

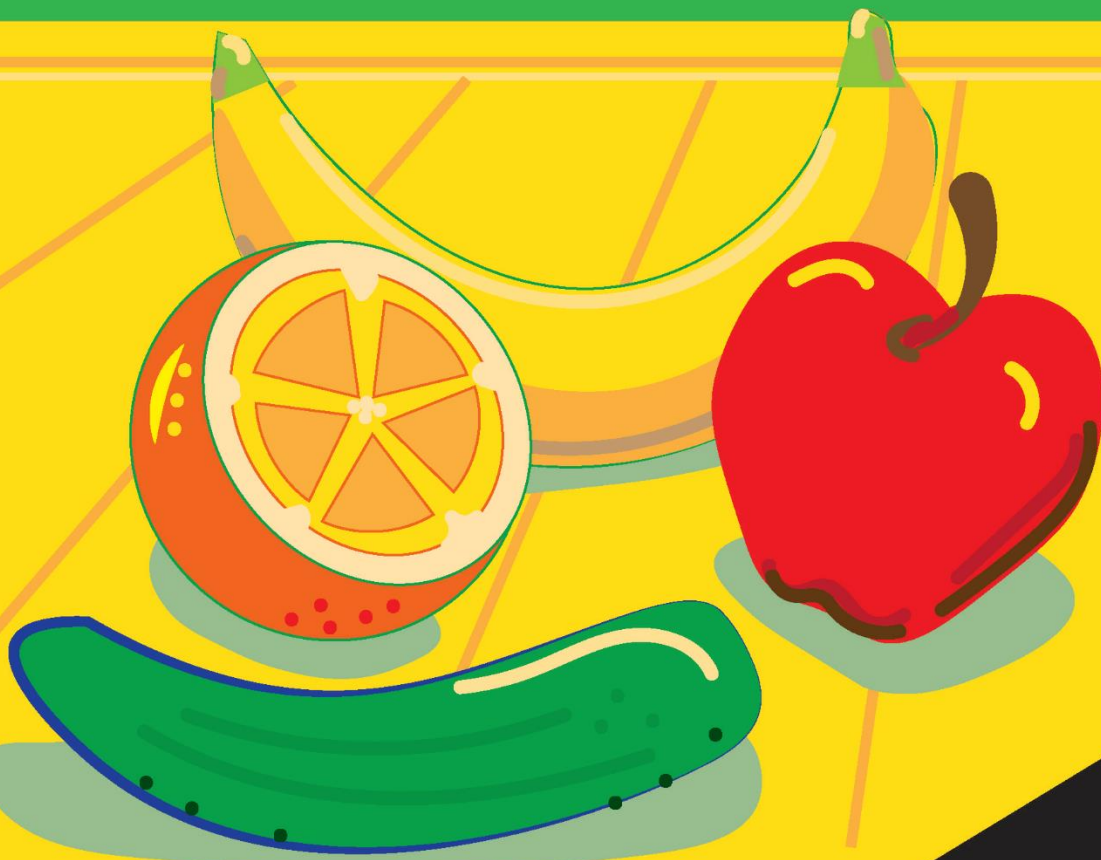


HEALTHY HABITS

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5 DAYS OF AFTER SCHOOL LESSON PLANS
GRADES K-5

**BEST
DAY
EVER!**



Find more at:
BESTDAYEVER.FUN

HEALTHY HABITS

Children will be thrilled to learn healthy habits in this informative and fun week of lessons! Key learning concepts will excite students as discoveries are made and games are played! While the lesson plan incorporates many different Pennsylvania Learning Standards, the key learning area for this week’s lessons is “Health, Wellness, and Physical Development – Learning About My Body”. Children will engage in specific activities that meet the PA Standard Areas of Science, Social Studies, Health, Wellness, and Physical Development, and Visual Arts. This would be a fantastic week to have visitors from the community such as nutritionists, dentists, fitness instructors, dermatologists, and/or pediatricians!

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SCHEDULE

DAY 1: MAKER MONDAY

GERMS, GERMS, GO AWAY!

30 MINUTES

DAY 2: STEM TUESDAY

SUN PROTECTION & SUNSCREEN EXPERIMENT

30 MINUTES

DAY 3: AROUND THE WORLD WEDNESDAY

ACTIVE GAMES AROUND THE WORLD

30 MINUTES

DAY 4: ARTSY THURSDAY

HEALTHY EATING, HEALTHY ME

30 MINUTES

DAY 5: FIT FRIDAY

PLAQUE ATTACK!

30 MINUTES

MATERIALS LIST

- World map or globe
- UV-sensitive lotion such as Glo-Germ®
- Ultraviolet flashlight
- Liquid or bar hand soap
- Towels
- UV-sensitive beads
- Paper plates
- Construction paper
- Sunscreen
- Play dough
- Craft sticks
- Fabric
- Paper towels
- Yarn
- Chenille stems
- Glue
- Sticky tape
- Magazine pages (child-appropriate pages)
- Scissors
- Glue sticks
- 6 hard-boiled eggs, soaked in cola
- 2 toothbrushes
- 2 travel-sized tubes of toothpaste
- Small bowls

SHOPPING LIST

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DAY 1: MAKER MONDAY

GERMS, GERMS, GO AWAY!



ACTIVITY/CONCENTRATION

Description of Activity:

- **STEP 1:** Ask kids if they know how to wash their hands. Of course, they will say yes! Have students name the steps for washing their hands.
- **STEP 2:** Ask students why it is important to wash hands. What happens if we don't wash our hands?
- **STEP 3:** Tell students today they will be doing an activity to see how germs spread and then to see how well they do when they wash their hands!
- **STEP 4:** Have 2-3 student volunteers come to the front of the room. Use a fair amount of UV-sensitive lotion to coat one of each student's hands. Have those students go back to the group and give their classmates high-5's or handshakes.
- **STEP 5:** Tell students the lotion represents germs. The germs started on the first person's hands, but let's see how far they traveled when they touched other students.
- **STEP 6:** Turn off the ceiling lights and use the UV flashlight to check students' hands. How many people did the "germs" infect?
- **STEP 7:** Next, have all students use a little more of the UV-sensitive lotion. Rub the lotion all over their hands until they are well-coated.
- **STEP 8:** Have students next wash their hands using liquid or bar hand soap. Ask students if they feel confident that they removed all the "germs" off of their hands. Use the UV light to check hands again. How did they do?
- **STEP 9:** Show students how to properly wash hands using the QR Code above.
- **STEP 10:** Have students re-wash their hands if needed.



Figure 1: 10 Steps to Washing Your Hands



DURATION/SCHEDULE

30 minutes



MATERIALS

- UV-sensitive lotion such as Glo-Germ ®
- Ultraviolet flashlight
- Liquid or bar hand soap
- Towels



LEARNER MODIFICATIONS



GOALS/OBJECTIVES

- Identify personal hygiene practices and community helpers for good health.
- Identify and discuss common health problems and risk factors



STANDARDS

- 10.2.2.A
- 10.1.2.E