

Stay Well Cards

The Big Idea

Encourage students to think of their health as something they should care about, maintain, and celebrate.

Education Standards: (NHES) Health: 7.2.1, 8.2.2, 8.5.2; (CCSS) English Language Arts: SL.2-3.1, W.2-3.2; (NAEA) Visual Arts: VA.K-4.1

GOALS AND SKILLS

Students will...

- Identify specific healthy and unhealthy habits
- Explain the value and outcomes of healthy habits
- Name ways to reduce the risk of illness or injury
- Use art materials to express an idea

Supplies and Preparation:

- Chart paper
- Card stock paper
- Art supplies (markers, colored pencils, or crayons)
- Ribbon



INSTRUCTION STEPS

1. Explain. Instead of traditional “Get Well” cards, explain that students will create “Stay Well” cards for each other.

2. A Healthy Brainstorm. Begin by brainstorming ideas of healthy habits, such as brushing teeth, washing hands, drinking milk, and so on. Write a list of ideas on the board or chart paper, under the headline “Healthy Habits.”

Next, ask students to name some *unhealthy* habits, like not washing hands after going to the bathroom, not exercising, or eating lots of candy.

3. Discuss Outcomes. Explain that even the healthiest people can sometimes get sick. The unhealthy habits that were just listed can make it easier for us to get sick more often.

Look back at the list of healthy habits. Talk with students about what happens when we routinely practice these healthy habits. Invite them to share their ideas. Then list them next to the healthy habits. For example, we get sick less often, feel good, are happier, have more energy to play, concentrate, and study better.

4. The Art of Staying Well. Provide students with art supplies and card stock. Invite them to choose three healthy habits from the list the class created and write them down in the card. Next, invite them to draw a picture illustrating one of the “Stay Well” ideas.

As a final step, have students list the benefits of staying well (from step 3) and add personalized “Stay Well” wishes to their cards.

5. Display. Hang the cards over a length of ribbon tacked to the bulletin board.

6. Extend the Lesson. If someone in class should get sick or injured, have the class create “Get Well” cards for that person.

7. Home Connection. Invite the class to make “Stay Well” cards for their family members and work with them to mail the cards to any loved ones who may live far away.

