



**Exercise – Good for Your Body and Your Brain (🧠 A Physical Health Story)
(2nd Grade – 7-8 yrs.)
Think, Pair, Share: Everything in Moderation**



STORY CONNECTION-SLIDES 12 AND 18 (Approx Time: 20-25 mins)

Activities that you do not do much moving – playing video games or watching tv – do not really work your muscles. These are the kinds of activities that are fun – but you need to do them in moderation. Moderation means not doing something too little or too much, but just the right amount.

Materials needed:

- Chart paper or whiteboard
- Markers
- Paper (at least 1 per student)
- Pencils
- Crayons, markers, colored pencils

Preparation needed:

- Have all materials readily available
- Determine how to partner student(s). If you are working with an individual student, you will serve as a partner.
- Determine how much time partners will have to discuss

Instructions:

1. In this activity, student(s) will learn that activities that do not require them to move very much should be done in moderation. They will also brainstorm ways to make sedentary activities more active.
2. First, ask student(s) to independently brainstorm a list of activities that do not require a lot of movement.
Examples include playing video games, watching tv, watching videos or movies, reading, working on the computer, playing Legos, etc.
3. Next, have the student(s) share their ideas and write their ideas on chart paper or the whiteboard.
4. After the group has a considerable list of activities, partner the student(s).
5. Ask the partners to come up with ways to make the activities have more movement.

For example:

- Ideas include setting a timer for 15-30 minutes and when the timer goes off, get up and walk around for a few minutes or do a short task.

- For every 30 minutes you play video games, go outside for 30 minutes.
- Walking around while reading a book, etc.

***NOTE: You might want to assign activities, or you can let the student(s) choose. ***

6. Give them several minutes to discuss these ideas with their partners.
***Suggestion: You may want to use a timer. ***
7. When student(s) have had ample time to talk about their ideas, bring the group back together and share what they discussed. Write these ideas on the chart paper next to the sedentary activity.
8. Discuss the following questions:
 - What is an exercise goal you want to set for yourself?
 - How are you going to meet that goal?
 - How will this help your muscles?
 - How will this help your brain?
9. Give each student a piece of blank paper.
10. Have them draw a picture of an activity they can do to reach the goal.
11. Hang the picture(s) up as a reminder of the goals they set.
12. In closing, remind student(s) that activities that do not require them to move very much need to be done in moderation. Moderation means not too much, not too little, but just the right amount. Moderation keeps the body and brain happy and healthy!