I can…

... Check-in on my personal health goal

... Communicate effectively with my peers

... Describe a sustainable physical activity and nutrition project

... Complete a student health survey
Personal Health Goal Check-In

1. How is your goal going?

2. What are some challenges you have faced?

3. What do you like about the changes you are making?

4. What improvements can you make this next week to continue to reach your goals?
Can You Draw?

1. Find a partner.

2. Partner 1 faces the front of the room, and Partner 2 faces the back so they are unable to see the PowerPoint.

3. Partner 1 will be shown an image and will describe how to draw it to Partner 2 without using the word.

4. Switch roles and repeat.

This game encourages cooperation, successful teamwork and trust, which is crucial for effective communication.
STRAWBERRY
Switch Partners
MOVE
1 HOUR + LIMIT
SCREEN TIME
EVERY DAY

SOCCER GOAL
EAT
3 VEGETABLES + 2 FRUITS EVERY DAY

BROCCOLI
Game Recap

• How do you think your group worked as a team?

• How did you adapt the way you communicated with your team members when challenges arose?

• Looking back, what are some ways you could have improved your communication?

• Going forward, how can you apply what you learned today to your work as a SHA group?
Introduction to your Project

• You will be working together as a group to create a sustainable nutrition or physical activity project within your school environment.

• A sustainable project’s effect will continue after its initial start.
Which One is the Sustainable Project?

Walking Event:
This event is one day. After the day is over, everyone goes back to their normal routine; which does not include walking.

Walking Club:
This club meets weekly. Those who participate every week have switched up their normal routine to include more physical activity, which has many benefits like improving heart health and building muscle.
Project Goal

• Encourage your peers to live a healthier lifestyle

• Research shows that peers (friends) influence your behavior more than anyone else

• YOU really have the power to influence change!
Step 1

• Understand your school’s strengths in regards to student health, as well as areas where your school can improve.

• You will gain this information by passing out a HealthMPowers survey with questions about students’ behaviors, the accessibility of healthy options at your school, and their attitude towards making healthy choices.
3 Key Behaviors on the Student Survey

1. Eat 3 vegetables and 2 fruits every day
2. Drink more water and less sugary drinks
3. Move 1 hour and limit screen time

How do you think kids in our school are doing?
<table>
<thead>
<tr>
<th>Question</th>
<th>Check the answer that best applies to you</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you eat 2 fruits every day?</td>
<td>__ Yes, I eat 2 fruits every day</td>
</tr>
<tr>
<td></td>
<td>__ No, I do not eat 2 fruits every day</td>
</tr>
<tr>
<td>Do you eat 3 vegetables every day?</td>
<td>__ Yes, I eat 3 vegetables every day</td>
</tr>
<tr>
<td></td>
<td>__ No, I do not eat 3 vegetables every day</td>
</tr>
<tr>
<td>Do you drink water 5 or more times every day?</td>
<td>__ Yes, I drink water 5 or more times every day</td>
</tr>
<tr>
<td></td>
<td>__ No, I do not drink water 5 or more times every day</td>
</tr>
<tr>
<td>Are you active for 60 minutes every day?</td>
<td>__ Yes, I am active for 60 minutes every day</td>
</tr>
<tr>
<td></td>
<td>__ No, I am not active for 60 minutes every day</td>
</tr>
<tr>
<td>Do you participate in a physical activity break every day during your school week?</td>
<td>__ Yes, I do participate in a physical activity break every day during my school week</td>
</tr>
<tr>
<td></td>
<td>__ No, I do not participate in a physical activity break every day during my school week</td>
</tr>
</tbody>
</table>
SHAs take the survey → Pass it out to a peer
Steps for Completing Student Surveys

1. Give a Student Survey to a peer.

2. Ask them to fill out the survey and hand it back to you.

3. Save the survey to hand back to your SHA Coordinator.
Strategies for Completing Student Surveys

1.

2.

3.

4.
Summarizing Activity: Think-Pair-Share

Think
- How can you communicate effectively with your peers when gathering survey information?
- Why is it important to learn about student behavior before starting our project?

Pair with a partner and discuss your responses.

Share your responses with the class.
Choose a Brain Booster

20/20 Vision
Students perform an exercise for 20 seconds. After 20 seconds, ask a student to lead a different exercise (ex: high knees, jumping jacks, jumping, elbow to knee, squats)

Silent Walk
Take a 5- to 10-minute silent walking break throughout the halls.

Dance Video
I Like It!
Choosing Healthy Habits

Turn to this week's "Bell Work Activity“ in your Choosing Healthy Habits Planner and complete the activity!
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