



January 2017

January is focus on Healthy Habits Life Skills. Here is the development of this life skill.

Ages 4-7

Dress self
Brush teeth
Wash hands
Understand value of exercise and nutrition

Ages 13-15

Understand danger drug/alcohol
eat min. of 5 servings fruit/veg daily
eat 3 meals a day
know what meal portions are appropriate.

Ages 8-12

Floss teeth

Trim or file nails

Choose nutritious snacks

Understand components of healthy meal
Know basic first aid.

Ages 16-18

Know importance of preventative care
Know safe use over the counter drugs
Maintain a consistent exercise program

Here are some tips for your classes

Pre-2

Teach hygiene routines and embed them into your students day. Hand washing, clothes management. Add movement throughout your day. Teach that activity is fun and successful.

3-5

Focus on healthy snacks . Add clean and trim nails to handwashing routines or self checks. Teach self checks a quick system of checking is my hair combed, clothes straight , hands clean etc.

Middle School/ High School

Encourage healthy snacks and water!!! Continue with teaching a self check. This will help with keeping track of supplies too.

Include movement and activity into all lessons-help them enjoy being active.