

# What is Health?

**Grades:** K-2

**Objective:** To teach children effective social skills and ways to incorporate these skills into their everyday lives.

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

**Materials:** Just a guide and children! That's it!

**Procedures:**

Have the children form a circle on the floor.

Have a short discussion, introducing the topic of social skills. Ask questions like; What does it mean to be social? In what ways do you make new friends? How do you meet new people? Etc...

Tell the children that one way to meet someone new or make a new friend is by introducing themselves. They should walk up to the child, shake their hand, look them in eye, and tell them their name. The other child will say hello and say their name.

Have the children practice this by choosing someone from the circle to introduce himself to. Each child should have a chance to practice this. (In a classroom setting, it would be a good idea to use this activity weekly, so the children become very comfortable with it.)

**Follow-up:**

Discuss ways in which the children might continue the conversation following the introduction. They might ask questions like: Do you want to play with me? Who is your favorite superhero? What is your favorite food to eat? Etc...

DISCLAIMER: The lesson plans and information therein are for general information only. For guidance on individual health issues and diagnosis and treatment of specific conditions, consult a physician or other health-care professional.

