

# Healthy Bodies

## Activity

**Resource:** Early Learning Resource

**Grade(s):** Early Learning

## Curriculum Expectations

6.1, 8.4

See the *Kindergarten Program 2016* for details on the specific expectations.

## Activity Learning Goals

By the end of the activity children will be able to:

- begin to demonstrate an understanding of the effects of healthy, active living on the mind and the body.
- demonstrate control of small muscles when using a variety of materials or equipment

## Equipment

- Chart paper
- Markers
- Clip boards with paper and pencils (one per child)
- [Early Learning Anecdotal Recording Chart](#)

## Safety

n/a

## Assessment Opportunity

EL-K Team observation of children's demonstrated knowledge of the effects of healthy, active living on the body can be recorded on the Anecdotal Recording Chart.

## Clipboard Idea Generation

Hand out clipboards with paper and pencils to each child. As a group, generate ideas about what they know about the importance of the various body parts mentioned in the Body Parts poem or Hokey Pokey song from the "My Body on the Outside" activity card (e.g., our hands let us touch and hold things, our muscles help us move). Record the information on large chart paper, and the children try to record (using scribbling, pictures, made up spellings) on their clip boards. Use questioning to draw out additional knowledge (e.g. "What can we do to make our muscles strong? Oh, Leah said we have to eat to make us strong. What kind of food do you think we should eat?"). Connect healthy eating, drinking water and physical activity to the function of the body parts.

## Notes to EL-K Team

- Note that children may identify genitalia when identifying outside body parts. To prepare for the discussion of inappropriate touching, children need to know that the correct names of the private parts are, for boys, the penis, the scrotum, the testicles, and for girls, the vulva and vagina, the breasts and the buttocks.
- The private parts of a boy may be described as the area between the legs and the buttocks, and the private parts of a girl as the chest, and the area between the legs and the buttocks, if necessary. The phrase "body parts covered by a bathing suit" may also be used.

## Connection Questions to Expand and Enhance Play

- How does eating a healthy breakfast every day help you learn?

- How does healthy food and physical activity help us to have a healthy body?
- Why is it important to remember to be physically active throughout the day?