








## Activities Summary

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

-  **#1-Physical Activity: Inside Out**
  - Students will move to different places in the room to choose if body parts are inside or outside the body.
  - Approx Time: 10-15 mins
  - Story Connection: Slides 3-4
  
-  **#2-Worksheet: Eaten or Not Eaten?**
  - Students draw foods they have eaten and those they have not yet tried, but hope to try someday
  - Approx Time: 10-15 mins
  - Story Connection: Slide 12
  
-  **#3-Craft: You Are What You Eat**
  - Students practice making wise food choices to add to their plates.
  - Approx Time: 35-40 mins
  - Story Connection: Slide 12
  
-  **#4-Song: Sweet Dreams**
  - Students learn the importance of good sleep habits to the relaxing sound of Brahms's Lullaby.
  - Approx Time: 10-15 mins
  - Story Connection: Slide 13
  
-  **#5-Game: Physical Health Charades**
  - Students review the three components of physical health with a game of charades.
  - Approx Time: 10-15 mins
  - Story Connection: Slides 14-15
  - Group Activity