

Potential Integration:

Math

7. Regular checkups are an example of a healthy behavior.
8. Eating fruits and vegetables is an example of a healthy behavior.
9. Good listening skills are an example of a healthy behavior
10. Being able to manage your temper is an example of a healthy behavior
11. Wearing a helmet when riding a bike is a healthy behavior.
12. Deep breathing (belly breathing) is an example of a healthy behavior.

Guess what? These are all examples of healthy behaviors! These are behaviors that include physical, social, mental, and emotional health. Here are definitions of each:

- Physical health includes behaviors that support your body.
- Social health includes behaviors that support connection with others, including friendships.
- Mental health is developing a health self-esteem and good coping skills.
- Emotional health includes our abilities to share our feelings and deal with challenges.

Assessment:

I want each of you to brainstorm three things that you do most days to be healthy. After students have completed their lists, tell them to assign each behavior with a P for physical health, S for social health, M mental health or an E for emotional health.

Show students your scale and tell them this class is going to create a bar graph to see the types of behaviors students engage in. Tell them that each circle is equal and that they will place a dot above the appropriate category for each of their three health behaviors.

For example, if someone said play with friends, what would be the best match? Social health.

Allow students in ones or twos to place their stickers on the poster board, placing directly above any previous dots, staying in a straight vertical line. After all students have placed their dots in the four columns, ask them to add up the dots in each column.

Ask the following questions:

Which column has the most dots?

Which column has the most dots?

How many more dots does column x (the column with the most dots) have than column y (the column with the least dots)?

What about the other two columns? Which has more dots and how many?

Why do you think some columns have more dots than others?

What should we do if we had columns without dots?

Closure:

Today we talked about different types of health, physical, social, mental, and emotional health, and you measured your own health behaviors. I hope that the brainstorming and chart helped you to think about what areas of health you might want to work on.



Agree or Disagree?

1. Riding your bike is an example of a healthy behavior
2. Being a good friend is an example of a healthy behavior.
3. Daily bathing is an example of a healthy behavior.
4. Developing ways to manage your stress is example of a healthy behavior.
5. Getting plenty of sleep is an example of a healthy behavior.
6. Talking to trusted adults is an example of a healthy behavior.
7. Regular checkups are an example of a healthy behavior.
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Physical	Social	Mental	Emotional