

2019 Healthy Texas Week



MORNING ANNOUNCEMENTS

Pre-K

MONDAY: SMART CHOICES

INTRODUCTION

IT'S TIME for Healthy Texas Week! XXXXX School is proud to be involved in the healthiest week of the year. All week long, people who live in Texas will be making healthy choices, and we will be leading healthy activities each morning! To kick things off, we are going to start with a quick activity to help you choose healthier foods at each meal. Fruits and veggies are delicious and give your body healthy nutrients to grow big and strong. At each meal, half of your plate should be filled with fruits and veggies.

TEACH HEALTHIER ACTIVITY

Please stand up...I am going to say a list of fruits and veggies very slowly. If I say a fruit, you will do a big jump with two feet. If I say a veggie, you will touch your toes. Here we go!

Say each one with 10 seconds in between and model the action.

Apple. Broccoli. Kiwi. Carrot. Green Bean. Sweet Potato. Strawberry.

Great job! Now I am going to say them a little bit faster. Are you ready?

Start slow, then call them out more quickly as you go.

Banana. Okra. Lemon. Pineapple. Peas. Peach. Cabbage. Grape. Beet. Pear. Lettuce.

CONCLUSION

Let's review together! How much of your plate at each meal should be filled with fruits and veggies?

Let students respond.

Half of your plate! All of the foods I listed are smart and healthy choices. Great work, everyone! Let's make this week the healthiest week of the year by trying to add more fruits and veggies to our plates during mealtime.

**For more activities, download the Teach Healthier app and go to the section Pre-K - Circle Time.*

*See lesson to identify more healthy foods.**

TUESDAY: HYDRATION

INTRODUCTION

It's Day 2 of Healthy Texas Week! Today is all about how important it is to drink water. Did you know our bodies can go three weeks without food, but we can only go three days without water? We need to drink at least eight glasses of water each day. Our bodies get dehydrated when we don't drink enough water, making us feel tired and sick. If you want to try something new, you can add lemon, lime, berries, or other fruit to your water for extra flavor.

TEACH HEALTHIER ACTIVITY

Let's stand up...I am going to say different things you can add to your water. If you have tried it, jump once. If you have not tried it, march in place.

Say each one slowly to give the students time to recall if they have tried it.

Apple. Lemon. Cherries. Cucumber. Peaches. Pineapple. Blueberries. Strawberries. Lime.

CONCLUSION

Now you know some healthy flavors you can add to your water! Please have a seat...Remember, it's important to stay hydrated because it keeps us focused and full of energy. Let's make this the healthiest week of the year and try to drink more water than juice.

For more activities, download the Teach Healthier app and go to the section Pre-K - Circle Time.



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WEDNESDAY: ENCOURAGE

INTRODUCTION

It's the third day of Healthy Texas Week! Today, we are talking about stress. Stress is a feeling or emotion that can happen in many situations, like moving to a new school, falling on the playground and feeling embarrassed, or forgetting your backpack with all of your supplies. Has anyone ever experienced something similar?

Let students respond.

TEACH HEALTHIER ACTIVITY

Please stand up. I am going to say different statements about stress. These will either be true or false. If you believe the statement is true, march in place. If you believe the statement is false, jog in place.

Wait a few seconds after each statement to say whether it is true or false.

- » Stress and emotions are connected. (True)
- » There is good and bad stress. (True)
- » Bad stress can cause you to eat too much. (True)
- » Stress is natural, and happens to everyone. (True)
- » Everyone deals with stress the same way. (False)
- » We can stop all stress. (False)
- » There are healthy things we can do to feel less stressed. (True)

CONCLUSION

Good job, everyone! Please take a seat...Stress is a part of life, but there are healthy ways to deal with it. If you are feeling stressed, it's a great idea to ask for time alone, read a book, or ask a friend for a hug.

For more activities, download the Teach Healthier app and go to the section Pre-K - Circle Time.

THURSDAY: SLEEP

INTRODUCTION

It's Day 4 of Healthy Texas Week! Are you feeling sleepy this morning? **Let students respond.** Does anyone know how many hours of sleep you should get each night? **Let students respond.** Each of you should try to get 10 - 13 hours of sleep every night. Some animals are nocturnal; this means they sleep during the day and are active at night, but this is not the case for people. Our bodies have a natural clock inside. It tells us that when it's dark, it's time for our bodies to rest.

TEACH HEALTHIER ACTIVITY

Let's stand up for a quick activity... I am going to say three times of day: Sunlight, Dusk, and Moonlight. When I say, "Sunlight," march in place. When I say, "Dusk," rock from heels to toes. When I say, "Moonlight," freeze in a superhero position.

Say each command three times slowly.

CONCLUSION

Great job! Please take a seat... Just like in our activity, we are active during sunlight and dusk, but we must rest at night. At your age, you should be getting around 10 - 13 hours of sleep. We challenge you to close your eyes and rest during nap time.

For more activities, download the Teach Healthier app and go to the section Pre-K - Circle Time.



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FRIDAY: BREAKFAST

INTRODUCTION

Good morning! How are you feeling today? **Let students respond.** Did you eat your breakfast? **Let students respond.** Breakfast is an important meal! It helps increase your metabolism and prepares your body to start the day. Let's do a quick activity to celebrate the last day of Healthy Texas Week together!

TEACH HEALTHIER ACTIVITY

Everyone get on your feet...Today, we are going to be "Super Bananas!" Take both arms and reach up toward the sky. Keeping your arms and legs straight, bend over toward your toes. Now, slowly move your hands back up to the sky. Let's do 10 reps together! **Slowly complete 10 reps. Each rep should take 15 seconds. Make sure to model the action.** Great job! Now, spread your fingers apart and wiggle them. Keep your arms straight reaching your fingers behind you. Remember, don't bend your arms. Now, bring your arms back straight. Try it 3 more times reaching your arms behind you. **Slowly complete 3 reps.**

CONCLUSION

Way to go! Do you feel awake and ready to learn? Just like this healthy exercise, a healthy breakfast is a smart way to start each day. It will give you the energy you need to learn new things and play outside. We are proud of you for getting active and making healthier choices this week. We hope you keep these healthy habits going! **For more activities, download the Teach Healthier app and go to the section Pre-K - Circle Time.**



For more activities like these, download the Teach Healthier app for free in the iTunes App Store or Google Play!

