



PREP

# My body matters

Thank you for participating in a Life Education session. We hope your students developed a greater understanding of how and why we keep our bodies clean and healthy.

Below are some suggested activities designed to reinforce the concepts covered during the Life Education session. You may choose to do all or some of the activities. Please choose whatever best suits the learning intentions of your current inquiry and the learning needs of your students.

## We can:

- ❑ Explain some ways to keep our bodies clean
- ❑ Name a body part that gets stronger when we exercise
- ❑ Name some everyday foods and explain why they are good for us
- ❑ List ways someone can keep their body healthy
- ❑ Identify safe and unsafe places and actions
- ❑ Take part in Harold's Healthy Challenge

FAVOURITE FOOD

Draw a picture of you eating your favourite healthy food.

WHAT A HEALTHY BODY NEEDS

Write or draw things that a healthy body needs.

BODILY CHANGES

Bring in a baby photo of you from home.

How have you changed over time?

EXERCISE SCHEDULE

Make a list of the different fitness activities you do each week.

How do you feel when you finish each of your activities?

LUNCHBOX ITEMS

Draw all the food that you have in your lunchbox today.

Which items are everyday foods, or sometimes foods.

Do you have too many 'sometimes foods'? What might be some good food choices for tomorrow?

HEALTHY HABITS

Harold knows it is important to brush your teeth twice a day for 2 minutes every time.

Make a list of other healthy habits we need to do every day and record the best time to do these habits.

BRAIN BREAK

As a class, create a 2 minute stretching routine or 'Brain Break' that you could do when you have been sitting at your desks or on the floor for too long.

HEALTHY BREAKFAST POSTER

Harold knows he needs to eat breakfast in the morning to make sure he has enough energy for the day.

Work with a partner to create a healthy breakfast for Harold by cutting and pasting images from the supermarket catalogues.

Add all your breakfast ideas to a class poster to display for other students and parents to see.

VISUAL SCHEDULE

Create a visual schedule for your morning routine.

Take it home and display it on your fridge or another place you can easily see it everyday.

Morning Routine

Brush your teeth

Wash your face

Comb hair

Get dressed

Make bed

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HEALTHY ACTIVITY DICE

On the dice template below, draw things you can do to stay healthy and well.

Cut out your dice and stick it together. Roll the dice everyday and complete the activity that you see on top.

Life

Roll the dice three times a day and do that healthy activity.

Roll the dice three times a day and do that healthy activity.

Then cut out and stick your dice together.

HEALTHY FOOD COLLAGE

Using food catalogues from the supermarket, make a collage of sometimes foods.

Around the edge of your collage, highlight why these foods are not good to eat everyday.

CREATE A SAFETY HERO

Draw a safety superhero. What items would such a superhero wear to stay safe?

Some ideas might be:

-kneepads

-helmet

-life jacket



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### SAFETY JIGSAW PUZZLE

Create a safety jigsaw puzzle by getting a sheet of paper and folding it 4 times.

Open the paper and you should have 8 sections. Think of a time when you felt safe or acted in a way that was safe. Draw a picture of this on the folded paper.

Make your image as detailed as you can. Then cut along the folds of your paper and just like magic, you have created a safety jigsaw puzzle.

### SAFETY POSTER

We need to know how to stay safe in different situations.

Your teacher can make an A3 poster for the 3 following places:

- Beach
- Road
- Playground

Write or draw ways we can stay safe in these places.

Think about rules, signs, people and equipment that can keep us safe.

### BATH BOMBS

Make a soap bath bomb using the following instructions:

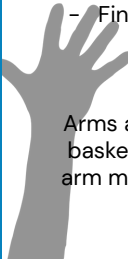
1. Combine 1 cup of baking soda and cornstarch in a bowl.
2. Add a couple of drops of water-soluble soap dye, and some warm water. Mix until you achieve a colour you like.
3. Mix melted coconut oil and essential oils in another bowl.
4. Combine the two mixtures. Leave to dry.
5. Add citric acid and mix well. If the mixture stays together when squeezed then it is ready. If not, spray a little bit of water and mix again.
6. Make round bath bombs with your mixture and wrap in glad wrap.
7. Leave for 24 hours. Store in an airtight dry container.

Relax and enjoy getting clean at home with your very own creation.

### THE HUMAN BODY

Use butcher’s paper and draw the outline of one of the students. Assign different body parts to different groups of students. The idea is for all body parts to be added together to create a human body. For each body part:

- Draw it
- Write down an exercise that we would use that body part for.
- Find out why exercise makes that body part stronger.



For example, ARM:  
Arms are needed to throw the ball in basketball. Doing exercise helps our arm muscles get stronger so you can throw the ball further.

### FOOD GROUPS

Find a large piece of paper.

Divide it into 5 sections and label each section with the 5 everyday food groups.

Draw at least 2 examples of food we would find in each food group.

### DESIGN A MOVEMENT GAME

Design a game to be played in the playground with friends.

Try to include movements that get your whole body moving and your heart beating faster.

Maybe your game involves a skipping rope or the playground equipment.

### FRUIT FACE

Give each student a paper plate and sliced fruit. Have students create a face using the slices of fruit.

Example: grapes for eyes, sliced apple for eyebrows, banana sliced lengthwise for a mouth and a kiwi slice for a nose.

Safety Note: Please take into consideration students and adult helpers that may have allergies to certain foods.

### CONDUCT A CLASS EXPERIMENT

Find an item of food or drink in your home.

You need to make sure the item has a box or label that shows how much sugar is in that product. Bring the box or label into your classroom.

This experiment works best with sugar. You could also use counting blocks to conduct the experiment.

For different items of food, work out how much sugar is in that product.

You could compare how much sugar is in similar products, such as drinks.

Remember:  
1 teaspoon of sugar = 4 grams of sugar (or if using blocks, 4 grams might equal 1 block).



Developing Life Smart Kids  
We give kids the smarts to deal with the hard stuff.