

## **LESSON: Hannah Stays Healthy**

**TIME:** 15 min. **GRADE:** 3<sup>rd</sup> – 5<sup>th</sup>

### **MATERIALS**

- “Hannah Stays Healthy” video

### **IOWA STANDARDS**

Iowa Health Standard 5.5.3 List healthy options to health-related issues or problems.

Iowa Health Standard 7.5.1. Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

### **OBJECTIVES**

- Students will understand the importance of daily movement.
- Students will list ways to get moving and stay healthy.
- Students will move in a variety of ways.

### **INTRODUCTION**

A **healthy habit** is something we do daily to keep our bodies growing healthy and strong. What are some examples of healthy habits? {Eat fruits and vegetables, avoid sugar, brush and floss teeth, exercise, bathe, sleep, etc.}

As you watch the video, listen for things we can do to grow up healthy and strong. View “Hannah Stays Healthy.”

### **DISCUSSION**

When we first met Hannah, she spent a lot of time on her tablet. She did point out that her game was educational. What other good things does technology bring to our lives? {Video calling to grandma who lives far away, information for research projects, fun games, etc.} However, what might Hannah have missed if she stayed on her tablet all day? {New friends, playing with friends at the playground, riding her bike, etc.} What might we miss if we spend all day on a tablet?

The Healthy Habit All-Stars talked about 4 healthy habits that will help our bodies grow up healthy and strong. Do you remember the 4 healthy habits?

- 5 - Eat 5 fruit and vegetables
- 2 - Less than 2 hours of screen time
- 1 - Move our bodies 1 hour
- 0 - No sugary drinks

### **MOVEMENT ACTIVITY**

Please think about ways you like to *move*. This could include recess activities as well as out-of-school daily activities.

To share our ideas, we are going to play the Freeze Game.

1. I will call out a movement activity such as jogging in place. We will do that activity for about 30 seconds or until I say, "Freeze!"
2. A volunteer will share a way they like to move, like playing basketball at recess, biking in their neighborhood, or swimming.
3. Resume the activity, and repeat steps 1 and 2. Or change up the activity by calling, "New movement – Hip Twists!" (See *below for more movement ideas.*)

Before beginning, have students find their "Brain Breaks Spot," their place in the classroom where they are at least an arm's length from others and can move safely.

### *Movement Ideas*

- **Hip Twists** – On the balls of your feet, jump and rotate hips to one side, keeping torso facing front. Alternate rotations quickly.
- **Star Jumps** – Start in a squat position and explode up in a jump, extending arms and legs out to the side to form a star with your body.
- **Skaters** – Hop side to side like an ice skater, pushing off with one foot, landing with the other, and bringing the trail leg behind. Option to alternate quickly.
- **Quarter Turns** – While performing "quick feet," jump slightly and rotate both feet to the right, return to center. Quick feet, jump slightly and land with both feet rotated to the left.
- \*Encourage the teacher or teacher aide to help children with special needs participate. For example, a child with leg braces may march or pump their arms rather than jogging in place.

Were any of the movements new for you? Which one was your favorite?

### **CLOSING DISCUSSION**

The Healthy Habit All-Stars suggested 4 habits that will help us stay healthy. Do you remember them? {**5** - Eat 5 fruit and vegetables, **2** - Less than 2 hours of screen time, **1** - Move our bodies 1 hour, **0** - No sugary drinks}

We also discussed many ideas for daily movement. How do you plan to move today? What are ideas for recess, home, and Brain Breaks at school?

Movement activity adapted from "Frozen Vocabulary" in [Brain Breaks](#).  
For additional movement activities in the classroom, check out  
[Brain Breaks: 50+ Classroom Energizers for Active Learning & Relaxation](#)  
[ [bit.ly/3dhVIDJ](http://bit.ly/3dhVIDJ) ]