

Health-Care Package

Grades: K-2

National Health Education Standard (NHES) 8.2.2: Encourage peers to make positive health choices.

Objective: Students will learn to encourage others to adopt healthy behaviors.

Materials: List Template 8.2.2, small boxes and various health-related items.

Procedures:

1. The teacher will lead a discussion on ways in which students can help others to be healthy.
2. Give the students time to decide on one person they want to help become healthier.
3. Hand out List Template 8.2.2. Ask the students to write the name of the person they choose in the blank provided.
4. Next, they will list a number of items this person may need to be healthier in the spaces provided. They may need assistance in coming up with ideas for healthy items. Ask the students to make suggestions and write these down on the whiteboard. (Examples are healthy snacks, sunscreen, an invitation to play a game, a ball, etc.)
5. Hand out the small boxes to the students. Ask them to put their lists in the box and give them about a week to complete the task of collecting these healthy items and place them in the box. Explain that these are health-care packages.

Closure: Remind the students that this should be a positive experience. It is intended to help people and not to offend anyone.

Connections to Other Subjects: Listening and Speaking Strategies

Students listen and respond to oral communication. They speak in clear and coherent sentences.

Extensions for Gifted: These students may want to add an explanation for each of the items they choose in the care package. The explanation can include how each item can encourage and promote health.

Adaptations for Learning Disabled: The teacher should make frequent clarification checks. Allow students to ask questions when necessary. Circulate through the classroom during the activity for assistance.

