

Curriculum Guide

Healthier Me: Intro to Wellness™



COURSE MISSION

The mission of this course is to provide education and encouragement to 4th – 6th graders about healthy nutrition, movement, hygiene, sleep, meditation, and connection.

COURSE DESCRIPTION

The Elementary School Health and Wellness course will be aimed at helping students from the 4th to the 6th grades (ages 8 – 12) understand many of the factors that help to keep their minds and bodies healthy. While childhood obesity remains a concern, with 17% of children between the ages of 10 and 17 experiencing obesity¹, the answer is not to inundate children with frightening statistics or warnings of the risks of overweight and obesity. It is also important to remember that 9% of Americans will be diagnosed with an eating disorder within their lifetimes.² Therefore, an approach that focuses on overall physical, emotional, and social wellness will give students the tools they need to make healthy choices. The course will cover nutrition and exercise, hygiene, sleep, and the importance of healthy mindfulness and social connection.

COURSE OVERVIEW

TOPIC	DESCRIPTION
Nutrition	In this module, students will explore the health benefits of balanced nutrition. Learners will follow the examples of a group of friends who explore healthy food choices and the impacts they can have on mood and well-being. Learners will also differentiate between nutrition facts and myths.

¹ <https://stateofchildhoodobesity.org/demographic-data/ages-10-17/>

² <https://anad.org/eating-disorder-statistic/>

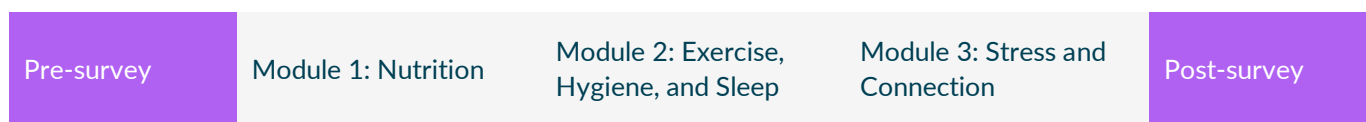
Exercise, Hygiene, and Sleep

In this module, students will learn about the benefits of exercise, good hygiene, and getting enough sleep. They will explore types of exercise including cardiovascular and strength training. Learners will discover the impact of hygiene including frequent handwashing, oral hygiene, and regular bathing. Finally, students will learn about their sleep needs and how to establish a healthy sleeping routine.

Stress and Connection

In this module, learners will explore techniques for coping with stress such as healthy physical habits (good nutrition, exercise, and sleep), mindfulness practices (mindfulness, breathing, meditation), and social connection (spending time with friends and family). Learners will follow characters as they explore the mind-body connection and discover techniques for managing stress.

COURSE STRUCTURE



DETAILED COURSE OUTLINE

Module 1: Nutrition

In this lesson, learners will explore concepts of nutrition and the roles various nutrients play in their bodies.

Learning Objectives

Students will be able to...

- Identify and describe the benefits of healthy food choices.
- Describe types of nutrients and their role in a healthy diet.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Mystery at Mealtimes Manor	This page gives an overview of the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won't get a score because this is not a quiz or a test.
Mealtimes Mysteries	The characters are trapped in a museum exhibit about nutrition and explore four different displays.
Healthy Meal Mystery	In this section, learners discover how to create balanced meals and ensure that they meet the daily recommended servings of each food group.
Mega Macronutrients	Here learners explore protein, carbohydrates, and fat and discover how each macronutrient affects the body.
The Secret of Micronutrients	Learners discover the necessity of micronutrients in human growth, development, and health maintenance.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Fundamental Fiber	In this section, learners dig deeper into the importance of fiber in the diet for both regularity and gut health.
Lunch for Khadija	Learners apply what they've learned in the module in building a healthy lunch for one of the characters.
Quiz/Your Score	Post-assessment questions measure learning gains from the module. Students need to score at least 70% to pass.

Module 2: Exercise, Hygiene, and Sleep

In this module, students will learn about the benefits of exercise, good hygiene, and getting enough sleep. They will explore types of exercise including cardiovascular and strength training. Learners will discover the impact of hygiene including frequent handwashing, oral hygiene, and regular bathing. Finally, students will learn about their sleep needs and how to establish a healthy sleeping routine.

Learning Objectives

Students will be able to...

- Identify healthy activity and its impacts on health.
- Summarize the impact of health-promoting behaviors such as exercise, sleep, and hygiene.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Treasure Map	This page introduces the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won't get a score because this is not a quiz or a test.
Gearing Up	Learners follow along as the characters prepare for an outdoor adventure.
Cardio Conditioning	Learners discover the importance of cardiovascular exercise for heart and lung health.
Working Your Muscles	In this section, learners explore how strengthening muscles can help prevent injury and contribute to overall wellness.
Bone Strengthening	Here, students learn what exercises strengthen bones and how that helps prevent breaks.
Hand Hygiene	Learners discover how hand hygiene helps prevent the spread of germs and contributes to health.
Showering or Bathing	In this section, learners explore how showering and bathing vary by culture and why clean skin is important.
Oral Hygiene	Learners explore the practice of oral hygiene in the prevention of cavities and bad breath.
Bedtime	Students learn the importance of sleep for their physical and mental health; they also learn what things can disrupt sleep.
Quiz/Your Score	Post-assessment questions measure learning gains from the module. Students need to score at least 70% to pass.

Module 3: Stress and Connection

In this module, learners will explore techniques for coping with stress such as healthy physical habits (good nutrition, exercise, and sleep), mindfulness practices (mindfulness, breathing, meditation), and social connection (spending time with friends and family). Learners will follow characters as they explore the mind-body connection and discover techniques for managing stress.

Learning Objectives

Students will be able to...

- Describe a variety of stress-reducing behaviors.
- Define the impact of stress on health and wellness.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Stressing Out	This page introduces the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won't get a score because this is not a quiz or a test.
The Origins of Stress	Learners discover what stress is and how it has evolved over time.
The Quest Begins	Learners follow along as the characters discover how stress can manifest at home, at school, with friends, and with family.
Watch Your Back!	In this section, learners explore how stress can manifest both mentally and physically.
Physical Habits	Learners discover how physical habits such as sleep, exercise, going outside, unstructured play, and eating nutritious foods affect both physical and mental health.
Mental Practices	Learners explore practices such as journaling, meditation, and mindfulness and their effects on physical and mental health. They practice the 5, 4, 3, 2, 1 technique, square breathing, color counting, and tensing and releasing muscles.
Making Connections	In this section, learners discover the importance of social connection, including talking with friends, a trusted adult, or a therapist.
Quiz/Your Score	Post-assessment questions measure learning gains from the module. Students need to score at least 70% to pass.