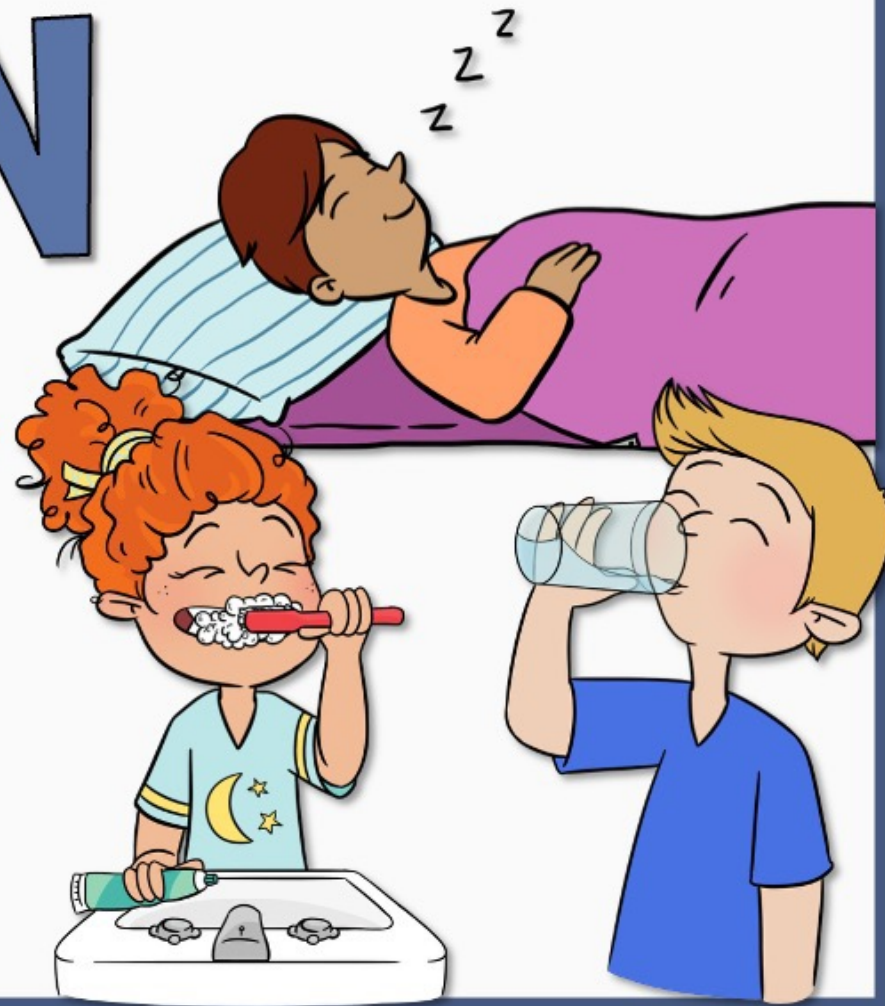


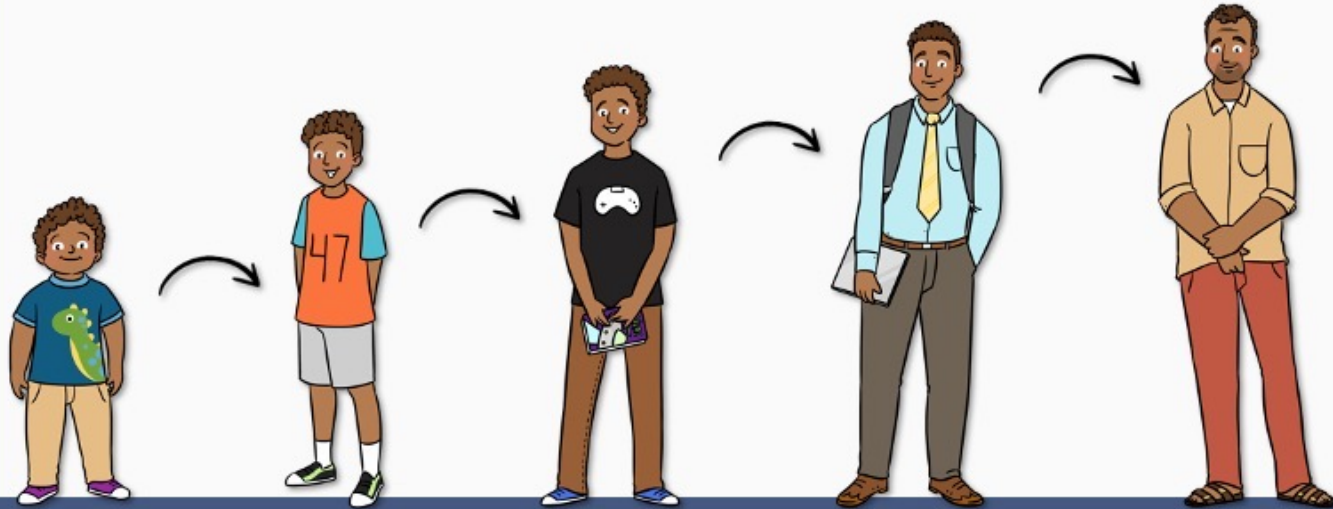
# HEALTHY HABITS GAME PLAN

- **Personal Hygiene** lesson for grades 3-6
- Builds understanding of **healthy habits** for school and daily life
- **Builds confidence** in managing personal care routines



# teaching about healthy habits

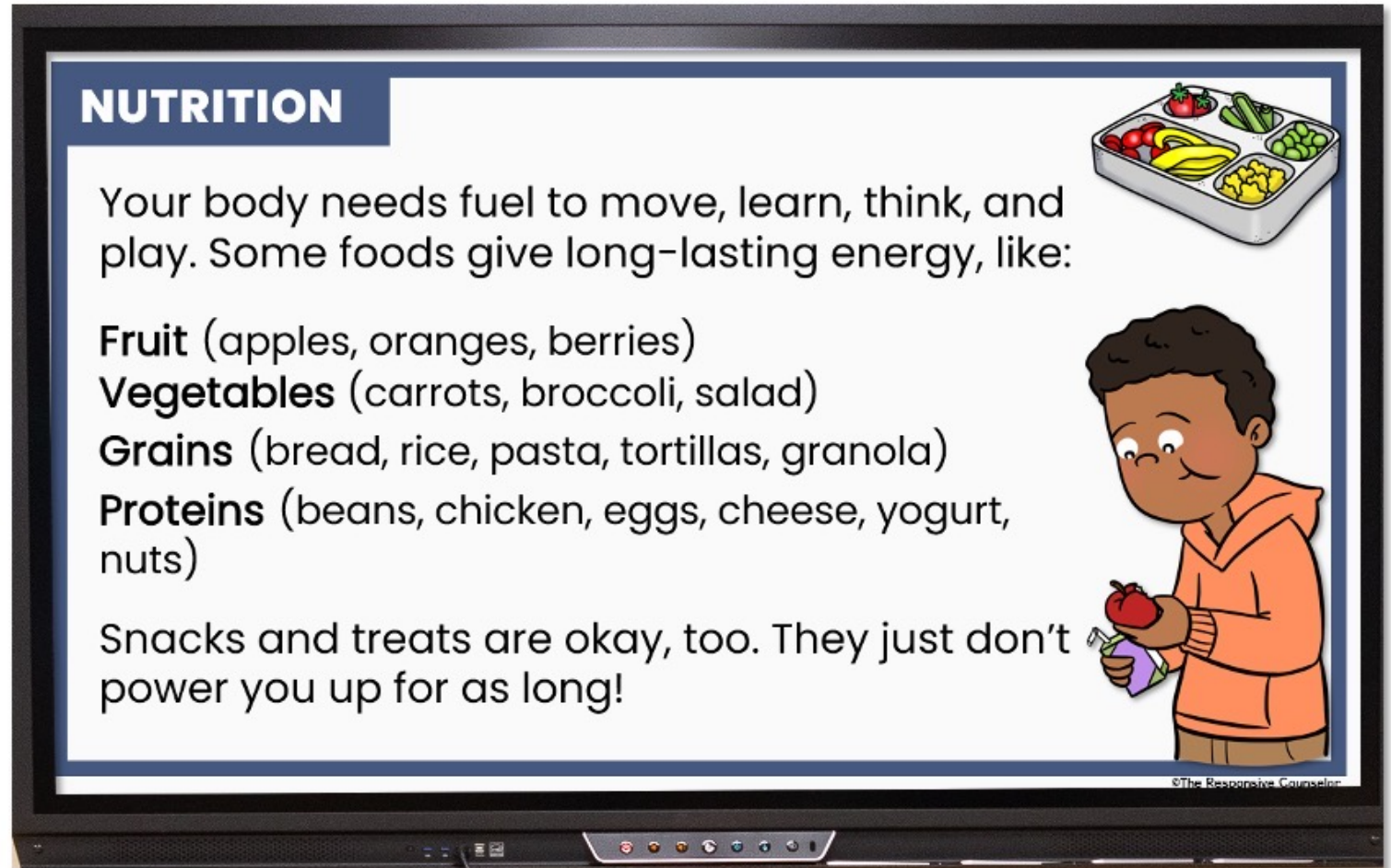
Just like we learn to take care of a pet or plant,  
we have to learn how to take care of ourselves.  
Our needs change as we get older, too!



Slideshow  
introduces **key  
hygiene habits**  
and helps  
students  
recognize what  
healthy habits  
look like in **real  
life**

# healthy habits covered

- Body Hygiene
- Hair Care
- Clean Clothes
- Hand Washing
- Oral Hygiene
- Nutrition
- Movement
- Sleep

A smartboard display with a blue header and white background. The header says "NUTRITION". Below it, text explains that the body needs fuel and lists food groups: Fruit, Vegetables, Grains, and Proteins. It also mentions that snacks and treats are okay but don't provide long-lasting energy. There are two illustrations: a tray of various fruits and vegetables, and a cartoon boy holding an apple and a juice box.

**NUTRITION**

Your body needs fuel to move, learn, think, and play. Some foods give long-lasting energy, like:

- Fruit** (apples, oranges, berries)
- Vegetables** (carrots, broccoli, salad)
- Grains** (bread, rice, pasta, tortillas, granola)
- Proteins** (beans, chicken, eggs, cheese, yogurt, nuts)

Snacks and treats are okay, too. They just don't power you up for as long!

©The Responsive Counselor

# healthy habits structure

## CLEAN TEETH

Every time we eat, tiny bits of food stay on and between our teeth. This can make teeth feel fuzzy and cause bad breath.


Brushing and flossing remove food and bacteria to keep your mouth clean and your teeth healthy.



**CLEAN TEETH GAME PLAN**

- Brush **twice** a day for about **two** minutes, usually in the morning and before bed.
- Make sure to clean all sides of your teeth and your tongue.
- Floss too, since it removes food that your toothbrush can't reach!

## HEALTHY HABITS TRACKER



How can you make sure you brush for a full two minutes?

Each healthy habit includes an info slide, a game plan, and a tracker prompt to **support learning, action, and reflection.**

# easy to customize

## GETTING CLEAN

During the day, our bodies naturally get a **little less fresh**. None of this means anything is wrong. It just means we're alive and doing things!

Healthy habits help us **reset** and **feel our best** again!



©The Responsive Counselor

## SLEEP

Sleep helps your body and brain **reset and recharge**. Most kids need about **9 to 11 hours** each night to feel their best.



When you don't get enough sleep, you might feel **cranky** or have **trouble focusing**, so getting good sleep is an important healthy habit.

©The Responsive Counselor

All main body text is **editable** to support **cultural sensitivity** and **developmental appropriateness**

# independent practice

**HEALTHY HABITS TRACKER**

NAME: \_\_\_\_\_

**Directions**  
After each habit, pause and reflect. Write one idea that helps you take care of your body.

**Nutrition**  
What are some healthy foods you like that keep your energy up throughout the day?

**Movement**  
What type of movement or exercise do you most enjoy?

**Clean and Healthy Teeth**  
How can you make sure you brush for a full two minutes?

**Sleep**  
What is one part of your nighttime routine that helps you sleep well and feel rested the next day?

**HEALTHY HABITS TRACKER**

**Keeping Clean and Fresh**  
Do you like to take a shower or bath in the morning or at night?

Where can you keep your personal care items to remind yourself to use them every day?

**Clean Hands**  
What's a song you'll use while washing your hands to make sure you get them super clean?

©The Responsive Counselor

Students complete the **Healthy Habits Tracker** throughout the lesson, building **self-awareness** as they apply each habit and turn healthy choices into **consistent habits**

# small group practice

**LEVEL UP!**

What is Charlotte doing well?

What is something she could improve?

What is a 1-2 step plan for her to level up her healthy habits game?

© The Responsive Counselor

**ROUTINE LEVEL UP**

**1**

Charlotte wakes up at the last minute, brushes her shower, and rushes through brushing her teeth. She remembers to wash her hands before breakfast and eats a bowl of cereal before rushing out the door.

**ROUTINE LEVEL UP!**

NAME(S): \_\_\_\_\_

Visit each numbered poster with your group. Read the scenario, talk about it together, and record your ideas on this sheet.

Poster Number	Something they are already doing well	Something they could improve.	A 1-2 Step game plan to help them level up!
1			
2			
3			
4			

© The Responsive Counselor

Students **work together** to discuss everyday routines and create simple plans to “level up.”

# closing questions

## CLOSING QUESTIONS



1. Why do you think our healthy habits matter for things we do at school, like focusing and learning?
2. How can we show kindness and respect to classmates who may have different routines or different access to things?
3. If you were helping a younger kid make a healthy habits game plan, what's one tip you would definitely include?

©The Responsive Counselor

Closing questions provide students with the opportunity to **reflect** on the lesson and **apply** learning to themselves

# lesson plan

ASCA and  
CASEL  
aligned  
lesson  
plan

## Healthy Habits Game Plan

**Objective(s):** Students will learn everyday healthy habits related to hygiene, nutrition, movement, and sleep and identify ways to help their bodies feel their best.

**ASCA Mindsets/Behaviors:** Demonstrate ability to assume responsibility, Demonstrate self-discipline and self-control

**CASEL Domains:** Self-Awareness, Self Management, Responsible Decision Making

**Additional Materials Needed:** Writing and Coloring Utensils

### PLAN/PREP

**Slideshow:** Review the directions, suggested scripting, and slides ahead of time. Hide and edit slides as needed.

**Small Group Practice:** Print posters and display around the room. Print/copy one recording sheet for each group

**Individual Practice:** Print/copy one Healthy Habits Tracker worksheet for each student to complete during slideshow

### PACING

This lesson is created to be 45 minutes. If you are using this for a 25 – 30 minute lesson, you can make the following adjustments:

- Complete Opener and Slideshow (if you only want to cover hygiene, hide slides 25 - 34)
- Small Group Practice Activity can be done as Whole Group Practice by using slides rather than dividing into groups and using cards
- Skip Individual Practice Activity
- Closing Circle Question – As many questions as you have time for

©The Responsive Counselor

## HEALTHY HABITS

- |        |  |
|--------|--|
| Opener | <ul style="list-style-type: none"><li>• Slide 1: Say, "Today we're going to explore our Healthy Habits Game Plan. These are the simple routines that help our bodies feel their best so we can learn, play, and do all the things we love."</li><li>• Slide 2: "These are the objectives for our lesson (read or ask student volunteer to read)"</li><li>• Slide 3-4: Say, "When someone gets a new pet or even a plant, they have to learn how to take care of it so it can be the best version of itself. And as the pet or plant grows, what it needs changes! A puppy needs different things than an older dog. A kitten needs different things than a full-grown cat. Just like we learn to take care of a pet or plant, we also have to learn how to take care of ourselves. Our needs change as we get older, too."</li><li>• Slide 5 "Turn to a partner and pick a pet (or plant) and share all the things you would need to do to take care of it and keep it healthy and happy." Call on a few volunteers to share with the whole class.</li></ul> |
| Teach  | <p><i>Note: Two tracker sheets are included– one just for the hygiene sections, and one that includes all sections</i></p> <ul style="list-style-type: none"><li>• Slide 6: Pass out Healthy Habits Game Plan Tracker sheets to students. Say, "Each time we learn about a new healthy habit today, you'll take a moment to check in with yourself. You'll use this tracker to think about how that habit is going in your life and if there are any steps you could take to level up. There are no right or wrong answers - this is just for you to reflect on your own habits."</li></ul>  |

©The Responsive Counselor

Optional/  
suggested  
scripting to  
use

Outline  
breakdown  
with activity  
directions

Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are effective (using research-based best practices) and engaging (through collaborative learning and relevant scenarios) for all types of learners and populations.



## Education

BA. from Michigan State University  
Psychology and Anthropology

M.S. from Vanderbilt University  
Community, Research, and Action

MEd. From Vanderbilt University  
Human Development Counseling:  
School Counseling & Mental Health

## Experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!

Let's Connect:

