



# Healthy Habits: Who Is Your Healthy Hero?

## LESSON PLAN

### SKILLS & OBJECTIVES

- Understands the meaning of "habit"
- Understands the difference between "healthy" and "unhealthy" habits
- Understands the skills and strategies of the writing process

### MATERIALS

PENCILS AND PAPER



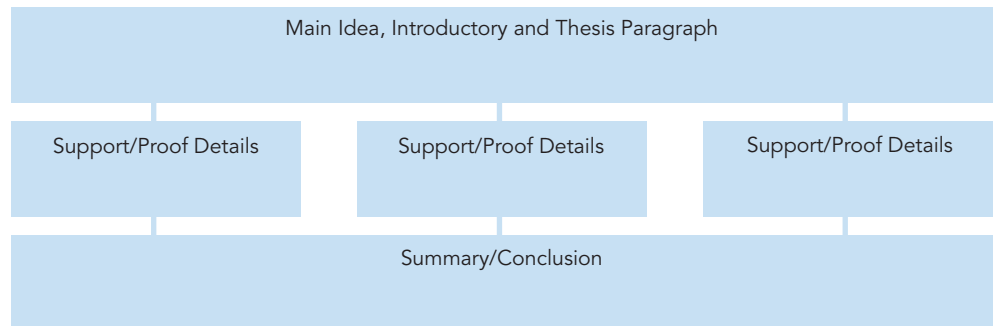
Students write a five-paragraph essay about a person who is a role-model for healthy habits.

### DIRECTIONS

**1** Explain to students that they are going to write a five-paragraph essay about a person who they admire for promoting good health. Brainstorm qualities that might make someone a **Healthy Hero** and write students' ideas on the board. Share the following acronym to get kids thinking about the kinds of things a **Healthy Hero** might do.

- H — Has healthy habits*
- E — Encourages kids to be healthy by washing hands often*
- A — Asks kids to stay healthy so they can come to school ready to learn*
- L — Laughs and makes learning about healthy habits fun for kids*
- T — Teaches kids tips for how to be fit and stay healthy all year*
- H — Helps keep the school clean and germ free*
- Y — Young people admire this person*

**2** Review the parts of a five-paragraph essay with students and give them the following graphic organizer to create a first draft about their **Healthy Hero**.



Source: <http://www.teachervision.fen.com/graphic-organizers/printable/43086.html>

**3** Guide students through all the steps of the writing process: pre-write, draft, revise, edit and publish.

### LESSON EXTENSION

**Have students in lower grades** draw a picture with three or four steps to tell the story of their **Healthy Hero**.

**Have students in higher grades** work on a 3 paragraph essay with a beginning, middle and end.

#### The Writing Process

- Pre-writing:** think, plan and organize your ideas
- Drafting:** write your idea out for the first time
- Revising:** change the writing around to make it better
- Editing:** check your spelling, punctuation and grammar
- Publishing:** make the final copy and share it with others