

# My Health Diary

**Grades:** K-2

National Health Education Standard (NHES) 2.2.1: Identify how the family influences personal health practices and behaviors.

**Objective:** Help students recognize their personal health habits. Identify habits that they need to improve. Identify family members who help them have a healthy daily routine.

**Materials:** Template 2.2.1 (Health Diary), camera, writing utensils, glue or tape

**Procedures:**

1. Have a class discussion about daily health routines. Ask students to discuss how they stay healthy and jot ideas down on the whiteboard. For example, wake up and brush my teeth; brush my hair; take a shower; eat a healthy breakfast; go for a morning walk; put on clean clothes, etc.
2. Ask the students to identify a person who helps them with these daily routines.
3. If possible, take pictures of the students with a digital camera and print out the pictures while they are filling in their health diaries.
4. Pass out Template 2.2.1. Explain to the students that this is their Health Diary. They should write down their healthy habits.  
(Younger students may draw pictures or even do this part with a parent at home.)
5. Give the students their picture to glue or tape onto their diaries.
6. Ask the students to bring home the health diary and involve a parent in filling in their healthy routines for the week.

**Closure:** Tell the students that there may be behaviors that they do not currently practice, but can add into their routine. There is always room for improvement. Have them reflect on this statement.

Connections to other subjects: English Language Arts Standards

1.0 Writing Strategies

1.1 Select a focus when writing

1.2 Use descriptive words when writing

1.3 Print legibly and space letters, words, and sentences appropriately

Extensions for gifted students: Create a diary for a family member and have him or her fill it out for the week as well. Compare and contrast daily health routines.

Adaptations for learning disabled: Work at home with a parent or work in teams of two within the classroom.

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.

