



WEEK 1 | Let's Build a Healthy Community

Challenge: Complete a personal, small and easy daily challenge.

Learning Objectives

Students will be able to...

1. Identify how big tasks can be accomplished by breaking them down into small, do-able steps.
2. Describe how small steps, taken consistently, can have a big impact on their health.
3. Develop a plan to take a tiny, daily step towards their health.

Standards Alignment

National Health Education Standards

**Note: Updated standards to be released March 2024*

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

PreK - Grade 2	Grades 3-5
1.2.1 Identify that healthy behaviors affect personal health.	1.5.1 Describe the relationship between healthy behaviors and personal health.
1.2.2 Recognize that there are multiple dimensions of health.	1.5.2 Identify examples of emotional, intellectual, physical, and social health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

PreK - Grade 2	Grades 3-5
2.2.1 Identify how the family influences personal health practices and behaviors.	2.5.1 Describe how the family influences personal health practices and behaviors.



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2.2.2 Identify what the school can do to support personal health practices and behaviors.	2.5.2 Identify the influence of culture on health practices and behaviors.
	2.5.3 Identify how peers can influence healthy and unhealthy behaviors.
	2.5.4 Describe how the school and community can support personal health practices and behaviors.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

PreK - Grade 2	Grades 3-5
3.2.1 Identify trusted adults and professionals who can help promote health.	3.5.1 Identify characteristics of valid health information, products, and services.
3.2.2 Identify ways to locate school and community health helpers.	3.5.2 Locate resources from home, school, and community that provide valid health information.

Materials

- Lesson Slides
- Handout: Challenge Tracker
- Giveaway: Crayons, FHC water bottle

Outline (45 minutes)

- **Introduction** - Slides 1-3 (5 min)
- **Movement Break** - Slide 4 (3 min)
- **New Challenge + You Got This** - Slides 5-11 (15 min)
- **Activity** - Slide 12 (15 min)
- **Recap + Share It!** - Slide 13 (2 min)



Lesson Plan Guide

INTRODUCTION

Slide 1 - Introduce Yourself

1. **Introduce Yourself:** Hi (*second, third or fourth*) graders!
 - a. My name is (*Say your name*).
 - b. I'm a doctor and I work at (*Say your hospital*).
 - c. I'm a doctor who (*Say your department or specialty*).
 - d. Before we get started, let us share a fun fact! (*All doctors share a fun fact*)

Slide 2 - Introduce the Program

1. **Introduce the Program:** We're part of a group called the Committee of Interns and Residents. That's like a big team of doctors. Just like your teachers and other workers, we come together as a union to make things better for us at work, and everybody in our community.
2. **Getting Oriented:**
 - a. **Today, we're starting a program here at (*School Name*)** called the Family Health Challenge, FHC for short. This is the first week. We're here to make learning about being healthy easy and fun!
 - b. **We will break up big health challenges into tiny steps** you can do with your loved ones. It's more fun when we work together! That's the whole point of being in a union and it's a big part of this program too!
 - c. **Don't worry if something seems hard;** we're here to help you!

Slide 3 - Explain How the Program Works

1. **We will move:** Every time we meet, we'll begin with a quick 2-minute activity to get our bodies moving and feeling great.
2. **New challenge:** Then we will introduce a new challenge and talk about ways you can take on the challenge with your friends and family.
3. **Fun activity:** Each time we meet there will be a new challenge and it will also include a fun activity to make sure you remember the challenge throughout the week.
4. **We will return!** When we return the following week, we will ask you how you did. How does that sound?

(Pause for a few questions)



MOVEMENT BREAK

Slide 4 - Let's Get Moving!

1. **Let's Get Moving:** Ok, let's move our bodies! We're going to play a video from our friends at Hip Hop Public Health.
 - a. Listen carefully to the instructions in the beginning.
 - b. 3 people will show you different ways of moving your body.
 - c. Follow the person in the video you're most comfortable with.
 - d. And more importantly, have fun! Let's go!
 - e. **Play the Video**
 - f. That was fun! I feel ready to take on a new challenge for the day, how about you?

NEW CHALLENGE + YOU GOT THIS!

Slide 5 - Break It Up

1. **Break it up:** Today we will talk about breaking up big challenges into tiny steps. Taking tiny steps isn't just good for our health. It's a superpower for solving problems and helping our community.
 - a. Look at this building. It can become a big structure but it starts with a small brick. Many tiny steps are like these bricks that add up to something big over time.

Slide 6 - Small Steps Add Up

1. **All big things start with baby steps!**
2. **Let's start with an example.** If our hands get dirty during an art project at school and we want them to be clean again, we have to do several steps first. We might sometimes wish we could wave a magic wand and poof - our hands are clean. In reality, washing our hands requires doing a series of steps.
3. Let's think about the many small steps you take to wash your hands.
4. *(Ask the class to list the steps)*
 - a. Walk to the sink
 - b. Turn on the water
 - c. Run water over your hands
 - d. Pump the soap
 - e. Rub your hands with soap - did you know the goal is 20 seconds or more?
 - f. Rinse your hands
 - g. Turn off the faucet
 - h. Dry your hands.



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5. So, you already know how to break up tasks into little steps! You're starting off already good at this.
6. Can you think of another example of an action you take that requires tiny steps?
(Pause for answers. Some examples include:
 - building a sand castle
 - planting a garden
 - making a recipe
 - completing a puzzle.

Those are great examples!

Slide 7 - Let's Build a Healthy Community

1. This week's challenge is called "Let's Build a Healthy Community."
2. We can all take a small part in building a healthy community. It's about taking small, tiny steps consistently over time. And this is a skill we all have to practice every day. If each person finds ways to look out for their health, then together, the community can become healthier.

Slide 8 - Advocates and Upstanders

1. Even **advocates and upstanders** do this! Have you heard of advocates and upstanders?
2. **You might have heard of upstanders at school.** Upstanders are important when it comes to speaking up against bullies. In unions, upstanders can be called advocates.
3. **Upstanders are like superheroes** who make a big difference by doing small acts of kindness.
 - a. Upstanders can help make life better for someone else, they can improve a community or even change history forever.
 - b. An upstander's actions are made up of small, tiny steps that can seem ordinary, even at times boring, but create something big!

Slide 9 - Upstanders in History

1. **Dolores Huerta** was an upstander for workers. Just like us, she helped workers get better pay and conditions by starting with small steps and sticking together. It took a long time, but they did it!
2. Do you know who the other upstanders on this slide are?
 - a. Martin Luther King, Jr. - a civil rights leader who fought nonviolently for people of color
 - b. Ruby Bridges - the first Black child to attend a segregated school
3. I'm sure you'll learn more about them here at school.



Slide 10 - Doctors are Upstanders

1. **As doctors, we're upstanders too!** Do you know how doctors can be upstanders? *(Pause for a few answers.)*
2. Here are a few ways:
 - We are part of our union.
 - We come to your classroom to teach FHC!
 - We take care of your health and your family's health.
 - We speak up and try to make changes in our community.

Slide 11 - You Can Be an Upstander

1. **And we're here to tell you that you can be upstanders, too, and you are probably already great at it!**
2. **Being an upstander starts with taking small steps!** Just like we were talking about earlier, small steps can lead to big changes. Small steps can build up to bigger actions.
 - a. With small steps...We can help our families and communities get healthier and happier, one small change at a time.
 - b. We'll give you ideas each week, like mini-experiments, and you can tell us how it is going. Remember you are the expert on you, so only you know if it's working.
3. **Previewing the lessons:** Here are some ways we're going to break up the big task of being healthy into smaller steps. We are going to talk about:
 - How to eat fruits and vegetables
 - How to eat whole grains and protein.
 - How to spy sugar and salt in our everyday foods.
 - How to move our bodies every day
 - And how to enjoy the foods we love!Are you excited? Because we are!

ACTIVITY

Slide 12 - Activity: Challenge Tracker

1. Now, let's do an activity.
2. **Hand out the Challenge Tracker.**
3. **Celebrate attempts and wins:** An important part of making change is seeing how we're doing with our small steps. We want to make this program fun, and we want to celebrate the tiny wins!
4. **Let's look at the Challenge Tracker together.** We will be using this chart throughout all of the seven weeks we are doing FHC together.



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- a. You can see each of the challenges and a place to record how that challenge went for you. We can see if something is not working and we can make changes.
 - b. Each day when you come to class, you will color in the circle for the day before, to record how that day went.
5. **Here's a key that explains how to color in the circles** depending on how you completed the challenge.
 - a. You'll color a circle **GREEN** if you **completed** the challenge fully that day
 - b. **YELLOW** if you did **some** of it,
 - c. **ORANGE** if you **tried** to complete the challenge or you thought about the challenge, but did not complete the challenge that day, and
 - d. **PURPLE** if you **forgot** about the challenge.
 - e. Put this (*ask the class or teacher where is a good location*) so you remember to color every day! Next week when doctors come to your classroom, you can show them how you did on this challenge.
6. **For this week's challenge, we want each of you to pick a personal challenge for yourself. Something small and easy you can do to be healthier.**
 - a. **A few examples (listed on the slide) are:**
 - Eat breakfast
 - Do 10 jumping jacks
 - Tell yourself: I'm powerful!
 - Try the lunch vegetable or fruit!
 - Your own idea...
 - b. **Everyone's tiny step can be different.** You can write it here or draw a picture.
 - c. Now **write your tiny step into the space** next to Week 1 on the chart. Raise your hand if you need help or are struggling to come up with a challenge for the week. (*Give students a few minutes to write in their challenge. Walk around the room to help those who need help.*)
 - i. **Every day when you come to class, you will take out this Challenge Tracker and record how you did the day before.**
 1. For example, if your personal challenge is to do 5 jumping jacks, then when you come into school on Tuesday, you will record if you did those jumping jacks the day before, on Monday.
 2. How will you record it? By choosing the color that best represents if you completed the challenge.
 - a. **Green** - Yes, you did all 5 jumping jacks
 - b. **Yellow** - Some - maybe you did 1 jumping jack
 - c. **Orange** - You thought about it when you were laying in bed at night
 - d. **Purple** - No jumping jacks yesterday. Let's see how today goes.



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- ii. **When you're done, share your tiny step with us!** When you share your tiny step, it might inspire your classmates to try it too. That's how we all help each other become healthier. And remember, the tiniest steps can lead to big improvements over time.

RECAP + SHARE IT!

Slide 13 - Recap

1. **Let's do a quick recap.**
 - a. Who can tell me what's the challenge for this week?
 - b. **The challenge for this week is to break up big tasks into tiny steps you can take everyday or almost every day.**
2. **We're on a mission to make being healthy fun and easy!** Remember health isn't just about your body; it's about feeling good inside and out. What's the key to making a change (in your health, in your mood, in your community)?
3. **It's taking small steps, like superheroes called upstanders!** Just like Dolores Huerta helped workers by starting small and sticking together, we can improve our health and make a big difference one tiny step at a time.
4. **Share with your community:** Who is someone in your life you can tell about your challenge? Think about one person's name and on 3, let's all whisper the name at the same time. 1-2-3 - (whisper name).

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