

Make a Health Request

Grades: K-2

National Health Education Standard (NHES) 8.2.1: Make requests to promote personal health.

Objective: Students will develop skills to promote healthy behaviors in their community.

Materials: Letter template 8.2.1 and envelopes.

Procedures:

1. The teacher will lead a short discussion on promoting health.
2. Ask the students to suggest some ways in which people can help them to be healthy. (This may be in the classroom, in the school, at home, in the neighborhood, etc.)
3. Explain to the students that they will choose a health advocate, someone to whom they can make requests to promote personal health. (This could be a teacher, a parent, a sibling, a friend, the principal, the mayor, etc.)
4. Pass out Letter Template 8.2.1 and explain that they will make this request through a letter they will write to the person of their choice.
5. Give the students time to write their letters while guiding them through each section of the letter.
6. Pass out envelopes. Have the students fold their letters and address their envelopes.
7. For homework, the students should pass out their letters to their chosen health advocate.

Closure: Ask the students to have a follow-up discussion once their letter is received. After a week's time, have the students report on their correspondence.

Connections to Other Subjects: English Language-Arts

1.0 Writing Strategies: Students write clear and coherent sentences and paragraphs that develop a central idea. Their writing shows they consider an audience and purpose. Students progress through the stages of the writing process.

Extensions for Gifted: These students may not need to use the template. They may write their own letter and create their own health requests.

Adaptations for Learning Disabled: The use of the template will assist students in providing a format for the letter-writing process. Guiding students through each paragraph will also allow time for clarification at each stage.

