

Lesson Plans & Worksheets

PAWS IN JOBLAND

Grades K - 2



Kindergarten Lesson Plan 2 - Good Health Habits



Career Activities and Competencies

• School-based	Connecting	Work-based	
• Individual	Partner	Small Group	• Class

Learning Objectives:

- The student will identify the habits of good health.
- The student will explain the process of growth and change using personal pictures.

Curriculum links: Health/Science, Optional

Preparation Time:

- 10 minutes

Implementation Time:

- 1 - 2 weeks

Resources Needed:

- Kindergarten Worksheet 2
- Baby Pictures
- Crayons
- Bulletin Board
- Staples

Activity Description:

The importance of good health habits is stressed at the primary level. Good health habits developed at an early age contribute to the overall growth process of the child.

Lesson Guidelines:

- Discuss the concept of growth and change with the students.
- Discuss the importance of developing good eating, sleeping, and exercise habits.
- Ask students to give examples of how they have “changed” over the last three years.
- Students should bring a baby, toddler, and current picture of themselves.
- Students should use the Activity 2 Worksheet to display their pictures.

Activity Enhancements:

- Ask students to draw a picture of how they will change in years to come.
- Discuss health related occupations and have students draw pictures illustrating them.



Kindergarten - Worksheet 2

Good Health Habits

My Name: _____

My baby picture

My toddler picture

A picture of me now



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