



**What Is Physical Health All About? (🧠 A Physical Health Story)
(PreK – 4-5 yrs.)**

**Game: Physical Health Charades
Group Activity**



STORY CONNECTION-SLIDES 14-15 (Approx Time: 10-15 mins)

Physical Health is all about moving, eating, and sleeping to keep our body (and our brain) healthy. If you do these 3 things – moving, eating, and sleeping – then you will have good Physical Health. It should not be hard for you to do this, because ALL animals move, eat, and sleep. All animals need to move, eat, and sleep so they can stay alive and be healthy.

Materials needed:

- none

Preparation needed:

- List of activities readily available to select from

Instructions:

1. The activity is the game charades and all the actions that the students will have to act out are related to moving, eating, or sleeping.
2. Before playing the game, demonstrate to the students how to play.
For example: "Have you ever played charades before?" (Allow students to respond.) In charades, we pretend to do or act out an activity without speaking. Today, I will give you an activity to act out. The rest of the group will guess what you are doing! If I whisper in your ear, "running". You might move your arms back and forth and pick your feet up (run in place to demonstrate). The group would guess...RUNNING! Awesome job! You did it!"
3. Ask students if they have any questions. Help students with any misunderstandings.
4. Begin by choosing a volunteer, whisper an activity from the list to the student, they will act it out for the others to guess.
****NOTE: Since the students are not reading yet, they will need to be told what activity they need to act out.****
5. The student who guesses correctly becomes "it" and becomes the person who performs the action.
6. Below are some suggested actions to use with the students.
7. Repeat steps 4-5 for desired amount of time.
8. In closing, review that for our brains to be healthy, moving, eating, and sleeping (Physical Health) is very important.

Moving	Eating	Sleeping
Jump Roping	Eating Ice Cream	Just Waking Up
Playing Soccer	Drinking From A Glass Or Cup	Stretching
Playing Basketball	Drinking From A Straw	Snoring
Swimming	Eating With A Utensil	Rocking A Baby To Sleep
Sweeping The Floor	Cooking	Head Resting On Hands
Cheerleading	Eating A Banana	Lying Down With Eyes Closed
Throwing A Ball	Eating Milk And Cookies	