ways to play:

- Use the matching images by printing them and cutting them. They can be pulled from a cup or container.

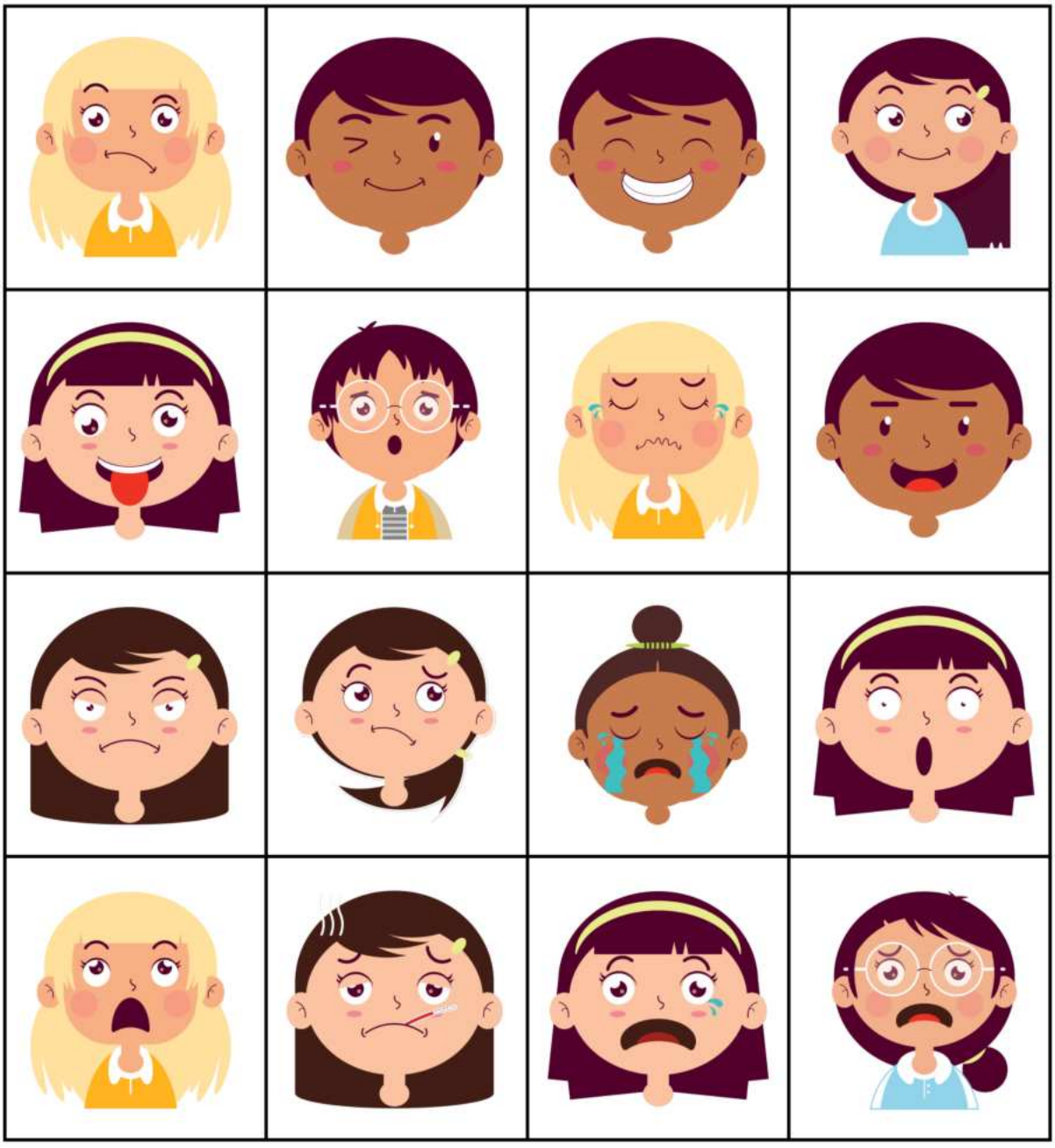
- Use the emotive words by printing and cutting them. They can be pulled from a cup or container.
- ***Some words/faces may be interchangeable (anxious/unsure, upset/concerned, etc.) and may be identified at your discretion.**

- Use the Zones of Regulation colors (yellow, red, green, and blue). Call out a color and children select a face that would fit within that zone.

Focus on explicitly teaching children how to identify emotions using facial expressions. You could extend this by talking with your kids about body language they would expect to see with the face.

Emotional Bingo

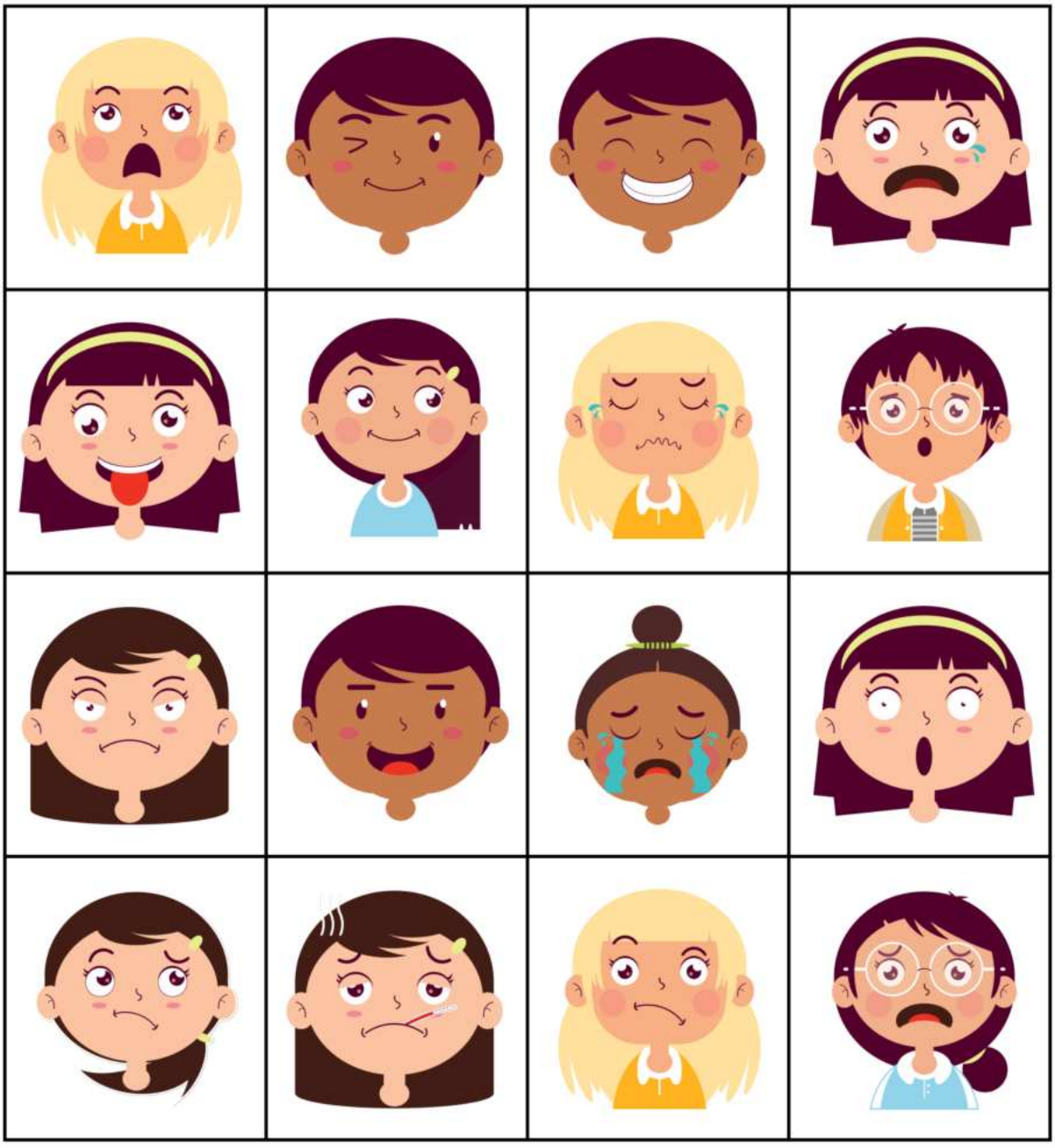
Place a counter over the face when the emotion is called. Think about the clues the face gives you to tell you the emotion it is showing. When you get 4 in a row, yell "Bingo!" to win.



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Emotional Bingo

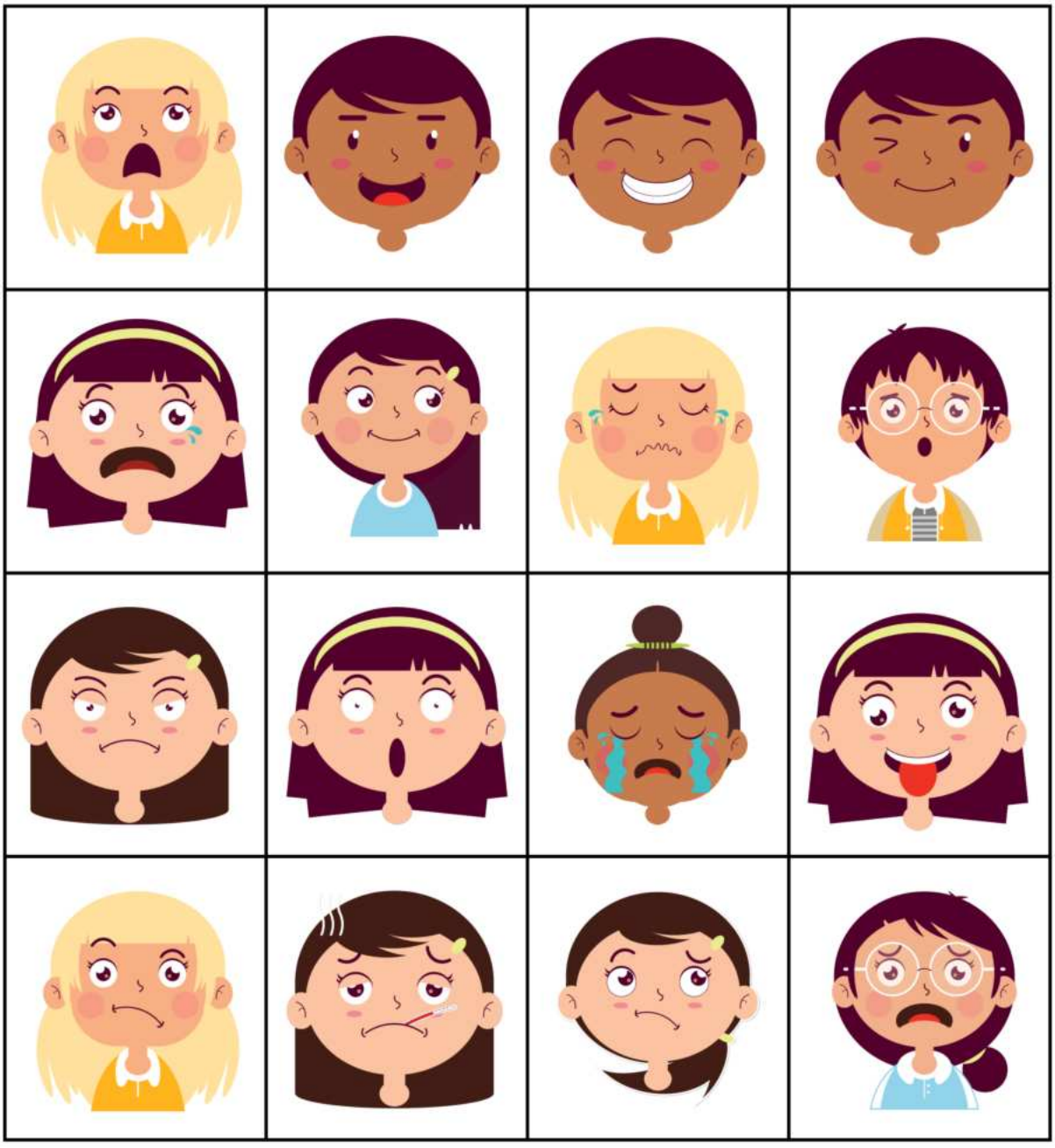
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Emotional Bingo

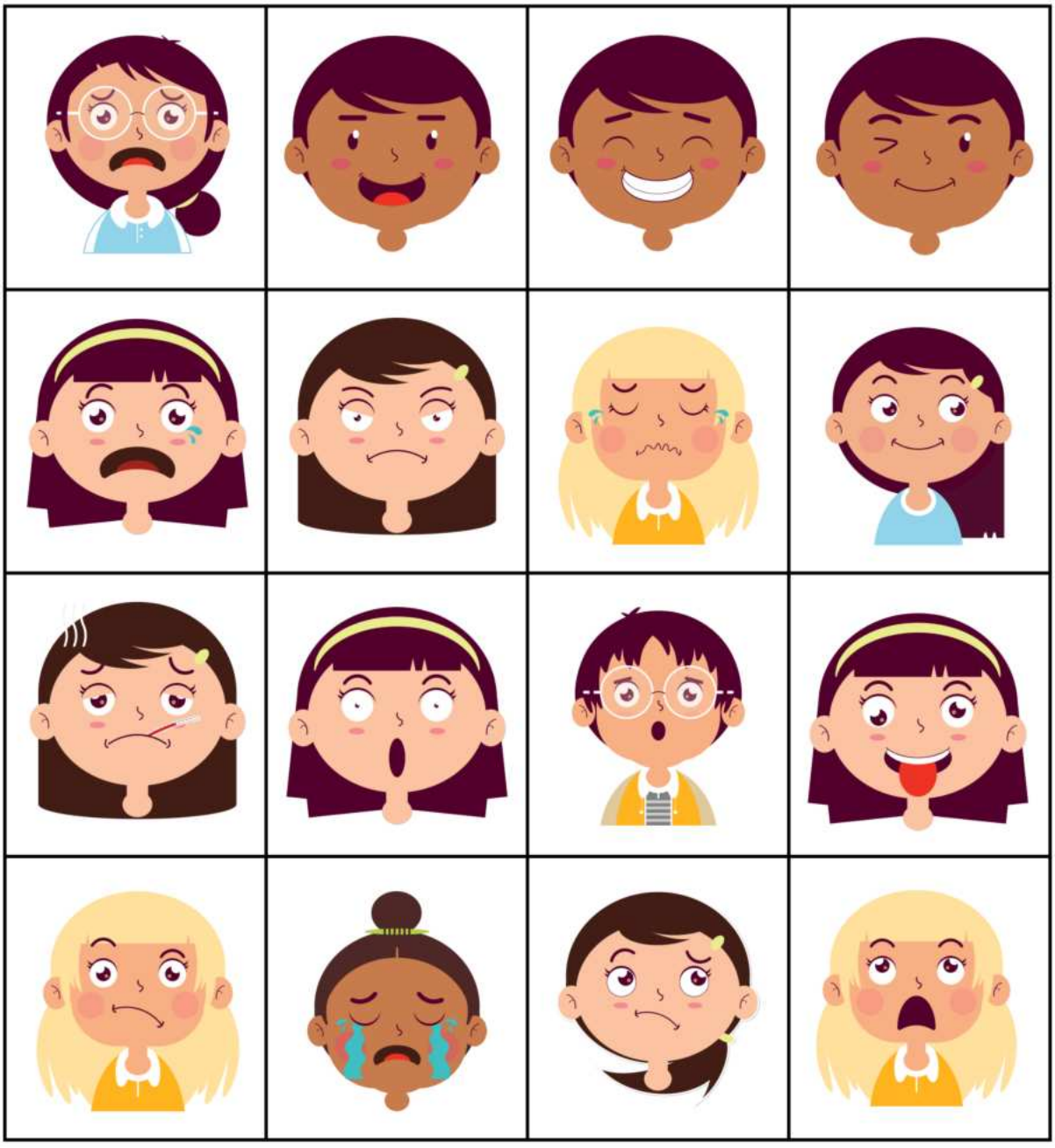
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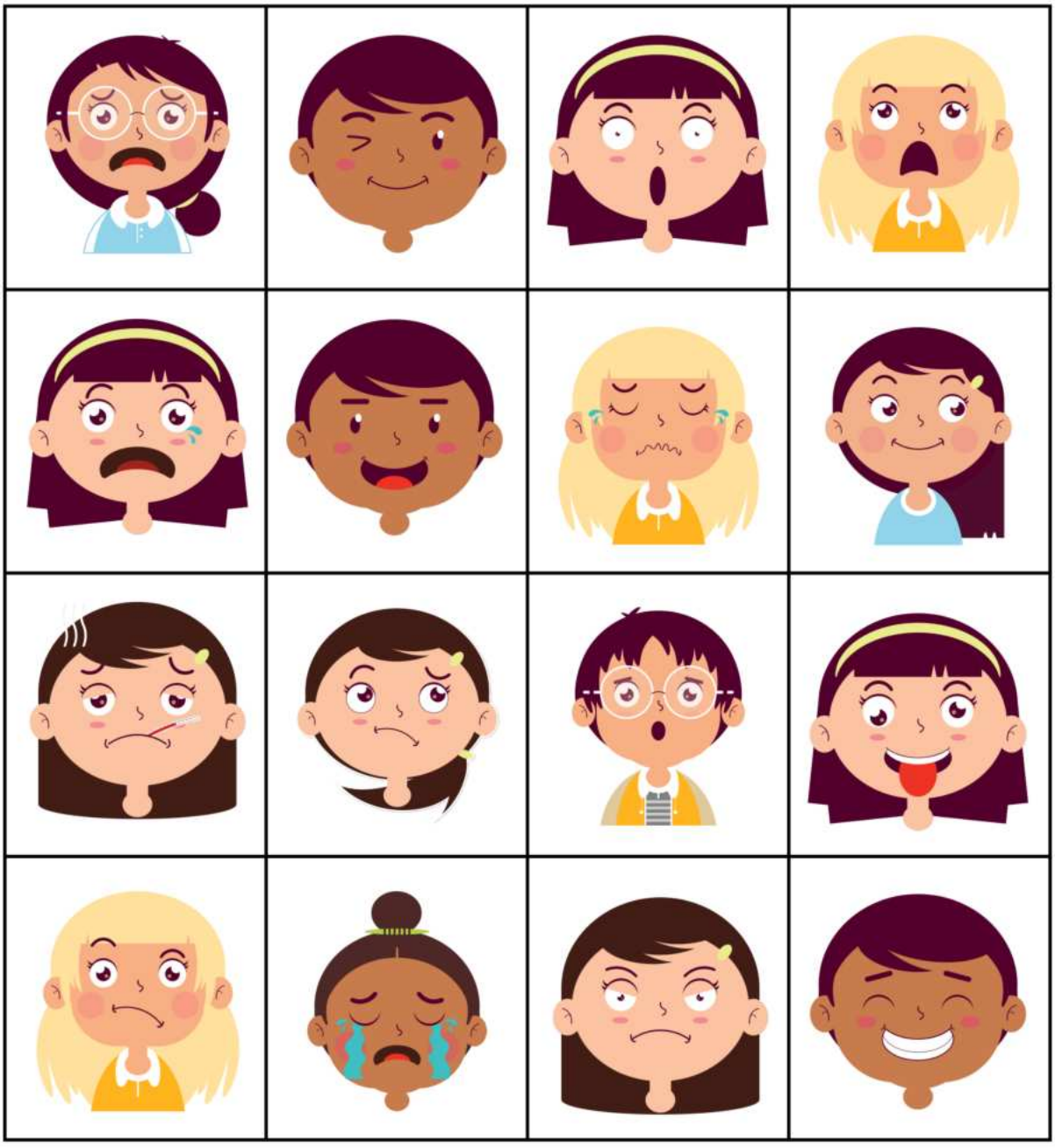
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Concerned	Silly	Shocked
Annoyed	Fun	Unwell
surprised	unsure	Happy
Amazed	satisfied	HOrrified
Upset	Sad	Joyful
dismayed	Distressed	pleased
thrilled	Excited	irritated
angry	mad	Anxious

Emotions Word Search

Can you find the words hidden in the puzzle?



V	A	S	A	D	M	T	I	R	E	D	C
H	X	L	P	N	I	R	O	M	I	N	L
S	A	N	G	R	G	I	E	B	S	S	A
H	A	P	N	E	N	R	H	H	U	L	N
N	M	E	P	G	F	C	Y	R	R	T	E
S	S	J	O	Y	F	U	L	L	P	O	R
C	T	C	G	U	G	P	I	L	R	R	V
A	A	H	B	O	R	E	D	E	I	T	O
R	R	L	F	O	S	E	D	U	S	E	U
E	A	R	M	L	E	R	O	T	E	I	S
D	F	C	O	N	F	U	S	E	D	E	N
G	W	O	R	R	I	E	D	O	K	E	T

BORED
JOYFUL
CONFUSED
SAD
ANGRY
SCARED
SURPRISED
CALM
HAPPY
WORRIED
NERVOUS
TIRED

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