
Al's Healthy Choices Lesson

Purpose

To introduce the concept of being healthy.

To teach children that being physically active and making good eating choices are ways to keep their bodies healthy.

Materials

- ◆ Al's Healthy Choices book*
- ◆ The Al full-size puppet or finger puppet can be used to lead Activity 2, if desired.

Activities

1. Al's Healthy Choices Book

Read Al's Healthy Choices aloud. Encourage children to respond to questions Al asks as you read the book. Point out the little purple bug and see if the children can find it on each page.

Say: “This book we just read is called Al's Healthy Choices. What are some healthy choices you can make? (Examples: exercising, not too much TV or computer time, eating fruits and vegetables, not too much junk food)

(Point to the children.) **That is the only body that you will ever have.**
(Point to yourself.) **And this is the only body I will ever have!**

When we make healthy choices, we are taking care of this very special body! Healthy choices help you feel strong so you can do all the things you love to do. We take care of our bodies by eating healthy food and staying active.”

Ask: “What are some of your favorite foods that are healthy?”

Say: “In the book, Al played basketball, which is a fun way to be active. When you play basketball you move your body around and it is good exercise.

Being active means playing in ways that move your body around.”

Ask: “What are some of your favorite active ways to play?”

2. Tell AI – Is It Active?

Tell the children it's time to play a game called "Tell AI – Is It Active?" Call out the following activities and ask children to act each one out. After each activity, ask children to raise their hand or call out yes or no to indicate if the activity is active. (The AI full-size puppet or finger puppet can be used to lead this activity, if desired).

**Say: "Pretend you are:
Bouncing a ball
Dancing
Watching TV
Swinging a baseball bat
Reading a book
Hula hooping
Playing a video game"**

Ask: "Is watching TV active? (no!)"

What about playing computer games – is that active for your body?"

Say: "Quiet activities like watching TV and playing video games are ok some of the time, but children's bodies need exercise and activity to be strong and healthy."

Ask: "What happens to our bodies when we are active?" (we get exercise, our hearts beat more, we get healthier, we feel better)

Closing Statement

"Great job! Let's remember to be active so we can keep our bodies strong and healthy."

*Note: The AI's Healthy Choices book and AI finger puppet are both available in the Store and Resource Center at AcornDreams.com.