



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

These activities will help your students plan ahead so they can use their summer vacation to get smarter, healthier, and more productive (but also well-rested and rejuvenated), and be ready to start the next school year.

Related KidsHealth Links

Articles for Teens:

Summer Safety Center (articles on tanning; water, bike, and driving safety; camping and travel basics; and bug bites and poison ivy)
TeensHealth.org/teen/centers/summer_center.html

Sports Safety
TeensHealth.org/teen/safety/index.html

Road Tripping
TeensHealth.org/teen/safety/driving/road_trip.html

Why Exercise Is Wise
TeensHealth.org/teen/your_body/take_care/exercise_wise.html

Dehydration
TeensHealth.org/teen/safety/first_aid/dehydration.html

5 Ways to Beat Summer Weight Gain
TeensHealth.org/teen/food_fitness/dieting/summer_weight.html

How to Pick a Great Book
TeensHealth.org/teen/homework/tips/books.html

Finding a Summer Job or Internship
TeensHealth.org/teen/school_jobs/jobs/summer_job.html

Your Tips for Surviving Summer Break
TeensHealth.org/teen/school_jobs/school/summer_blahs.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Name some of your favorite summer activities that count as exercise. How can you avoid dehydration when you're being active?
2. What are some of the dangers of tanning? When is a good time to use sunscreen?
3. Is it ever OK to talk on a cellphone while driving? How about texting while driving? Why?
4. If you go camping, what should be in your first-aid kit? Can you identify poison ivy, oak, and sumac? What kinds of bug bites or stings are serious problems?
5. What's jet lag? What can you do to ease it? What are some ways to avoid getting traveler's diarrhea when you're abroad?
6. Do you prefer novels or nonfiction books for recreational reading? What books look good on your school's summer reading list?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Summer Speech

Objectives:

Students will:

- Write and present an expository speech with safety and/or health tips related to summer activities

Materials:

- Computer with Internet access, word-processing software
- “Summer Speech” and “Summer Activity List” handouts

Class Time:

- About 2 hours, plus time for presentations (45 minutes to fill in the “Summer Speech” handout, about 75 minutes to write the speech; either or both can be done as homework)

Activity:

One great thing about summer is you can be more in charge of how you spend your time. For example, you can play video games in a dark basement or you can decide to be active, try something new, sharpen your skills, serve your community, or even make some spending money. Summer is a good time to try a new sport, take lessons, explore a local park, volunteer, or even start a lawn care or babysitting or pet-sitting business. The possibilities are endless. For this assignment, use the “Summer Speech” handout to help you write a 500-word expository (informational) speech to tell your classmates about a summer activity you plan to participate in. Point out the benefits to doing the activity, such as staying in shape, getting ready for next year’s sports season, learning something, helping the community, relaxing, or earning money. Also detail any safety precautions, if appropriate. You can use the “Summer Activity List” handout for ideas about healthy physical activities.

[Note to instructor: Your students might find the article “Writing a Paper,” TeensHealth.org/teen/homework/tips/writing_papers.html to be helpful, too.]

Have students present their speeches to the class, either at a podium or recorded on video.

Extension:

Have students create an infographic that highlights a statistic or two, as well as a benefit and safety tip, if appropriate, related to their summer activity.



Summer Activity Log

Objectives:

Students will:

- Plan to be active at least an hour a day over the summer
- Track their progress on a daily exercise log

Materials:

- “Summer Activity Log” and “Summer Activity List” handouts
- Pencil

Class Time:

- 5 minutes (after a brief explanation, the activity is completed at home over the summer)

Activity:

Summer is a great time to be active, especially outdoors. Exercise can help you look better, feel better, lose weight, and stimulate your brain. Exercise helps develop your muscles, stay at a healthy weight, and reduce your chances of developing problems related to obesity, such as high blood pressure and diabetes. Use the “Summer Activity List” handout to review some popular summertime activities that can get your heart pumping. Choose some to try, then get into a routine of being active at least 1 hour every day. It’s important to remember that the 60 minutes of daily activity does not have to be all at once. Activities during the day that add up to at least 60 minutes are just fine. Track your progress on the “Summer Activity Log,” noting which exercises you did and how much time you spent on each.

Reproducible Materials

Handout: Summer Speech

KidsHealth.org/classroom/9to12/personal/fitness/summer_handout1.pdf

Handout: Summer Activity List

KidsHealth.org/classroom/9to12/personal/fitness/summer_handout2.pdf

Handout: Summer Activity Log

KidsHealth.org/classroom/9to12/personal/fitness/summer_handout3.pdf

Quiz: Safe and Healthy Summer

KidsHealth.org/classroom/9to12/personal/fitness/summer_quiz.pdf

Answer Key: Safe and Healthy Summer

KidsHealth.org/classroom/9to12/personal/fitness/summer_quiz_answers.pdf



Name: _____

Date: _____

Summer Speech

Instructions: Use this outline to organize your thoughts and take notes to help you write a 500-word expository speech about a summer activity.

I. Introduction. Grab your audience's attention with an anecdote, quote, or statistic; then state your main point, or thesis:

II. Body. Describe the activity and why it's appealing:

a) Detail safety tips related to the activity (if any):

b) Explain the activity's physical, mental, and/or emotional health benefits, or any other benefits, such as skill development, service to community, earning money, etc.:

III. Conclusion. Briefly restate your thesis and end with the benefits of participating in the activity:



Summer Activity List

Summer is a great time to be active. Doing any of these activities, or a combination of them, at least 1 hour a day can help you stay healthy, get in shape, control your weight, and have some fun. You can add more activities at the bottom.

- Badminton
- Baseball, softball
- Basketball
- Biking
- Bowling
- Canoeing, kayaking, paddle-boarding, rowing
- Cheerleading
- Dancing
- Exergaming
- Fencing
- Field hockey
- Frisbee golf
- Gardening
- Golfing
- Gymnastics
- Hiking
- Horseback riding
- In-line skating
- Juggling
- Jumping jacks
- Jumping on a pogo stick
- Jumping rope
- Lacrosse
- Martial arts, kickboxing
- Mowing lawns
- Ping-pong
- Playing with kids at a park while babysitting
- Relay racing
- Running, fast-walking
- Shooting hoops
- Sit-ups, pushups, pull-ups
- Skateboarding
- Stationary bike
- Soccer
- Swimming, diving, snorkeling
- Tennis
- Treadmill
- Unicycling
- Volleyball
- Walking a dog
- Walking up and down stairs
- Wall-climbing
- Washing cars
- Water polo
- Waterskiing
- Weightlifting
- Yoga, Pilates, T'ai chi
- _____
- _____
- _____
- _____
- _____
- _____





Name: _____

Date: _____

Summer Activity Log

Instructions: Keep track of your daily physical activities, with the goal of being active at least 1 hour every day. Anything that gets your heart pumping counts as exercise (see the “Summer Activity List” for ideas). The 60 minutes of daily activity does not have to be all at once. Activities during the day that add up to at least 60 minutes are just fine.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bike to pool: 10 mins Swim: 20 mins Bike home: 10 mins Shoot hoops: 20 mins						



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. Name five emergency equipment items you should carry when you're camping in remote areas.

2. Poison ivy, poison oak, and poison sumac all contain the same rash-causing substance, called _____.

3. Exposure to the sun can increase the risk of what three types of skin cancer?

4. Name three basic roadside safety supplies should you carry in your car.

5. Not including computer use for homework, it's a good idea to limit total daily screen time (TV, computers, video games, smartphones, and tablets) to no more than _____ hours.

6. Which sun safety recommendation is wrong?

- a) Wear sunscreen with a sun protection factor (SPF) of at least 15.
- b) Use a broad-spectrum sunscreen that blocks both UVA and UVB rays.
- c) Sunscreen isn't needed on cloudy days.
- d) A brimmed hat and sunglasses offer good protection against ultraviolet radiation.
- e) Wear sunscreen every day, even when you don't plan to spend a lot of time outdoors.

7. What's the difference between a localized and a systemic reaction to bee and wasp stings?

8. True or false: When bicycling, it's a good idea to ride on the left side of the street so you can see oncoming traffic more clearly.

9. Which common traveler's ailment is caused by dry air, a decrease in oxygen, and low barometric pressure?

- a) car sickness
- b) traveler's diarrhea
- c) diver's ear
- d) altitude sickness
- e) vertigo

10. True or false: Some driver's licenses restrict the number of passengers you can have in the car with you.



Quiz Answer Key

1. Name five emergency equipment items you should carry when you're camping in remote areas.
(Any five of the following: flashlight, compass, GPS device, bottled water, waterproof matches, high-carbohydrate snacks, whistle, thermal reflective blanket, pocketknife)
2. Poison ivy, poison oak, and poison sumac all contain the same rash-causing substance, called urushiol.
3. Exposure to the sun can increase the risk of what three types of skin cancer?
(melanoma, basal cell carcinoma, squamous cell carcinoma)
4. Name three basic roadside safety supplies should you carry in your car.
(Any three of the following: flashlight, first aid kit, jumper cables, spare tire, flat-tire repair kit)
5. Not including computer use for homework, it's a good idea to limit total daily screen time (TV, computers, video games, smartphones, and tablets) to no more than 2 hours.
6. Which sun safety recommendation is wrong?
 - a) Wear sunscreen with a sun protection factor (SPF) of at least 15.
 - b) Use a broad-spectrum sunscreen that blocks both UVA and UVB rays.
 - c) Sunscreen isn't needed on cloudy days.
 - d) A brimmed hat and sunglasses offer good protection against ultraviolet radiation.
 - e) Wear sunscreen every day, even when you don't plan to spend a lot of time outdoors.
7. What's the difference between a localized and a systemic reaction to bee and wasp stings?
(A localized reaction might be swelling, heat, or itching of the skin around the sting area; a systemic allergic reaction to insect venom can happen throughout the body. Symptoms of systemic reaction include hives, swelling, difficulty breathing, rapid heartbeat, and faintness.)
8. True or false: When bicycling, it's a good idea to ride on the left side of the street so you can see oncoming traffic more clearly.
9. Which common traveler's ailment is caused by dry air, a decrease in oxygen, and low barometric pressure?
 - a) car sickness
 - b) traveler's diarrhea
 - c) diver's ear
 - d) altitude sickness
 - e) vertigo
10. True or false: Some driver's licenses restrict the number of passengers you can have in the car with you.