



# What is health?

**Grades: K-2**

**National Health Education Standard (NHES) 1.2.1: Identify healthy behaviors that impact personal health**

**Objective: To help students ascertain what they know about health and identify their healthy behaviors through group discussion and open communication.**

**Materials:** For this introduction unit, just utilize the chairs in the classroom along with the whiteboard.

**Procedures:**

1. Arrange the chairs in a circle or sit in a circle to facilitate the Socratic Method, in which the teacher leads the discussion by asking open-ended questions. The students are then free to respond to the questions without the teacher telling them they are right or wrong, only steering the group toward discovering answers on their own. This method supports higher-level thinking processes.
2. Begin with finding out what the students already know about healthy behavior. Jot down some of these answers on the whiteboard.
3. Then ask the students to state one thing they do that makes them healthy. Allow each student to respond to this question.
4. At this age, all facets of healthy behavior (emotional, intellectual, social, and physical) may not occur to them and therefore may not come up in their response. The teacher should ask questions that guide them to awareness. For example: "What about happiness? Does this make us



healthy?” “What sort of things make us happy? Is this part of your daily routine?”

5. Culminate with students returning to their desks to independently reflect on the discussion and draw a picture of a healthy behavior.
6. Ask the students to bring the picture home, explain it their parents and have a short discussion about what they learned about health in school that day.

**Connections to other subjects:** English Language Arts Standards

### 1.0 Listening and Speaking Strategies

- 1.1 Listen attentively
- 1.2 Ask questions for clarification
- 1.3 Give, restate, and follow simple two-step directions
- 1.4 Stay on topic when speaking
- 1.5 Use descriptive words when speaking about people, places, things, and events

**Extensions for gifted students:** If students would like more of a challenge, they could create a storyboard depicting their healthy behaviors throughout the day.

**Adaptations for learning disabled:** If the students have trouble coming up with a drawing, they could use a picture they cut out of a magazine or newspaper showing behaviors that reflect their own.