



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

One simple formula can help your students stay healthy over the summer and be ready to learn when school starts: “5-2-1-Almost None”

- Eat 5 or more servings of fruits and vegetables a day
- Limit screen time to 2 hours (or less) a day
- Get 1 or more hours of physical activity every day
- Drink almost no sugary beverages

These activities will help prepare your students for a safe and healthy summer.

Related KidsHealth Links

Articles for Kids:

Be a Fit Kid

KidsHealth.org/en/kids/fit-kid.html

How to Be Safe When You're in the Sun

KidsHealth.org/en/kids/fit-kid.html

Swimming

KidsHealth.org/en/kids/swim.html

Bike Safety

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

What's the Big Sweat About Dehydration?

KidsHealth.org/en/kids/dehydration.html

Going Away to Camp

KidsHealth.org/en/kids/going-to-camp.html

Bug Bites & Stings

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

Poison Ivy

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

How to Pick a Great Book to Read

KidsHealth.org/en/kids/find-book.html

Are Video Games Bad for Me?

KidsHealth.org/en/kids/video-gaming.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. What are your favorite summertime activities? Are you active at least 1 hour every day during the summer? What can you do to be active if you can't go outside?
2. During summer, is your bedtime different than during the school year? Do you wake up at a different time? Do you eat different things? Are you more active or less active? Do you read more or less?
3. Why do you need to use sunscreen? What does SPF stand for? Why is the SPF number important to know?
4. What does it mean to be dehydrated? How can you avoid dehydration?



Activities for Students

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

5-2-1-Almost None

Objectives:

Students will:

- Learn to incorporate the “5-2-1-Almost None” guidelines into their daily lives
- Create a reminder of the guidelines to display at home

Materials:

- “5-2-1-Almost None” color or grayscale handouts for teachers
- “One Formula for a Healthy Lifestyle” (KidsHealth.org/en/parents/healthy-lifestyle.html for instructor reference)
- Large index cards
- Markers, magazines, scissors, glue, magnet sheets (lamination optional)

Class Time:

- 45 minutes

Activity:

[Note to instructor: Display the full-color “5-2-1-Almost None” handout on a smartboard or overhead projector, or distribute printed copies, or grayscale versions, to students.]

Today we’re going to make fridge magnets so the whole family has a helpful reminder about how to stay healthy. Make sure your index card includes each of the four tips in the “5-2-1-Almost None” guidelines, and add your pictures or your own drawings to illustrate guidelines or just decorate your fridge magnet. Then we’ll glue a piece of magnet to the back and it’s ready to take home.

Extension:

Remember to keep your brain in shape, too. Summer is the perfect time to read. Check out your school’s summer reading list to see which books are recommended for you. Don’t forget about magazines, newspapers, and publications you can read on a handheld device. Plan to relax on a comfy chair and read outside!



Have Fun for 1!

Objectives:

Students will:

- Think about physical activities that count as exercise
- Commit to being physically active for at least 1 hour a day over the summer
- Track their daily activity

Materials:

- “Have Fun for 1!” handout

Class Time:

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

Activity:

Use the “Have Fun for 1!” chart so you can keep track of every day you get at least 1 hour of physical activity this summer. Keep the chart where you can use it as a reminder to keep moving, like on the fridge or in your bedroom. Ask a family member or friend to join you. When you reach that daily goal, fill in a circle. If you have seven filled-in circles at the end of each week, reward yourself with a special healthy treat, a family outing, a new book, anything that’s healthy and makes you feel good! Also, add at least five activities to the “Have Fun for 1!” activity list that aren’t already there. Try at least five activities on the “Have Fun for 1!” activity list that you’ve never done before.

Reproducible Materials

Handout for Teachers: 5-2-1-Almost None (color)

KidsHealth.org/classroom/3to5/personal/fitness/summer_handout1.pdf

Handout for Teachers: 5-2-1-Almost None (grayscale)

KidsHealth.org/classroom/3to5/personal/fitness/summer_handout2.pdf

Handout: Have Fun for 1!

KidsHealth.org/classroom/3to5/personal/fitness/summer_handout3.pdf

Quiz: Safe and Healthy Summer

KidsHealth.org/classroom/3to5/personal/fitness/summer_quiz.pdf

Answer Key: Safe and Healthy Summer

KidsHealth.org/classroom/3to5/personal/fitness/summer_quiz_answers.pdf

5-2-1-Almost None

Staying Healthy, by the Numbers



Every day:

Eat 5 or more servings of fruits and vegetables.

Go for a rainbow. Different colors = lots of vitamins and minerals.



Spend less than 2 hours on the computer or watching TV.

Less time in front of a screen = more time to be active and have fun.



Be active for at least 1 hour.

It doesn't have to be all at once:



Skip sugary drinks.

Most soda, juice drinks, and sports drinks have lots of sugar in them. Water and milk = healthy choices.





Name: _____

Date: _____

Have Fun for 1!

Instructions: Use this chart so you can keep track of every day you get at least 1 hour of physical activity this summer. Keep the chart where you can use it as a reminder to keep moving, like on the fridge or in your bedroom. Ask a family member or friend to join you. When you reach that daily goal, fill in a circle. If you have seven filled-in circles at the end of each week, reward yourself with a special healthy treat, a family outing, a new book, anything that's healthy and makes you feel good!

I was active for at least 1 hour these days:

Week 1:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 4:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 5:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 6:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 7:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 8:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Circle some of the active things you'll do this summer, and add some of your own:

swim	skateboard	volleyball	ballet
play tag	go for a walk	tennis	_____
ride a bike	walk the dog	exercise video games	_____
run	hula hoop	football	_____
walk	capture the flag	flashlight tag	_____
skip	kickball	hide-and-peek	_____
jog	street hockey	baseball or softball	_____
have a dance contest	soccer	gardening	_____
shoot hoops	Frisbee	hopscotch	_____
rollerskate	make an obstacle course	jumping rope	_____



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: You can't get sunburned on a cloudy day.
2. True or false: You should protect your eyes from the sun with sunglasses or a hat.
3. Explain the numbers in the "5-2-1-Almost None" guidelines:
5: _____
2: _____
1: _____
Almost None: _____
4. Which are not healthy summer activities?
a) jumping rope, riding bikes, playing basketball
b) watching TV, playing video games, using the computer
c) swimming, reading books, putting on a puppet show
5. True or false: Everyone should use sunscreen when they're out in the sun.
6. True or false: Drinking water before you get thirsty is the best way to beat dehydration.
7. 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
8. Name at least three fruits and vegetables that make tasty, healthy snacks. _____

9. True or false: You should never wear headphones when you're riding a bike.
10. True or false: Playing video games takes time away from doing physically active things.
11. What are some good ways to cope with homesickness if you're away from your family, like at summer camp or staying with relatives?
a) Call home
b) Write your loved ones a letter
c) See your loved ones on visiting day
d) Talk to an adult about your feelings
e) All of the above
12. Which one does not go on your bicycle safety checklist?
a) Make sure your seat, handlebars, and wheels fit tightly
b) Check and oil your chain regularly
c) Make sure you have earplugs handy in case you break the sound barrier
d) Check your brakes to be sure they work well and aren't sticking
e) Make sure your tires have enough air



Quiz Answer Key

1. True or false: You can't get sunburned on a cloudy day.
2. True or false: You should protect your eyes from the sun with sunglasses or a hat.
3. Explain the numbers in the "5-2-1-Almost None" guidelines:
5: Eat 5 or more servings of fruits and vegetables.
2: Spend less than 2 hours on the computer or watching TV.
1: Be active for at least 1 hour.
Almost None: Skip sugary drinks.
4. Which are not healthy summer activities?
a) jumping rope, riding bikes, playing basketball
b) watching TV, playing video games, using the computer
c) swimming, reading books, putting on a puppet show
5. True or false: Everyone should use sunscreen when they're out in the sun.
6. True or false: Drinking water before you get thirsty is the best way to beat dehydration.
7. 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
8. Name at least three fruits and vegetables that make tasty, healthy snacks. (Any of the following: apples, oranges, peaches, carrots, celery, broccoli, grapes, tomatoes, etc.)
9. True or false: You should never wear headphones when you're riding a bike.
10. True or false: Playing video games takes time away from doing physically active things.
11. What are some good ways to cope with homesickness if you're away from your family, like at summer camp or staying with relatives?
a) Call home
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e) Make sure your tires have enough air