

## Health

### 5.PCH.1.1

Explain the influence of personal values on health behaviors.

#### **Materials Needed:**

Appendix 1 – Health Behavior Domains (printed on cardstock, one per small group)

Appendix 2 – Healthy Behaviors (cut apart and placed in envelopes)

Appendix 3 – multiple copies of 8 Traits for Character Education

Appendix 4 – Ways My Personal Values Influence My Health Behavior

#### **Focus:**

In this activity, students are asked to categorize health behaviors into domains of health: physical, mental, social, and emotional. Give a small group of students a copy of Appendix 1, Health Behavior Domains. Provide each group with an envelope, in which the Healthy Behaviors (Appendix 2) are placed after being cut apart.

Students will find it helpful if the teacher shares an example of a health behavior in each domain. Monitor the students' work to be certain they understand. When the activity is completed, call on students for a few examples and correct misconceptions.

#### **Statement of Objectives:**

In this activity, we thought about the different domains or “areas” of health. A person is not completely healthy unless he or she is healthy in all domains.

Today we will learn that our health is influenced by our values. By the end of the lesson, you will be able to identify how personal values influence your health behavior.

#### **Teacher Input:**

Divide the class into eight groups and assign each a character trait from the NCDPI website on character education. Cut apart the rows of traits and applications to health behaviors so each group has a health trait and a scenario to which it can be applied (Appendix 3 – 8 Traits for Character Education). Provide copies for each individual student within the group to have the scenario for cooperative learning.

Instruct students to discuss the question posed in the scenario and be ready to express their individual opinion about the health behavior that should be practiced. When they have had sufficient time to express ideas, ask them to count off by A, B, C, D, E.

Have all A's move into a group, all B's move into a group, and so on. In their new group, they should take turns reading the scenario and expressing their opinion about how to demonstrate the character trait in the assigned scenario. Move around the room so all understand the activity and are on task.

**Assessment:**

Provide each student with a copy of Ways My Personal Values Influence My Health Behavior (Appendix 4). Tell students this is their opportunity to apply individual values to become healthy and responsible persons. Provide an example, such as, Because I value good health, I exercise at least 60 minutes each day.

Post the results on the bulletin board. Share some of the better examples to encourage healthy behaviors.

**Closure:**

I think you all understand how values and health behaviors go hand in hand. Please take the time to read the ideas of your classmates posted on the bulletin board this week.

## *Health Behavior Domains*

<i>Physical</i>	<i>Emotional</i>
<i>Intellectual (and Moral)</i>	<i>Social</i>

## *Healthy Behaviors*

*[Cut apart and place in envelopes]*

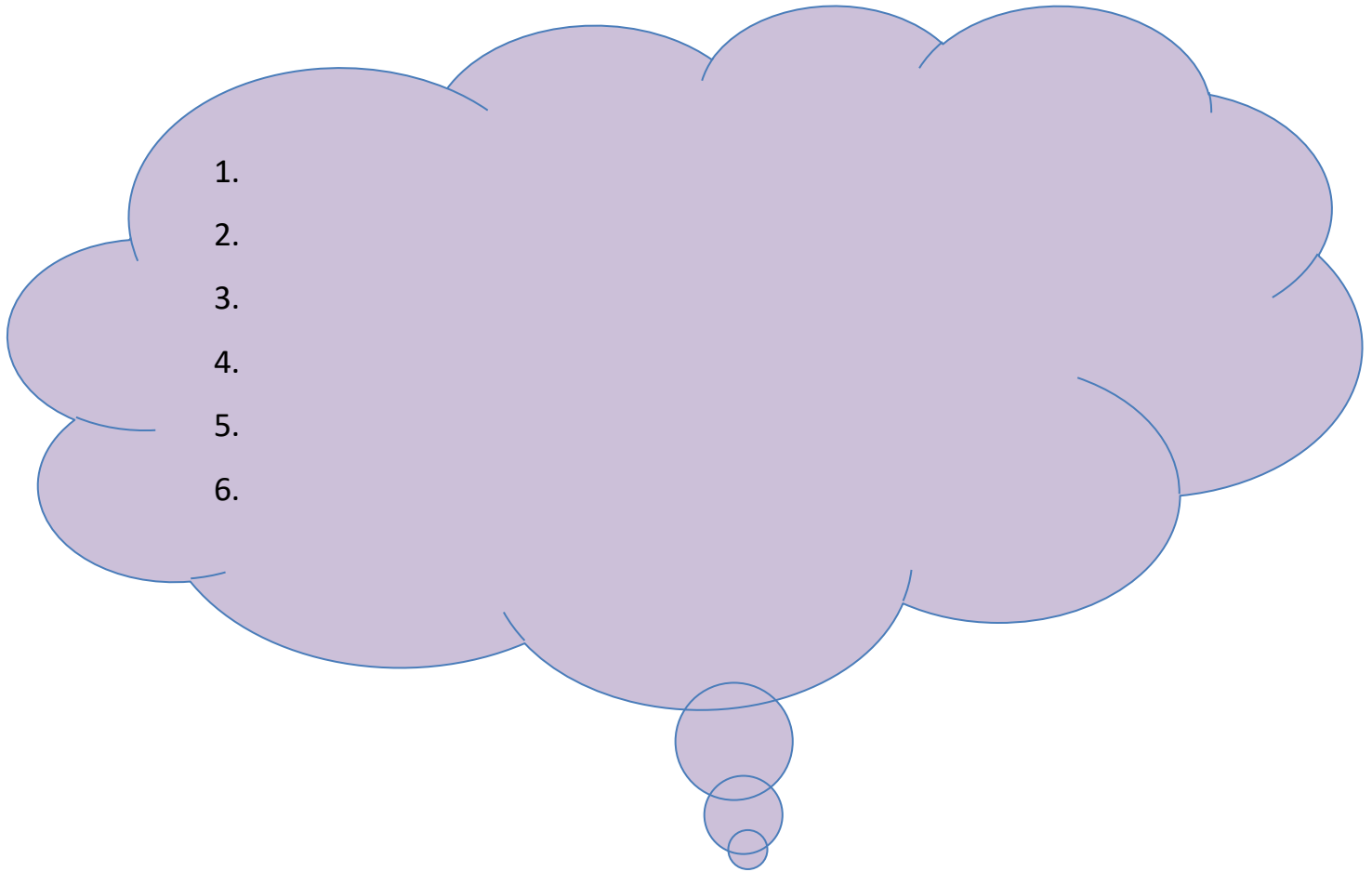
Maintains good posture	Sets goals for the future
Gets adequate sleep	Asks for help
Exercises 60 minutes/day	Brushes and flosses daily
Has a healthy weight	Avoids tobacco
Protects vision	Uses products safely
Protects hearing	Goes to doctor
Has an optimistic personality	Eats nutrient-dense foods
Keeps skin clean	Reuses, recycles
Wears clothing/shoes for weather + activity	Avoids fighting and teasing
Immunizations are up-to-date	Washes hands before eating
Uses seatbelts and helmets	Has an optimistic, positive attitude
Reads directions (medicines)	Able to resist negative peer pressure
Likes family activities	Stays home when sick
Stays hydrated	Eats breakfast
Avoids caffeine	Makes good decisions

Eats five-a-day (2 fruits and 3 veggies)	Treating others with kindness and respect
Follows pedestrian + bike safety rules	Practices good time management
Knows first aid	Has good hygiene
Manages stress in positive ways	Limits sweets, fats and oils
Has a positive body image	Has respect for nature and wildlife
Avoids alcohol and drugs	Is an upstander against bullies
Has self-confidence	Loves to learn
Has loyal friendships	Avoids too much sun
Uses thinking skills to make good decisions	Is active in school events
Takes medicine with adult supervision	Does not stereotype or discriminate others
Is accepting of changes with puberty	Knows own values and acts consistently

## *8 Traits for Character Education*

Trait	Application to Health Behavior
<b>Courage</b>	A third grader is being bullied on the school bus. Express your opinion about how the child might feel and the importance of defending him or seeking assistance from an adult.
<b>Good judgment</b>	Your parents are smokers and your coach sometimes uses spit tobacco. Express how you will use good judgment to avoid all tobacco products and the pressure by peers to use tobacco.
<b>Integrity</b>	An older cousin wants you to steal drugs from your grandparents' medicine cabinet when you spend the night. Express how you know this behavior is wrong and what you will do.
<b>Kindness</b>	You moved to this neighborhood and school when your parents divorced. You know what it is like to be the "new kid." Right after the holidays a new girl is in your class. Express ways you can make her feel welcome.
<b>Perseverance</b>	You have set goals so you can try out for the volleyball team when you enter middle school. It's tough to stick to your goals. Express how you will persevere and meet your fitness objectives over the summer.
<b>Respect</b>	You have always loved hiking and camping in the nearby state park. Your scouting troop is preparing for a weekend outdoors. How can you be a leader so all members demonstrate respect for the environment?
<b>Responsibility</b>	You have heard your parents talking about a school shooting that was in the news. You also know an older kid who talks about bringing a weapon to school. Explain how to be responsible about that treat.
<b>Self-discipline</b>	You have learned in Health class that having good time management skills helps you reduce stress. What strategies can you use to avoid the behaviors that waste time (too much TV, too many computer games)?

# *Ways My Personal Values Influence My Health Behavior*



1.

2.

3.

4.

5.

6.

