

# **Lesson Plan: "Healthy Habits for Happy Kids: Eat, Move, Sleep!"**

**Age Group:** 5 years and up

**Duration:** 30-45 minutes

---

## **Objective:**

Students will learn about the importance of healthy eating, regular physical activity, and sufficient sleep. They will understand how these habits contribute to overall well-being and happiness.

---

## **Materials Needed:**

- Video Tutorial by DiscoverlifeSkills.com: "Healthy Habits for Happy Kids"
  - Chart paper or whiteboard
  - Markers
  - Healthy food pictures or cutouts (fruits, vegetables, nuts, yogurt)
  - Activity sheets with exercise and sleep routines
  - Pillow or blanket (for sleep activity)
  - Music for a short dance session (optional)
- 

## **Introduction (5-10 minutes):**

### **1. Greeting & Discussion:**

- Start with: "Today, we're going to learn how to keep our bodies and minds happy and healthy!"

### **2. Introduce the Three Key Habits:**

- Explain that the three main things we'll focus on are eating healthy, moving our bodies, and getting enough sleep.
-

## **Main Activity (20-30 minutes):**

### *1. Watch the Video (5-7 minutes):*

- Play the video tutorial "Healthy Habits for Happy Kids."
- Encourage students to watch and listen to the tips on how to stay healthy.

### *2. Discussion and Activities (15-20 minutes):*

#### **• Eat Healthy:**

- Discuss the importance of eating fruits, vegetables, and healthy snacks. Show pictures or cutouts of these foods.
- Activity: Create a "Healthy Plate" on a chart paper. Have students draw or place pictures of healthy foods they like.

#### **• Move and Play:**

- Explain how exercise helps us stay fit and happy. Mention activities like running, jumping, dancing, and biking.
- Activity: Have a short dance session or a simple exercise routine with the students to get them moving.

#### **• Sleep Well:**

- Discuss how sleep helps our bodies rest and be strong. Talk about having a cozy bed and going to bed at the same time each night.
- Activity: Have a "Rest Time" where students lie down with a pillow or blanket for a few minutes and talk about their ideal bedtime routine.

### *3. Interactive Activity:*

#### **• Healthy Habits Chart:**

- Draw a chart on the whiteboard or chart paper with three sections: Eat, Move, and Sleep. Have students contribute ideas or actions for each section.

#### **• Healthy Habits Routine:**

- Create a daily routine chart with pictures or simple drawings that include eating healthy foods, playing outside, and having a good night's sleep.
- 

## **Conclusion (5-10 minutes):**

### **1. Recap the Key Points:**

- Review the importance of eating healthy, staying active, and getting enough sleep.

### **2. Q&A:**

- Invite students to ask questions about the habits they learned. Answer in a way that is easy to understand.

### **3. Commitment to Healthy Habits:**

- Encourage students to think of one healthy habit they will try to practice every day. Ask them to share their commitment with the class.
- 

## **Extension Ideas:**

- **Healthy Habits Journal:** Have students keep a simple journal or checklist of their healthy habits for a week.
  - **Guest Speaker:** Invite a local nutritionist or fitness coach to talk to the students about healthy living.
- 

This lesson helps students understand and practice essential healthy habits in a fun and interactive way, promoting long-term well-being and happiness.