

HEALTHY *Habits*™

Presented by LYSOL® in collaboration with NEA and National PTA

“EVERYDAY”
HEALTHY
HABITS

GRADES

2-3

Every Day, I...

The Big Idea

We make choices every day that can help or hurt us. In this lesson, students discuss what daily choices are healthy for them, and identify ways to add more healthy habits to their day.

Education Standards: (NHES) Health: 1.5.2, 4.5.1, 7.2.1, 7.5.1, 7.5.2, 7.5.3; (CCSS) English Language Arts: RI.2-3.9, SL.2-3.1

GOALS AND SKILLS

Students will...

- Understand and explain the difference between healthy and unhealthy habits
- Demonstrate how to make decisions in their best interests
- Practice and refine language and communication skills

Supplies and Preparation:

- Chart paper
- Tape
- Healthy and unhealthy habits sentence strips (see page 2)
- Make copies of the student handout *My Healthy Habits Chart* (see page 3)



INSTRUCTION STEPS

1. Review. Start by reviewing the use of present tense to discuss habitual action, as in “I run every day.” Have students practice by each sharing one thing they do every day, using this format.

2. Explain. Introduce the activity by telling students that the class will be looking at personal habits and sorting out those we believe are healthy from others that are not.

3. Sort Habits. Divide the board in half. Label half “Healthy Habits” and the other half “Unhealthy Habits.” Have each student choose several sentence strips (listed on page 2) from a bag and tape them to the appropriate side of the board. Compare and contrast the choices as a class, moving strips when necessary.

4. Explore and Discuss. As a class, define and rephrase the terms “healthy habit” and “unhealthy habit.” Next, ask students to provide additional examples of each.

Discuss ways to add more healthy habits to their day. Explore motivations for doing more healthy things, and why we do unhealthy things, even when we know they’re bad for us.

5. Extend the Lesson. Give students a copy of the chart (page 3). Explain that they will use this chart to track three healthy habits they can do each day for one week.

Remind students about their chart each day. Provide incentives for students to complete the full chart, such as a special sticker or badge. After a week, discuss how doing those healthy things makes them feel each day, and over time.

6. Home Connection. Encourage parents to get involved by signing off on their child’s chart and stating that they also completed the activity as a family.



TEACHER TOOL: Healthy and Unhealthy Habits Sentence Strips

You can add more items to this list that are tailored to your classroom. For instance, write some about specific unhealthy habits (drinking soda, playing on the computer for too long) or healthy habits (community garden, sports). Throw in some silly options to add energy and fun to the activity.

You can also mix in some blank strips and invite the class to offer their own ideas. Here are some idea-starters:

I exercise for 60 minutes every day.	I add a lot of salt to my food.
I never eat breakfast.	I read something I like every day.
I brush my teeth every day.	I play sports.
I floss my teeth every day.	I take my dog for a walk.
I watch five hours of television every day.	I laugh.
I wash my hands after I use the bathroom.	I eat chocolate-covered potato chips every day.
I wash my hands after blowing my nose.	I eat vegetables.
I wash my hands before I eat.	I do my homework.
I eat ice cream every night before I go to bed.	I sneak out of my window at midnight.
I eat fried foods every day.	I play video games for three hours each day.
I take a bath or shower regularly.	I play outside for an hour or more every day.
I eat food quickly.	I eat three candy bars each day.
I wear safety gear when I bike, skateboard, or play sports.	I practice art, dance, or music every day.
I wear a seatbelt when I am in the car.	
I eat green, orange and yellow vegetables.	
I drink soda with every meal.	

STUDENT HANDOUT: My Healthy Habits Chart

Name: _____

Fill in one healthy thing you do each day. It can be the same thing every day (such as brushing teeth). Make sure you actually do the healthy habit before you write it in.

SUNDAY	1.	2.	3.
MONDAY	1.	2.	3.
TUESDAY	1.	2.	3.
WEDNESDAY	1.	2.	3.
THURSDAY	1.	2.	3.
FRIDAY	1.	2.	3.
SATURDAY	1.	2.	3.

Now that you have filled this chart out, ask yourself:

- How many healthy habits did you think you had...but discovered you often skip?
- What healthy things were you already doing that you didn't even really notice?
- How can you add more healthy habits to every day?