

## Healthy Classroom Goals (3<sup>rd</sup> - 5<sup>th</sup> Grade)

### Materials and Ingredients

- ✓ Healthy Classroom Goals poster
- ✓ 1 beach ball
- ✓ string cheese (1 per student)
- ✓ shredded carrots, pretzel sticks, grapes, raisins
- ✓ paper plates, serving containers, plastic gloves
- ✓ Healthy Classroom Goals idea sheet – (1 copy only)



### Food Preparation

- ✓ Wash grapes
- ✓ Put ingredients in serving containers
- ✓ Create a Healthy Me snack demo plate



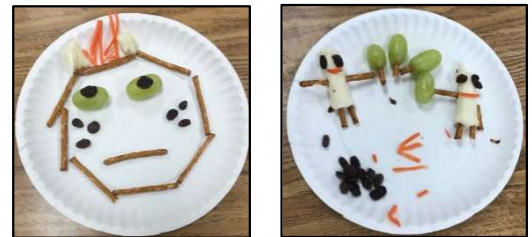
### Introduction

- ✓ Start off with brain boost using beach ball (see next page).
- ✓ Show students the Healthy Kids Rock You YouTube video.  
<https://www.youtube.com/watch?v=2zTibl1a6Sg>
- ✓ Discuss the different things students can do to be healthy.
  - Eat Fruits & Vegetables & Be Active
  - Drink Water instead & Wash your hands
- ✓ Fill in your Healthy Classroom Goals poster as a class, using the idea sheet
- ✓ Hang the poster up in your classroom for all to see
- ✓ ***We can succeed together!***



### Process

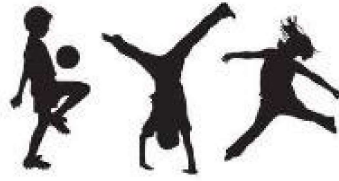
- ✓ Have students wash their hands with soap and warm water.
- ✓ Demonstrate how to make a Healthy Me snack- use the snack ingredients to make a face or person.
- ✓ Students make and eat their own Healthy Me snack.
- ✓ ***We can succeed together!***



### Family Letter

- ✓ Send home the family letter to let parents know about the fun activity students did in class.





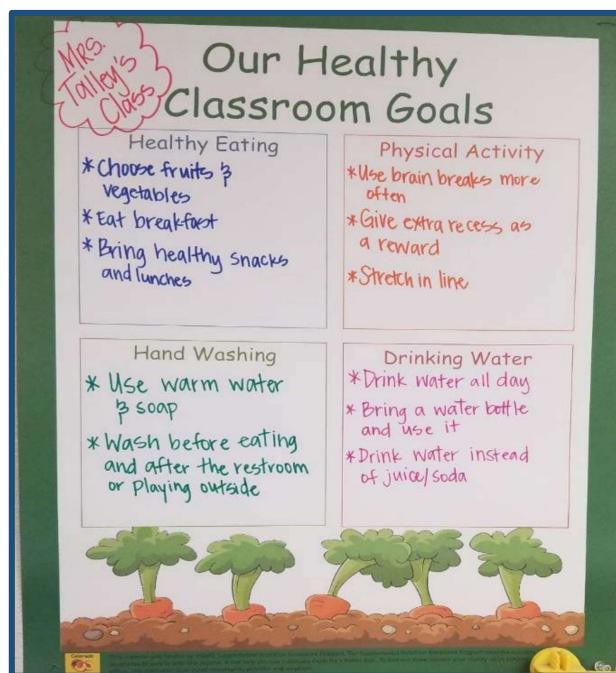
## Let's Wake Up Our Brains! Brain Boost Exercise! Move Your Body! Let's get our hearts pumping!

### Brain Boost with Beach Ball

- *Have students stand up with enough room to move around*
- *Holding the beach ball, be the first to start; shout out short exercise...*
- *Toss ball to a student for them to shout out a short exercise, then they toss to another student and so on...*

### **Example Exercises:**

- ♥ Hop on one foot (10 times)
- ♥ Hop on the other foot (10 times)
- ♥ Jump-Squat-Jump (10 times)
- ♥ Do Jumping Jacks (10 times)
- ♥ Touch your toes (10 times)



# Our Healthy Classroom Goals (Idea Sheet)

## Healthy Eating



- ✓ Eat fruits and vegetables every day
- ✓ Have at least one healthy snack for classroom parties or Have **only** healthy snacks at classroom parties
- ✓ Bring healthy foods to school for snacks and lunch
- ✓ Give non-food rewards for good behavior (Examples - extra recess, helping teacher, going first, “no homework” pass, lunch with teacher)
- ✓ Teach lessons on nutrition and being active

## Physical Activity



- ✓ Be active during the school day
- ✓ Take time during class for brain boost activities twice a day for 5 mins.
- ✓ Play hard during recess time (e.g. run until we are breathing heavy!)
- ✓ Give extra recess as a reward for good behavior
- ✓ Do not withholding recess as a punishment
- ✓ Recess will be a part of each school day

## Drink Water



- ✓ Drink water throughout the day
- ✓ Drink water every day by using water bottles or drinking from the water fountain
- ✓ Drink water during school instead of sports drinks and soda

## Handwashing



- ✓ Wash hands or use hand sanitizer **before** eating and cooking and **after** going to the bathroom and playing outside

***“We pledge to be healthy together by helping each other follow our healthy classroom goals throughout the whole school year.”***

# Family Letter: Healthy Classroom Goals



Dear Families,

Today, your student set goals for the school year. Their goals involve eating nourishing foods, moving their bodies, drinking water, and washing their hands. Check out some ideas below and think about how you could try them at home.

## Eating Environment

- Set a family goal to eat more fruit and vegetables with each meal. Make
- half of your dinner plate fruit and vegetables.
- Have cut-up fruit and vegetables ready for an easy to reach snack.
- Reward your students with praise or games together instead of sweets.

## Fun Ways to Get Active

- Set a goal to make exercise a part of your daily family routine. Even 5 minutes counts.
- Limit screen time to 2 hours a day (example: limit TV or computer).
- Try a new exercise each week until you learn what the whole family likes to do for fun.

## Drink Water

- Set a goal to flavor your water with oranges, cucumbers, etc.
- Send your student to school with a reusable water bottle.
- When participating in your favorite activities, drink water. It's the best sports drink.

## Handwashing

- Set a goal to wash your hands for 20 seconds with soap and warm water before eating and cooking, after going to the bathroom, playing outside, and petting animals.
- Sing the "ABC's" together as you wash your hands or make up your own 20 second song.

### Tips for Goal Setting:

Be a role model for your student. When they see you trying to set these goals, they will want to, also. We recognize there are things out of our control like rising food prices and access to fresh produce. When trying to achieve these goals around health, show yourself kindness and compassion. Try to focus on one goal at a time. Use the supporting handout to keep track of your progress.



Queridas familias,

Hoy, su estudiante hizo metas para el año escolar. Estas metas incluyen comer alimentos nutritivos, mover sus cuerpos, beber agua y lavarse las manos. Revise las ideas a continuación y piense en cómo lo pudieran hacer en casa.

## Ambiente para comer

- Haga una meta familiar para comer más frutas y verduras con cada comida.
- Llene la mitad de su plato de la cena con frutas y verduras.
- Tenga frutas y verduras cortadas, que sean fáciles de usar como bocadillos.
- Recompense a sus estudiantes con elogios, o jugando juntos en lugar de postres o dulces.

## Formas divertidas de estar activos

- Haga una meta para que el ejercicio sea parte de su rutina familiar diaria. Aún 5 minutos cuentan.
- Limite el tiempo de pantalla a 2 horas al día (ejemplo: limite TV o computadora).
- Prueben un ejercicio nuevo cada semana hasta que aprendan lo que a toda la familia le gusta hacer para divertirse.

## Beban Agua

- Haga una meta de dar sabor a su agua con naranjas, pepinos, etc.
- Mande a su hijo(a) a la escuela con una botella de agua reutilizable.
- Cuando participe en sus actividades favoritas, beba agua. Es la mejor bebida deportiva.

## Lavado de manos

- Haga la meta de lavarse las manos por 20 segundos con jabón y agua tibia antes de comer y cocinar, después de usar el baño, jugar al aire libre y acariciar a los animales.
- Canten el "ABC's" (canción del abecedario) juntos mientras se lavan las manos, o hagan su propia canción que dure 20 segundos.

### Consejos para el cumplimiento de objetivos:

Sea un modelo a seguir para sus estudiantes. Cuando le vean tratando de hacer estas metas, ellos también querrán hacerlo. Sabemos que ocurren cosas fuera de nuestro control como el aumento de precios en los alimentos y el acceso a frutas y vegetales frescos. Cuando esté tratando de lograr estas metas relacionadas con la salud, no sea tan duro con usted mismo(a), trate de enfocarse en una meta a la vez. Utilice el folleto de apoyo a las metas para llevar seguimiento de su progreso.