

Lesson Overview

Instead of “Get Well” cards, students create a “Stay Well” card for the classroom that illustrates ways to avoid getting sick.

Skills & Objectives

- Uses a variety of basic art materials (e.g., paints, crayons, pencils) to create works of art and express ideas and feelings
- Sets goals for improving daily life
- Uses skills and strategies of writing process to communicate ideas
- Understands that healthy habits can help them stay well

Healthy Habits Lesson

Stay Well Card

Materials

Whiteboard and dry erase markers

Poster board

Paint supplies, markers, colored pencils or crayons

Lesson Extension

If someone in your class gets sick, have the children create a *Get Well* card.



Directions:

- 1 Tell students that instead of traditional *Get Well* cards, you are going to create a *Stay Well* card for the classroom.
- 2 Invite students to brainstorm examples of healthy habits, such as brushing teeth, washing hands, eating fruits and vegetables, etc. that can help them stay well. Write everyone’s ideas on the board under the heading “Stay Well Card Ideas.”
- 3 Next, ask students to name a few unhealthy habits, such as drinking soda, skipping breakfast or forgetting to wash hands after playing with pets.
- 4 Review the *Stay Well* list together. Fold a large sheet of poster board to create a card. Have each student take turns drawing a picture that illustrates one of the *Stay Well* ideas on the list. Give students drawing supplies for their creations.
- 5 After the paintings or drawings are complete, children can add *Stay Well* wishes to the card.

Submit your classroom’s Stay Well Card to Scholastic along with your completed Classroom Attendance Tracker by December 15, 2011.



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Dr. Jana's Blue Ribbon Healthy Tips

According to the Centers for Disease Control, 22 million school days are lost every year due to the common cold. Show children how to do the “elbow” cough and sneeze (using their elbows to cover their mouths instead of their hands). Or, remind them to cover their mouths and noses with a tissue, immediately throw it away and then wash their hands.