



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 have a safe, healthy, and fun summer.

Related KidsHealth Links

Articles for Kids:

Stay Safe!

KidsHealth.org/en/kids/center/safety-center.html

Swimming

KidsHealth.org/en/kids/swim.html

Bike Safety

KidsHealth.org/en/kids/bike-safety.html

How to Be Safe When You're in the Sun

KidsHealth.org/en/kids/summer-safety.html

What's the Big Sweat About Dehydration?

KidsHealth.org/en/kids/dehydration.html

Bug Bites & Stings

KidsHealth.org/en/kids/ill-injure/bugs

Poison Ivy

KidsHealth.org/en/kids/poison-ivy.html

Road Trip Fun

KidsHealth.org/en/kids/road-trip.html

Discussion Questions

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

1. Name some of the ways that summer is different from the school year.
What are some things you can do to stay healthy in the summer?
What are some ways to stay safe outside?
2. Why should you never dive off the side of a swimming pool?
Is it safe to swim by yourself? Why is it important to walk, not run, near a swimming pool? Is it OK to eat or chew gum while swimming? Why?
3. What's the most important piece of safety gear to wear when you ride a bike?
Is it OK to wear a hat under your helmet? Why?
Is it better to wear bright, colorful clothes or dark clothes? Why?
4. How can you keep from getting sunburned when you're outside?
What time of day is it easiest to get sunburned?
5. When should you drink water? What does "dehydrated" mean?
What do people feel like when they're dehydrated?



Activities for Students

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

Fun in the Sun

Objectives:

Students will:

- Discuss summer safety
- Identify ways they can stay healthy over the summer

Materials:

- Poster paper, drawing paper; markers, crayons, or colored pencils

Class Time:

- 20 minutes

Activity:

[Note to instructor: Draw a large sun on a piece of poster paper. In the center of the sun, write “Fun in the Sun.” The rays on the sun should be triangles big enough to write in. Ask students about ways to stay safe and healthy over the summer - sample questions and answers are below - and write students’ responses to your questions in the triangles. After the rays are filled in, have kids draw their own picture of a sun, with a drawing of themselves being safe while doing their favorite summer activity.]

Q: How can you stay safe when it’s hot or you’re out in the sun?

A: Wear sunscreen and a hat

A: Drink plenty of water

A: Take a break in the shade when you feel hot or tired

Q: What should you remember to do when you’re swimming in a pool?

A: Have a grown-up watch you

A: Swim with a buddy

A: Don’t run near the pool

A: Follow the rules if you’re at a public pool

Q: How can you stay safe on your bike?

A: Always wear a helmet

A: Follow traffic rules

Q: What are some things you can do to stay healthy over the summer?

A: Turn off the TV or video games and play outside

A: Wash your hands when you come inside

A: Eat fruits and veggies

A: Drink water or low-fat milk instead of sugary sodas

A: Get enough sleep



Summertime Fun Time Activity Calendar

Objectives:

Students will:

- Set a goal of being active every day during the summer
- Keep track of how often they're active

Materials:

- “Summertime Fun Time Activity Calendar” handout

Class Time:

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

Activity:

[Note to instructor: Sign each student’s “Summertime Fun Time Activity Calendar” handout, and have them sign their own handouts and X out the days on the calendar to match summer vacation days as best as possible.]

One of the best things about summer is that you have a lot more time to play and be active each day. Swimming, riding a bike, playing games or sports, dancing inside or outside, jumping rope, anything that gets your body moving counts as being active and exercising. Take these activity calendars home and put them on your fridge or in your bedroom, wherever they will remind you to be active! You can put a sticker - or write a checkmark, or draw a smiley face, star, beach ball, whatever you like - on each day you've been active for an hour or more. You can even take your calendars with you if you go on a trip. Remember, if you can't go outside because of the weather, you can still be active inside. Try to fill every day on the calendars!

Extension:

Print copies or share links of the “Summertime Fun Time Activity Calendar” handout for family members so students can bring them home and have family members track their activity.

Reproducible Materials

Handout for Students: Summertime Fun Time Activity Calendar

[KidsHealth.org/classroom/prekto2/personal/fitness/summer_handout1.pdf](https://www.KidsHealth.org/classroom/prekto2/personal/fitness/summer_handout1.pdf)

Handout for Family Members: Summertime Fun Time Activity Calendar

[KidsHealth.org/classroom/prekto2/personal/fitness/summer_handout2.pdf](https://www.KidsHealth.org/classroom/prekto2/personal/fitness/summer_handout2.pdf)

Quiz: Safe and Healthy Summer

[KidsHealth.org/classroom/prekto2/personal/fitness/summer_quiz.pdf](https://www.KidsHealth.org/classroom/prekto2/personal/fitness/summer_quiz.pdf)

Answer Key: Safe and Healthy Summer

[KidsHealth.org/classroom/prekto2/personal/fitness/summer_quiz_answers.pdf](https://www.KidsHealth.org/classroom/prekto2/personal/fitness/summer_quiz_answers.pdf)



Personal Health Series
Safe and Healthy Summer

Name: _____

Date: _____

Summertime Fun Time Activity Calendar

Being active for *at least 1 hour every day* helps me stay healthy. So I promise to _____
 [teacher's name]

and to myself that I am going to do my best to be active every day *during summer vacation!*

Sincerely,

 [student's name]

Instructions: Put a sticker - or draw a checkmark, smiley face, star, beach ball, whatever you like - on each day you've been active for at least an hour!

Week 1							
Week 2							
Week 3							



Personal Health Series
Safe and Healthy Summer

Name:

Date:

Summertime Fun Time Activity Calendar

Instructions: Put a sticker - or draw a checkmark, smiley face, star, beach ball, whatever you like - on each day you've been active for at least an hour!

Week 4							
Week 5							
Week 6							
Week 7							
Week 8							



Personal Health Series
Safe and Healthy Summer

Name: _____

Date: _____

Summertime Fun Time Activity Calendar

Being active for *at least 1 hour every day* helps me stay healthy. So I promise to _____
 [student's name]

and to myself that I am going to do my best to be active every day *during summer vacation!*

Sincerely,

 [family member's name]

Instructions: Put a sticker - or draw a checkmark, smiley face, star, beach ball, whatever you like - on each day you've been active for at least an hour!

Week 1							
Week 2							
Week 3							



Personal Health Series
Safe and Healthy Summer

Name:

Date:

Summertime Fun Time Activity Calendar

Instructions: Put a sticker - or draw a checkmark, smiley face, star, beach ball, whatever you like - on each day you've been active for at least an hour!

Week 4							
Week 5							
Week 6							
Week 7							
Week 8							



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: You can get sunburned even on a cloudy day.
2. True or false: A good way to protect your eyes from the sun is to wear sunglasses or a hat.
3. How can you stay safe while swimming in a pool?
 - a) Don't run near the pool
 - b) Swim with an adult or friend
 - c) Don't push other kids in or near the pool
 - d) Follow the pool rules
 - e) All of the above
4. True or false: Even in the summer, it's a good idea to go to bed on time.
5. How can you make sure your body gets enough water when it's hot?
 - a) Wait until you're thirsty, then have a drink
 - b) Play until you're really sweaty without having a drink
 - c) Stay inside and drink soda
 - d) Take regular breaks in the shade and drink water every time you do



Quiz Answer Key

1. True or false: You can get sunburned even on a cloudy day.
2. True or false: A good way to protect your eyes from the sun is to wear sunglasses or a hat.
3. How can you stay safe while swimming in a pool?
 - a) Don't run near the pool
 - b) Swim with an adult or friend
 - c) Don't push other kids in or near the pool
 - d) Follow the pool rules
 - e) All of the above
4. True or false: Even in the summer, it's a good idea to go to bed on time.
5. How can you make sure your body gets enough water when it's hot?
 - a) Wait until you're thirsty, then have a drink
 - b) Play until you're really sweaty without having a drink
 - c) Stay inside and drink soda
 - d) Take regular breaks in the shade and drink water every time you do