



Healthy Habits: Placemat

LESSON PLAN

SKILLS & OBJECTIVES

- Understands the importance of routine healthy behaviors (e.g. hand washing)
- Develops skills using a variety of art materials.

MATERIALS

12 X 18 CONSTRUCTION PAPER OR POSTER BOARD FOR EACH STUDENT

OLD MAGAZINES

MARKERS, CRAYONS, COLORED PENCILS, ETC.

CLEAR CONTACT PAPER OR LAMINATOR

SCISSORS

GLUE



Students create laminated placemats for snacks or meals that include a healthy habits checklist reminding them to wash hands, brush teeth, eat breakfast, etc.

DIRECTIONS

1 As a class, brainstorm a list of healthy habits and write them on the board. Be sure to include important healthy habits, such as:

- wash hands before snacks and meals
- eat a healthy breakfast
- brush teeth twice a day
- exercise for 60 minutes every day
- take a bath or shower regularly

2 Have students label a piece of placemat-sized construction paper or poster board with: MY HEALTHY HABITS CHECKLIST. Students may personalize the label with their names if desired (e.g. "Hannah's Healthy Habits Checklist").

3 Invite students to select 5-10 healthy habits to include on their placemat checklist.

4 Encourage students to illustrate their healthy habits checklists with markers, crayons, or images cut from old magazines and glued in place.

5 When students' checklists are complete, cover both sides of the placemat with clear contact paper or laminate. Their placemats are now ready to serve as reminders of important healthy habits every time kids use them at snacks and meals.

WRAP UP

Have students show their finished placemats to the class, explaining why they chose the healthy habits that they did. Students may wish to take their placemats home to use and share with their families.

LESSON EXTENSION

If students left the backs of their placemats blank, they can use washable markers on the laminated surface to create new checklists and drawings that promote healthy habits.