



Children's Health
Education Center™

A member of Children's Hospital and Health System.



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BlueKids.org

Health Supply

Suggested CHEC-out activities

1 Fabulous food pyramid

Review the food pyramid with students. Have them create and color their own food pyramids to decorate the classroom. Visit www.mypyramid.gov for ideas.

2 Relaxation station

Create a "relaxation corner" in your classroom. Read bedtime books or have kids relax, close their eyes, and visualize their favorite places (i.e. beach, pool, home, vacation). Discuss the importance of taking time throughout the day to relax and rest.

3 My own tooth brushing chart!

Please visit:
http://wwwtc.pbskids.org/arthur/parentsteachers/lesson/health/pdf/ActSheet_Open_Wide_eng.pdf and have your students fill out their own personal tooth brushing chart to make sure they are brushing twice a day! Give students stickers, or have them mark off each time they brush with a marker.

4 Healthy treasure hunt

Split your class into small groups of two to four. In safe places throughout your classroom or school, hide pictures of different exercises the groups will complete as a team (a child jump roping, a child playing basketball, etc). Give the groups a chart to keep track of which exercises they completed, and they can mark each one as they complete it with a stamp or sticker. Bring in a healthy snack to complete this activity!

Books

- "Oh the Good Things You Can Do That Are Good for You!," Rabe, Tish. Random House Books for Young Readers, 2001.
- "Hidden World: Human Body," Delafosse, Claude, et al (A First Discovery Book). Scholastic Books, 1999.
- "Eating the Alphabet," Elhert, Lois. Redwagon Books, 1996.

Web sites

- Children's Health Education Center, www.BlueKids.org
- Gayle's Preschool Rainbow Activity Central, www.preschoolrainbow.org
- The Activity Idea Place, www.123child.com
- Child Fun Family Web Site, www.childfun.com
- U.S. Department of Agriculture food pyramid, www.mypyramid.gov
- KidsHealth in the Classroom, classroom.kidshealth.org
- Dole 5-A-Day, www.dole5aday.com