

Lesson Plans & Worksheets

# PAWS IN JOBLAND

Grades K - 2



# Kindergarten Lesson Plan 2 - Good Health Habits



## Career Activities and Competencies

School-based		Connecting		Work-based	
Individual		Partner		Small Group	Class

### Learning Objectives:

- The student will identify the habits of good health.
- The student will explain the process of growth and change using personal pictures.

**Curriculum links:** Health/Science, Optional

### Preparation Time:

- 10 minutes

### Implementation Time:

- 1 - 2 weeks

### Resources Needed:

- Kindergarten Worksheet 2
- Baby Pictures
- Crayons
- Bulletin Board
- Staples

### Activity Description:

The importance of good health habits is stressed at the primary level. Good health habits developed at an early age contribute to the overall growth process of the child.

### Lesson Guidelines:

- Discuss the concept of growth and change with the students.
- Discuss the importance of developing good eating, sleeping, and exercise habits.
- Ask students to give examples of how they have “changed” over the last three years.
- Students should bring a baby, toddler, and current picture of themselves.
- Students should use the Activity 2 Worksheet to display their pictures.

### Activity Enhancements:

- Ask students to draw a picture of how they will change in years to come.
- Discuss health related occupations and have students draw pictures illustrating them.



## Kindergarten - Worksheet 2

### Good Health Habits

My Name: \_\_\_\_\_

**My baby picture**

**My toddler picture**

**A picture of me now**



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