



Healthy Habits: Stay Well Card

LESSON PLAN

SKILLS & OBJECTIVES

- Problem solving
- Knows basic personal hygiene habits required to maintain health (e.g., hand washing)
- Knows ways in which a person can prevent or reduce the risk of disease (e.g., practicing good personal hygiene)

MATERIALS

WHITEBOARD AND DRY
ERASE MARKERS

CARD STOCK PAPER

PAINT SUPPLIES, MARKERS,
COLORED PENCILS OR CRAYONS

BLUE RIBBON



Staying healthy is no mystery. Students will crack (and create) simple codes to reveal healthy habits messages about hand washing and other smart ways to stay well all school year.

DIRECTIONS

1 Tell students that instead of traditional *Get Well* cards, you are going to create *Stay Well* cards for each other.

2 Invite students to brainstorm examples of healthy habits, such as brushing teeth, washing hands, eating fruits and vegetables, etc. that can help them stay well. Write everyone's ideas on the board under the heading "Stay Well Card Ideas."

3 Next, ask students to name a few unhealthy habits, such as drinking soda, skipping breakfast or forgetting to wash hands after playing with pets.

4 Review the *Stay Well* list together and have each student draw a picture that illustrates one of the *Stay Well* ideas on the list. Give students drawing supplies and card stock paper for their creations.

5 After the paintings or drawings are complete, children can add *Stay Well* wishes to their cards.

WRAP UP

String the *Stay Well* messages up in your classroom by placing the folded cards over a length of blue ribbon tacked to your bulletin board.

LESSON EXTENSION

If someone in your class gets sick, have the children create *Get Well* cards.

