

2019 Healthy Texas Week



MORNING ANNOUNCEMENTS

Elementary School

MONDAY: SMART CHOICES

INTRODUCTION

IT'S TIME for the healthiest week of the year! XXXXX Elementary is proud to be involved in Healthy Texas Week. All week long, Texans will make healthy choices, and we will be leading healthy activities each morning! To kick things off, we are going to start with a quick energizer to help you identify healthier choices for your food. Fruits and veggies are delicious and provide healthy nutrients for your body. At each meal, half of your plate should be made of 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 5 jumping jacks. If I say a veggie, you will do 5 toe touches. Here we go!

Say each one with 10 seconds in between.

Apple. Broccoli. Kiwi. Carrot. Raspberry. Sweet Potato. Strawberry. Lettuce.

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. Green Bean. Pineapple. Peas. Peach. Cabbage. Grape. Beet. Pear. Blueberry.

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.

TUESDAY: HYDRATION

INTRODUCTION

It's Day 2 of Healthy Texas Week! Today is all about the importance of drinking 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 like it, hop once.

If you don't like it, march in place.

Say each one slowly to give the students time to decide if they like it.

Apple. Berries. Lemon. Cherries. Cucumber. Mint. Peaches. Lime. Pineapple.

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 energized and focused. Let's make this the healthiest week of the year and try to drink a glass of water with every meal!



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WEDNESDAY: ENCOURAGE

INTRODUCTION

It's the third day of Healthy Texas Week activities! Today, we are talking about stress. Stress is a feeling or emotion associated with many situations. Everyone handles stress in different ways. There is good stress and bad stress.

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, jump up and down.

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 stress (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 take a walk, color in a coloring book, or take part in an activity that makes you happy.

THURSDAY: SLEEP

INTRODUCTION

It's already Day 4 of Healthy Texas Week! Are you sleepy this morning?**Let students respond.** How many hours of sleep did you get last night?**Let students respond.** Did you know that some animals are nocturnal? This means they sleep during the day and are active at night! This is not the case for humans. 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 energizer activity... I am going to say three commands: 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. As students, you should be getting around 10 or 11 hours of sleep. We challenge you to turn off your TV or electronics a couple of hours before bedtime to let your body relax and prepare for a good night's sleep tonight.



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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 together to celebrate the fifth and final day of Healthy Texas Week!

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.** 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 encourage you to keep these healthy habits going!



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

