



What to do TODAY Pre-Kindergarten (🌈 A Physical Story)

🌈 What is Physical Health All About? – A Physical Health Story - Summary & Main Points

Your brain's job is to take care of your body and your body helps your brain to do that. This story talks about how what we eat and how much we sleep and move around help us to keep our body and our brain healthy.

- Being "physical" means you move your body. Any kind of moving around is good for your body and your brain.
- You eat because food gives your body and your brain the energy they need to make us healthy.
- You sleep because your body needs to rest and your brain has lots of other things to do to make sure that we are healthy.

🌈 This story works well with the children sitting on the floor. At the end of the presentation, you will be playing Physical Health Charades with the students.

Remind the students that we are talking about Physical Health and today we will learn what Physical Health is and how this helps our bodies and our brains stay healthy.

🌈 Start the video with the slide below (about 6 minutes into the video) and stop it at the end of the slide.



Remind the students that there are 3 things that they can do to make their bodies and their brains **physically** healthy.

Ask them if they remember what those 3 things are – moving, eating and sleeping

🌈 Continue the video – stopping after the next slide.



Discuss with the students that moving is one of the things we can do to make our body and brain healthy.

Ask the students what things they like to do to move their bodies and then reiterate that when they do these things they are helping their Physical Health.

🌈 Continue the video and stop at the question.



Discuss with the students how our body gets energy...by eating food.

Ask the students what kinds of food they like to eat. Reiterate that food gives our body (and our brain) the energy it needs to help us to survive.

Continue the video and stop at the end of the slide.



Remind the students that our body and our brain talk all the time and that eating is VERY important for our Physical Health – so our tummy tells our brain when we need energy.

When we are hungry, our brain makes us think about eating so that we will go and get food that we need to give our body and our brain energy.

Eating when we are hungry is good for our Physical Health – and our brain.

Continue the video and after the question – How do you feel when you go to sleep?



Ask the students – when they know it is time to go to sleep – how do they feel? (tired, grumpy, etc) Discuss this with the students.

So, sleeping – just like moving your body and eating – is good for your Physical Health. Your body tells your brain when you tired and when it is time to go to sleep.

Continue the video and stop at the question about dreams.



Ask the students if they have ever had dreams.

Discuss that some people can remember their dreams and some people cannot. Sometimes you have good dreams and sometimes they are scary. But, dreams are not really happening – they are just your brain making up stories in your head.

Continue the playing video and stop at the end of this slide. Tell the students that you are now

going to play a game of Physical Health Charades.



Explain that we now know that PHYSICAL HEALTH is about 3 things. Ask the students what those 3 things are...moving, eating and sleeping.

Explain that Charades is game where someone tries to make you guess what they are doing – without you talking.

Say...let me show you...say if I did this --- pretend you are bringing food to your mouth and chewing (you need to be REALLY demonstrative). Ask what do think I am doing? That’s right – eating. And eating is part of Physical Health.

🎨 Continue explaining the game. You are going to need a few minutes to finish the video and end the session after playing the game.

Tell the students that they are going to raise their hand if they want to try doing a Charade and we will ask you to come up – and we are going to whisper in your ear and tell you what to do – you are then going to do it and see if the rest of our friends can guess what you are doing.

Below are some examples of Charades to use. Mix up the Charades you use (moving, eating & sleeping). After the students guess – then reiterate that the Charade was either about moving, eating or sleeping – which is part of Physical Health.

| 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 | |

If the students are having trouble guessing – then talk them through what they are seeing...what does it look like the student is doing.

Continue the game, making comments and having fun.

🎨 Finish the video.

Explain to the students that their brain’s job is to take care of their body and their body helps their brain to do that.

Remind them that Physical Health is about 3 things – moving, eating and sleeping.

- Being “physical” means you move your body. Any kind of moving around is good for your body and your brain.
- You eat because food gives your body and your brain the energy they need to make us healthy.
- You sleep because your body needs to rest and your brain has lots of other things to do to make sure that we are healthy.

Be sure to thank them for listening and tell them the Brain Health Team of JHU students will see them soon to talk to them more about how to keep their brains healthy.