

My Healthy Body Plan

WRITTEN

To encourage students to think about their health and develop an understanding of the importance of taking care of their minds and bodies through healthy habits.



Learning Intentions

I can identify ways to keep my body healthy:

This helps students think about actions they can take to look after their physical health, such as eating well and staying active.

I can recognise the importance of taking care of my body:

This encourages students to understand that healthy habits contribute to feeling strong, energetic, and happy.

I can reflect on how healthy habits make me feel:

This helps students connect positive behaviors (like eating healthy or exercising) with physical and emotional well-being.



Success Criteria

I can identify and list three healthy habits that I can practice:

This ensures that students actively engage in thinking about actions they can take to care for their health.

I can express why these habits help me feel good:

This encourages students to recognise the connection between healthy behaviors and their well-being.

I can draw or write about the healthy habits that are important to me:

This helps students express their ideas creatively while reinforcing the importance of taking care of their body.



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Objective:

To encourage students to think about their health and develop an understanding of the importance of taking care of their minds and bodies through healthy habits.

Players:

Ideal for individual reflection, small groups, or classrooms.



Materials:

- Paper
- Crayons, markers, or pens

Setup:

Give each child a piece of paper and access to crayons, markers, or pens. Ensure there is space for students to write and draw their healthy habits. A class brainstorm at the beginning is a great idea to help students educate each other about ways to look after their minds and bodies.

Activity:

1. Write or Draw Healthy Habits:

Ask the students to think about three things they can do to keep their bodies healthy. They can choose things like eating fruits and vegetables, playing outside, practicing gratitude, connecting with friends or getting enough sleep. Have them write or draw these habits.

2. Reflect on How These Habits Help:

After writing or drawing, encourage the students to reflect on how each healthy habit makes them feel. They can write or draw how these habits help them feel strong, energised, or happy.

3. Set Healthy Goals:

Ask the students to choose one healthy habit they want to focus on for the day. This can help them make a commitment to practicing one of their healthy habits.

Reflection Prompt:

- How do these things help you feel strong and healthy?
- Why is it important to take care of your body?
- What's one healthy habit you want to practice today?



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Winning the Game:

There is no winner in this activity. The goal is for students to recognise the importance of healthy habits and understand how taking care of their bodies can help them feel their best.

Family or Classroom Variation:

In a group setting, students can share their healthy habits with each other. This promotes discussion and encourages everyone to adopt positive behaviors. You can also create a "Healthy Body Plan Wall" where students can add their healthy habits to a collective display.

Additional Notes:

My Healthy Body Plan encourages students to take an active role in their own well-being by thinking about and practicing healthy habits. This activity helps students connect actions like eating well, exercising, and resting to feeling good and being strong. It promotes self-care and reinforces the importance of maintaining a healthy lifestyle.

