

In cooperation with the Arkansas Department of Health, the Arkansas Press Association's
Newspapers in Education Department presents

Healthy Choices

A Decision-Making Lesson

Subject: Making Choices - Personal Health

Time: 35-50 minutes

Grade level: 1-4

Rationale or Purpose:

Choices that we make everyday affect us in many ways. Many times the choices are important to our health and wellbeing. When we take care of our bodies and minds, we love ourselves. This lesson provides an opportunity for students to show that they know the difference between healthy and unhealthy choices as well as developing a healthy respect for the choices that they make.

Materials:

newspapers and/or magazines
glue, tape or paste
chalkboard and chalk

scissors
1 copy of Healthy Habits worksheet per student
blank sheet of paper

Objectives:

Content Standard 2: Students will use goal-setting and decision-making skills to enhance health.

Health: 4.2.1, 4.2.2, 4.2.3. Also, 3.1.1, 3.1.2, 2.1.2, 1.1.13

Activity:

- Step 1: On the classroom chalkboard, write the title: "Love Yourself - Make Healthy Choices a Way of Life!" Below the title, make two columns. Title one column 'Healthy' and the other column 'Unhealthy'.
- Step 2: Open class discussion by asking students to give you examples of how they might show respect for love for themselves and others. Ask them about the choices that they make everyday - what to wear, what to eat, what games to play, etc. How do these decisions affect us? Ask students for examples of healthy habits and unhealthy habits. List them in the appropriate column on the chalkboard. Ask students to tell you how each habit affects their overall health and wellbeing. Include discussion of tobacco products.
- Step 3: Give students the Healthy Habits worksheet. They will need scissors, glue and access to newspapers and magazines.
- Step 4: Students write their name on the worksheet. They may work in cooperative groups or individually.
- Step 5: Tell students that they are to search through the magazines and newspapers for pictures and words that show Healthy Choices and Unhealthy Choices. Students should cut out the words and pictures and paste them in

the correct column on their worksheet. A minimum number of items should be determined prior to the lesson. For example: Find 5 words or pictures for each column.

Modification: Students may point to Healthy or Unhealthy Choices. Students may search for 1-2 examples of each choices. Students may circle Healthy or Unhealthy Choices.

Student Product: The completed product is a worksheet that can be used in the student's portfolio, on a bulletin board or as an assessment tool. Upon completion of this hands-on activity, students will have a better understanding of the importance of making healthy choices and the impact that unhealthy choices make on their wellbeing. The activity meets Health Education Content Standard 2.

Closure: To consolidate and synthesize the day's learning, students will create a slogan and quick design for a bumper sticker that sums up the lesson's main idea. Students should use an item from their worksheet as the theme for their bumper sticker. For example, 'Love Yourself! Just Say No to Tobacco'; 'SOS-Help Stop Tobacco Use Today'; 'Stamp Out Smoking - Eat a Banana!' 'Choose a Hug - Not Tobacco'. Encourage humor and have fun! An explanation of their bumper sticker should be included on the back.

****Alternate Activity 1. : Students will participate in the SOS coloring contest by completing the artwork through self-expression and creativity. On the bottom of the poster, students should share their thoughts, feelings and/or explanations of how smoking affects them personally. Students will have the opportunity to incorporate self-awareness and decision-making skills. Students answer the question: What would you say to someone you love about smoking?

****Alternate Writing Activity 2. : Students will create a personal poem sharing their thoughts, feelings and/or explanations on the use of tobacco, making healthy choices, or choosing to be tobacco-free. Students could answer the question: What would you say to someone you love about smoking?

Assessment or evaluation: At the completion of this activity, student shows understanding of healthy and unhealthy choices by designing an appropriate tee-shirt slogan, poem, bumper sticker, pennant, banner, or limerick.

Extension: To extend the learning, the teacher may ask students to cut on the line between the columns and place the columns in a folder or box. The columns will be all mixed up! Students may select a column to make a report to the class on its contents and the affects of the photos or words on our environment, health or wellbeing. This activity is good bulletin board material. Students should visit the stampoutsmoking.com website to see the effect of tobacco products on their health.

- 1) Students may enter the statewide Stamp Out Smoking Coloring Contest. For more information, contact your local education co-op Health Nurse Specialist, local participating newspaper office, or call Karen at 479-271-3727.
- 2) Selections may be used to create a classroom chart by grouping like words and photos together.
- 3) Students may keep a daily journal noting healthy and/or unhealthy choices that they make during a specific week at school or home. Journal entries could start out: I love myself by
- 4) Students can design an ad campaign using the products in the Healthy Choices column.

5) Students can create a Rap, poem or song about 'Loving themselves through Healthy Choices' to perform for the class.

- Lesson Extension activities meet other health standards, writing and art frameworks.

Incorporated State Standards: A.1.1, A.2.1, A.2.2, A.2.4, A.2.7, A.3.1, A.3.4, W.1.2, W.1.4, W.1.5, W.1.11, W.1.13, W.2.5, W.2.6, W.2.7, TCC.2.3, PPE.1.2, PPE.1.5

Visit stampoutsmoking.com for more information regarding the use of tobacco.