Keeping Your Students Healthy and Active With SCETV and PBS Resources

A presentation by: Bre Wilson, M. Ed
Hello!
I am Bre Wilson!

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What are we doing today?

- See ETV/PBS resources to help introduce health and wellness in the classroom
- Get some great lesson plans to use!
Question 1: What are some observable characteristics of a healthy student? An unhealthy student?

Question 2: What are some challenges that you face in teaching your students about healthy lifestyles?
1. Did you know...

According to the Society for Neuroscience, diets with high levels of saturated fats impair learning and memory. French fries, sugar, chicken nuggets, etc. are leaving kids tired, unfocused, jittery and sick, which hinders performance and influences behavior and moods.
Smart Cat’s Fruits and Vegetables of the Day

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Apple</td>
<td>Bananas</td>
<td>Broccoli</td>
<td>Carrots</td>
<td>Corn</td>
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<tr>
<td>Grapes</td>
<td>Lima Beans</td>
<td>Okra</td>
<td>Oranges</td>
<td>Peaches</td>
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<tr>
<td>Peas</td>
<td>Squash</td>
<td>Strawberries</td>
<td>Sweet Potatoes</td>
<td>Tomatoes</td>
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</tbody>
</table>
No login needed!  Free interactives and videos!
https://www.knowitall.org/search?keys=healthy+hannah
Questions?  Issues?

Contact Dr. Sharla Brown at
803-737-7657 or sbrown@scetv.org

https://www.learningwhy.org/
14 Search Results

**A TRIP TO THE DENTIST**
Students can define cavity, healthy food, and snacks. They will describe the relationship between excessive sugar consumption and obesity, diabetes and tooth decay. They also will demonstrate good hygiene to properly floss teeth. [more](https://www.learningwhy.org/lessons/beans-are-protein)

**AEROBIC ACTIVITY**
Students will define aerobic and anaerobic exercise/activity. They will keep a week-long exercise journal demonstrating these exercises. They will differentiate between them and have the ability to explain to others why it is important for them to be physically active most days. [more](https://www.learningwhy.org/lessons/beans-are-protein)

**BEANS ARE PROTEIN**
Students will define bean, protein and meat alternatives. They will identify different types of beans. [more](https://www.learningwhy.org/lessons/beans-are-protein)

**BIKE FOR YOUR LIFE**
Students will define physical activity and health-related fitness. They will identify fun sources of physical activity through a charades game. They will learn the relationship between physical activity and a healthy lifestyle. [more](https://www.learningwhy.org/lessons/beans-are-protein)
https://pbskids.org/sesame/

https://www.pbs.org/parents/recipes/make-a-healthy-feelings-faces-snack

Make a Healthy “Feelings Faces” Snack

Using words to describe feelings can help give your child power over his emotions, making them less overwhelming or scary. And talking about feelings with a caring listener helps children understand that feelings are normal — and that others have felt that way, too. Help your child think about how emotions look and feel with this activity that doubles as a healthy snack!

Related to Episode 101 / Strategy Song

It helps to say what you’re feeling.

Materials

- Rice cakes or graham crackers
- Spreading knife
- Cheddar cheese or peanut butter
- Apples
- Apple slices
- Bananas
Other Resources...

https://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game

https://www.superkidsnutrition.com/
At Home Activities

- Create a placemat
- Make a food chart
- Exercise With Smart Cat and Create an Exercise Plan
- Food Reflection Journal
- Healthy Scavenger Hunt
SAFETY

- In what ways do you help your students understand who the helpers are in their community?

- How does a sense of safety impact student learning outcomes?

https://www.knowitall.org/series/meet-helpers
Children's Mental Health Matters!
At Home Activities

- **Mood Journal**
  - Have each student keep a journal of their feelings.

- **Mood Collage**
  - Encourage students to cut or draw images on a poster or construction paper that reflect their mood.
What did you learn today?
Questions?
Ask away!

Comments?
Let me know how I can better assist!

Concerns?
Let me ease your fears!
Thanks!

Any other questions?

You can find me at:

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