

Potential Integration:

ELA

Health
3.PCH.1.2
Classify behaviors in terms of whether they do or do not contribute to healthy living.

Materials:

"Smile," Says Little Crocodile, Jane Belk Moncure

Appendix 1, "How I Stay Healthy" template

Statement of Objectives

Today you will consider different behaviors that you engage in, and indicate whether or not they help to make you healthy.

Focus

We are going to begin today's lesson by playing a version of Red Light/Green Light. I want you all to line up in an even row, then face me at the front of the room. I will read a behavior and you should respond by saying "Red light" or "Green light". If it is a green light activity, step forward one step; if it is a red light activity, step backward one step. Are there any questions?

Read aloud the following statements:

- Stop, Drop and Roll if your clothes catch on fire. (Green)
- Eating several servings of fruits and vegetables every day. (Green)
- Calling your brother or sister stupid because he or she does not read as well as you. (Red)
- Getting at least 8 hours of sleep every night. (Green)
- Spending three or more hours a day playing video games. (Red)
- Playing a team sport. (Green)
- Talking to a trusted adult about a problem. (Green)
- Smoking a cigarette. (Red)
- Taking a few deep breaths before a test. (Green)

Teacher Input

Summary of the book: A healthy crocodile loves his smile! The crocodile knows he must go to the doctor, eat healthy foods, exercise, dress for the weather, visit the dentist, and brush his teeth correctly. He knows if he does all of these things, he will keep his smile, but if he does not do these things he will not be smiling anymore.

We can choose behaviors that lead to good health or we can choose behaviors that lead to poor health. I am going to read you a story called, "Smile," Says Little Crocodile, then ask some questions.

- What is the story about?
- What is the main idea of this story?
- Who are the characters in the story?
- What happened to the characters?
- How did that affect their health and/or well being? Could that happen to you?

Potential Integration:

ELA

- How does the main idea of the story contribute to health and well-being?

Assessment

Distribute the “How I Stay Healthy” template (Appendix 1)

Throughout the story the crocodile practices healthy habits by eating healthy, exercising, wearing appropriate clothes for the weather, and brushing his teeth. Make a list of what you do to keep yourself healthy. For each healthy practice on your list, tell how often you do this practice and how you do it.

Closure

We all make choices about how to be healthy. After the game *and story*, *you were able to share some of your healthy habits with the class.*

Potential Integration:

ELA

Throughout the story the crocodile practices healthy habits by eating healthy, exercising, wearing appropriate clothes for the weather, and brushing his teeth. Make a list of what you do to keep yourself healthy. For each healthy practice on your list, tell how often you do this practice and how you do it.

HOW I STAY HEALTHY

1.	How often? How do you do it?
2.	How often? How do you do it?
3.	How often? How do you do it?
4.	How often? How do you do it?