

Healthy Me

Cross-curricular - Week 3



In week 1 you thought about animal habitats. In week 2 you pledged to keep those habitats healthy. This week, you will set goals to keep yourself healthy everyday of the week!

Brainstorm ideas on what makes a healthy day.

Sleep

Am I getting between 9-11 hours of sleep at night?

Helping others

How can I help someone today?

Movement

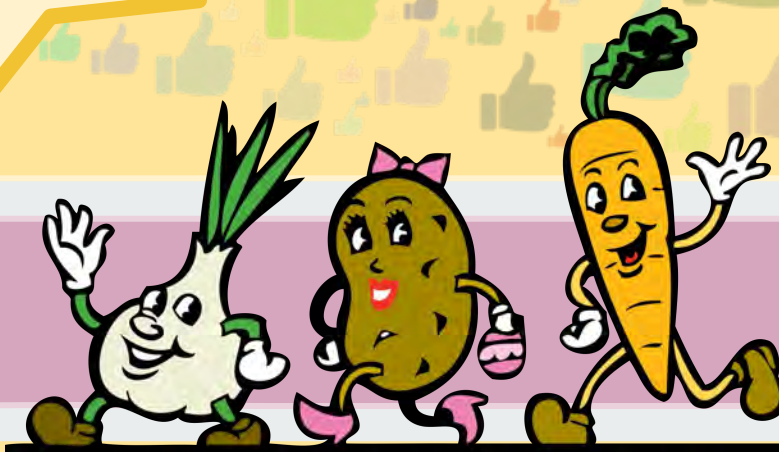
How can I move my body and get my heart pumping for at least 20 minutes today?

Creativity

How can I be creative to express and share my ideas, thoughts and feelings?

Eating well

Am I making the best choices I can about the food I eat?

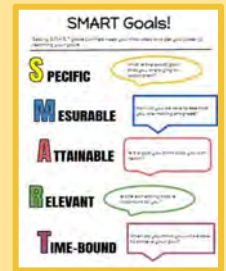


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Read the SMART Goals handout in your package.



Set 1 goal from each of the 5 categories above. Start off with something you can easily do. If your goals are too hard, you might get discouraged. Organize your goals so that you have five things to do each day, Monday to Friday. A good habit from each of these 5 categories will work together to create a healthy you!

Use the 'tracker' to help you stay on track with your goals.



In a journal, or on paper, reflect on how you are doing each day.
Are you making your goals?
Are there challenges?
What are possible solutions?
What are your successes?
How do you feel at the end of the day?

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Choose 1 of these ways to spread the message of setting healthy goals!

1. Make a motivational tool to help your family set goals and stay healthy. This could be a brochure, or poster.



2. Create a story book about a character that is working on setting healthy goals. Your character could be a person, or animal--get creative!



3. Prepare a 'Healthy Me' 'video.' (You don't have to record it, just prepare one and act it out for yourself, or someone in your family.)



SMART Goals!

Setting S.M.A.R.T goals can help keep you motivated and get you closer to reaching your goals.

SPECIFIC

What is the exact goal that you are trying to accomplish?

MESURABLE

How will you be able to see that you are making progress?

ATTAINABLE

Is it a goal you think that you can reach?

RELEVANT

Is this something that is important to you?

TIME-BOUND

When do you think you will be able to achieve your goal?

