

Classroom Activities to Enhance Skills in Health Education



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Why is it important to have a SKILLS based Health Education Curriculum?



To Have Happy and Healthy Kids!

Additional Benefits of a Skills Based HE Curriculum

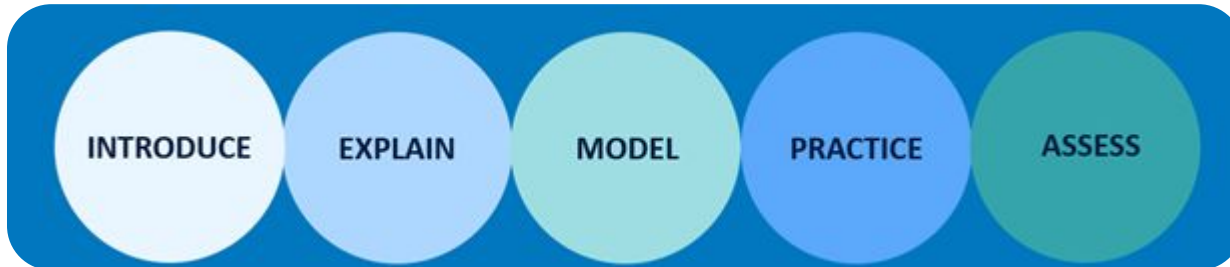
- Provides students with a foundation of functional knowledge they can apply to life situations they will face and build confidence in health-enhancing skills
 - *analyzing influences*
 - *accessing valid and reliable information*
 - *effective communication*
 - *decision making*
 - *goal setting*
 - *practicing healthy behaviors*
 - *advocating for healthy behaviors*
- Builds the knowledge that influences the attitudes, values, and behavior of students.

Additional Benefits of a Skills Based HE Curriculum

- Develops students' skills that can transfer to any health behavior for healthy living throughout their lifetime.
- Focuses on current health trends and the needs of the student population.
- Benefits society overall when students have these skills - academic, career, SES, community growth, connectedness, etc.

Steps to Teaching a Skill in Health Education

- Discuss the importance and relevance of the skill.
- Explain that students have the capability of learning the skill.
- Present strategies for learning the skill.
- Model the skill.
- Use real-life scenarios to apply the skill.
- Allow time for students to practice the skill.
- Provide performance-based feedback and reinforcement.



What is the Goal of the Presentation Today?

To leave with a variety of classroom activities that will help to enhance the skills you are teaching in health education.

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UNKNOWN



Jackson, T. (2003). *Activities That Teach*. Red Rock Pub.

[Attachment](#)

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MOST or MOMENT



Jackson, T. (2003). *Still More Activities That Teach*. Red Rock Pub.

[Attachment](#)

MOST or MOMENT

1. Write down 5 goals that you have for yourself.
(Be willing to share with the class.)
2. Write one goal that would make you the happiest you could ever imagine being.
(You will NOT share this goal with anyone.)

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MOST or MOMENT

"The chief cause of unhappiness and failure is sacrificing what is wanted most for what is wanted at the moment."


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Hallway Advocacy

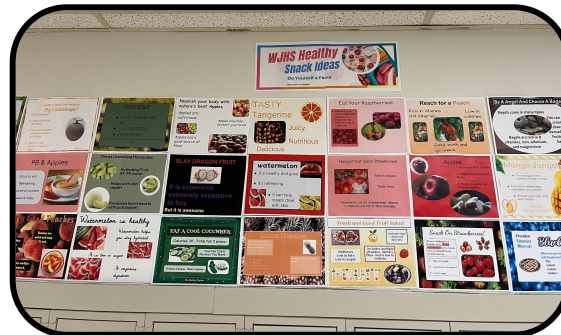
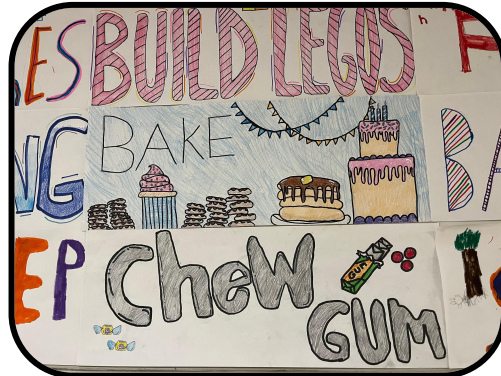


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The Everything Avocado



- An excellent source of vitamin B, C, E, and K
- An easily prepared snack
- Has an amazing taste



Be Smooth, Choose a Fruit Smoothie!

Nutritious! Healthy! Tasty!



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Broom Activity



Floor = Past
Palm = Present
Ceiling = Future

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Weekly Challenges



Weekly Challenge Document

Prize Examples - *PBIS Points, Healthy Snacks, HW Passes, etc.*

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SMART Goal Template

MY HEALTHY BEHAVIOR GOAL

All Responses should be typed in RED.

1. My S.M.A.R.T. healthy behavior goal is: to get 7-8 hours of sleep 6 days a week.

Specific (needs numbers)	Measureable (How will you log?)	Action (list 5)	Realistic (yes or no)	Timely (When and how long?)
7-8 hours 6 days a week	Logging in an app each day I am successful	Go to bed at 10 pm Wake up at 6 am Turn phone off at 9.30 No caffeine after 7pm Prepare my sleeping environment - ex. dark room, comfortable temperature, etc.	YES	I will start this Sunday night and evaluate my progress in 6 weeks.

2. This goal is important to me because:

3. The benefits of reaching my goal are:

4. How confident are you in achieving your goal? (highlight one)
Not confident Somewhat confident Very confident

5. Who will I share my goal with that can help me:

6. I'll reward myself for making progress toward my goal by:

7. What are 3 possible barriers to your success and a way to overcome them?

Possible Barrier to Success:	A Way I can Overcome the Barrier:
Homework	Do it earlier so it is done before 10PM

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Stop, Think, Choose Template

STOP, THINK, CHOOSE!

Directions: Read your assigned scenario and work through the "stop, think, choose" method to make the best possible decision.

1. **STOP:** Define the problem.
2. **THINK:** (use the table below to guide you through the thinking process)

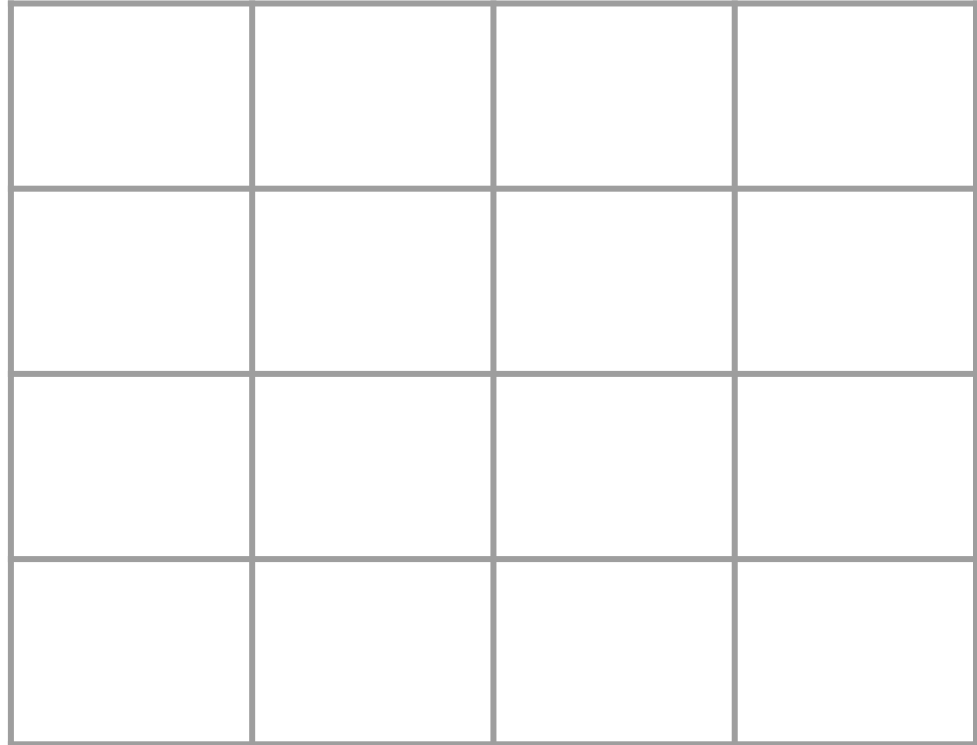
	Option 1:	Option 2:
Write at least two options for the identified problem <i>(there are typically more than 2 options when making a decision).</i>		
List an advantage for each option		
List a disadvantage for each option		
Does this option fit with your values? Explain.		
How would your loved ones feel about each option? Explain.		
Would this affect you for better or worse? Explain.		
Possible consequences/outcomes		

3. **CHOOSE:** What do you feel would be the healthiest option and why?

Scenarios for Decision Making

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How Many Squares
Do You See?



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Solo Cup Activity



[Alcohol Related Scenarios](#)
[Marijuana Related Scenarios](#)
[Discussion Questions](#)

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How Crowded Is Your Bed?



[Story - How Crowded Is Your Bed?](#)

ME Health - Self Care Stations

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Coloring Pages



[ME Health Reflection Page](#)
[ME Health Activity Pages](#)



Questions

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Answers

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