

Healthy and Unhealthy Behaviors

More Practice With Bugs



Teacher Notes

3 Cs

- ☞ I care about myself.
- I care about others.
- I care about community.

Help students to understand and invite them to state clearly:

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.

Preparation

Materials

Butcher paper graph or graph drawn on board

Graphic cards: “Healthy and Unhealthy Behaviors” (see page 83 and page 84)

Books: Berenstain, Stan. *The Berenstain Bears and Too Much TV*. New York: Random House, 1992.

Berenstain, Stan, and Jan Berenstain. *The Berenstain Bears and Too Much Junk Food*. New York: Random House, 1985.

Other books from the classroom or library that talk about healthy behaviors.

Vocabulary

healthy
unhealthy

Lesson at a Glance

Introduction

1. Discuss a Berenstain Bears book or another selection.

Strategy

1. Use graphic cards “Healthy and Unhealthy Behaviors” and make a classroom chart.
2. Discuss chart.

Conclusion

3. Healthy behaviors help me be happy and get rid of bugs.

Core Curriculum Objectives and Standards

Objectives

Students will identify healthy and unhealthy behaviors.

Standards

- 7010-0303 Practice proper care of the body.
- 7010-0602 Explain why a variety of foods should be included in diets.

Introduction

Read

Strategies

1. Discuss a Berenstain Bears book or another selection.

Read a Berenstain Bears book or another selection.
Discuss healthy and unhealthy choices and behaviors from the book.

2. Use graphic cards “Healthy and Unhealthy Behaviors” and make a classroom chart.

Draw the following chart on butcher paper or on the board.

Healthy						
Unhealthy						

Place graphic cards “Healthy and Unhealthy Behaviors” in a box and have a student select a card. The student decides where on the chart to place the card.

Brainstorm and Discuss

- What ideas about things that bug us do you remember?
- What bugs do we invite when we don't brush our teeth?
- What bugs do we invite when we don't get enough sleep?... or eat too much junk food?... or use alcohol?
- What other healthy or unhealthy behaviors that are not listed on the chart.
- How many healthy items/activities did we think of?
- How many unhealthy items/activities did we think of?
- Did we think of more healthy or unhealthy items/activities? How many more?
- Which will make us feel better? Why?
Healthy activities keep us well and make us grow stronger.
- How does making smart decisions about healthy behaviors help us get rid of bugs?



Tie in the 3 Cs

I care about myself.
I care about others.
I care about community.

I have the right to care about myself.

I have the responsibility to make smart choices when I care about myself.

Taking care of my body by making healthy choices is a smart thing to do.

Conclusion

3. Healthy behaviors help me be happy and get rid of bugs.

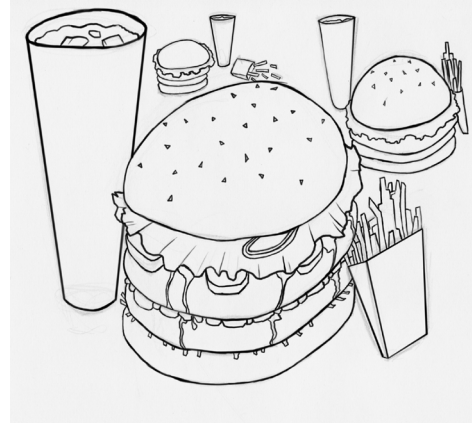
Emphasize that healthy behaviors –

- promote growth.
- promote and maintain healthy bodies.
- create healthy relationships.
- help people feel happy.
- help people keep bugs away.
- create safe and peaceful communities.





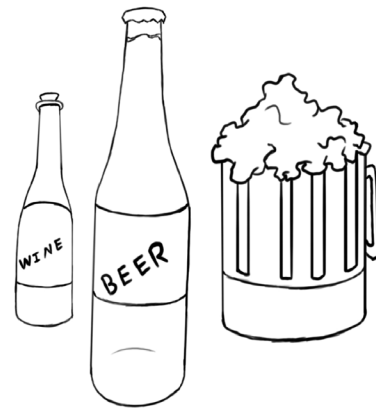
Dancing



Too Much Junk Food



Exercising



Drinking Alcohol



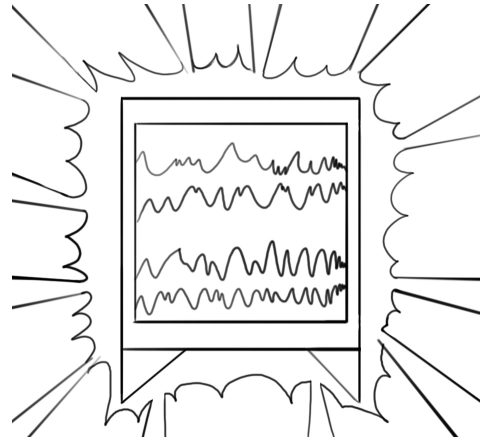
Brushing Teeth



Not Enough Sleep



Smoking



Too Much TV



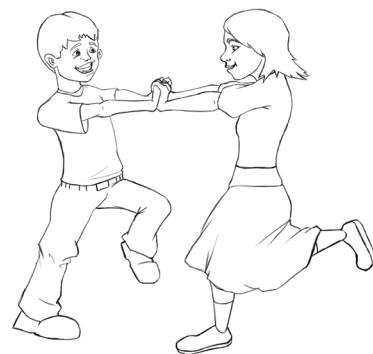
Eat Healthy Food



Violence



Doing Homework



Playing With Friends