

# Value Activity 4

**Value** Health Education

**Objective** To introduce students to daily healthy habits.

**Vocabulary** *brush/comb your hair, brush your teeth, drink water, eat fruits and vegetables, put your clothes in the laundry basket, wash your hair, wash your hands*

**Preparation** Make copies of Worksheet 4 (1 per student).

## Warm-up

### Miming Actions

Using the actions in the Vocabulary above, start by miming the first one and saying what you're doing (*I'm brushing my hair*). Invite students to copy you. Continue this way with all seven activities.

Next, point to the actions on the board at random, and have students mime them on their own.

Finally, erase the phrases. Call out activities and ask volunteers to perform them.

### 1 Read, look and number the pictures.

Hand out copies of Worksheet 4 (see *Preparation*).

Ask students to match the sentences with the pictures, and to number these accordingly. Monitor and provide help as needed.

Have them compare answers in pairs or small groups before checking as a class.

### 2 Mark (😊) your healthy habits for one week.

Tell students that it's very important to have good health habits every day. Focus students' attention on the table. Read and, if needed, teach the days of the week by having students repeat the full names (Monday, Tuesday, Wednesday, etc.) after you chorally.

Tell students to take the page home and to check at the end of the days the habits they follow or not.

When they followed a habit, explain that they will draw a happy face. If they didn't follow the habit, tell them to leave the space blank.

Review the instructions with them to make sure they understand what to do. Also, remind them in every class to check their table.

## Wrap-up

### One Week Later

Have students take out their healthy habits table. Divide the class into small groups. Invite students to share their tables and show how well or how badly they did. Remind them that it's important to be honest in order to improve their habits.

Next, ask questions to check how many students remembered to follow the healthy habits every day:

T: *How many students (brushed their teeth) on (Monday)?*

Finally, have students make goals in areas they need to improve their health habits.