

Healthy Habits & Routines



3rd Grade
Unit 1.1 Neuroscience
Lesson 2



Class Connect

- 
- What is one thing you do
 - every day that without
 - thinking?
 -



Review

support system

👏 sup·port · sys·tem 👏

synonyms-
group, helpers, encouragers

antonyms-
unhelpful, discouragers

routine

👏 rou·tine 👏

synonyms-
pattern, usual

antonyms-
irregular, different, unusual



TODAY'S
LESSON

Healthy Habits & Routines



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Why are we learning this?

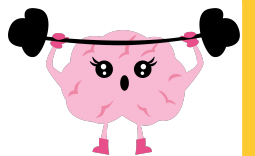
Regulation



Adaptability



Perseverance



definition

- being in good health
- making choices to help our brain and body

wellness



synonyms-
health, wellbeing

antonyms-
sickness, weak, unhealthy

examples

- exercising regularly
- talking about feelings
- eating fruits and vegetables



question

- What are two things you do to help your personal **wellness**?

non-examples

- staying up late to play video games
- bottling up feelings
- eating lots of sugar

definition

- wellness of our emotions and brain
- how we think, feel, act, learn, talk, play, and work

mental health

👏 men·tal · health 👏

synonym- wellbeing

antonym- other people's thoughts/opinions

examples

- your thoughts and feelings
- seeing the glass half full or half empty



question

- When I am having a tough time, I can take care of my **mental health** by:

non-examples

- having no cavities
- how tall you are

What is a Healthy Habit?

Healthy Habit

A **healthy habit** is something you do regularly that helps keep your **body, mind, and feelings** healthy and strong.

Activity Time

Decide whether each
choice is Healthy or
Not Healthy





Movement Break



Activity Time

HEALTHY HABITS

For a Healthy Mind and a Healthy Body!

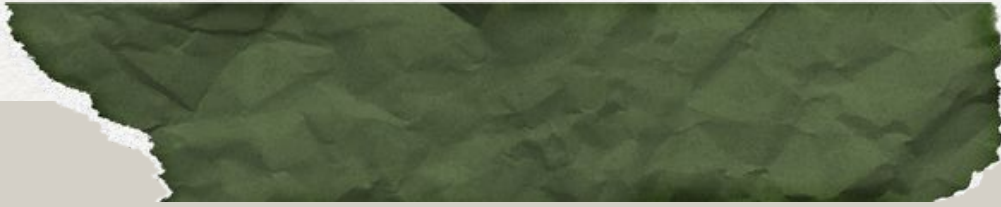
MENTAL HEALTH HABITS Take care of your mind.  TALK ABOUT YOUR FEELINGS It's good to share how you feel with someone you trust.  TAKE BREAKS Take time to relax your mind during the day.  THINK POSITIVE Try to see the good in yourself and in everyday.  CONNECT WITH OTHERS Spend time with people who make you feel happy and supported.  BE MINDFUL Notice the moment. Take deep breaths and stay calm.	PHYSICAL HEALTH HABITS Take care of your body.  EAT HEALTHY FOODS Eat fruits, vegetables, whole grains, and protein foods.  DRINK WATER Water helps your body work well and keeps you hydrated.  BE ACTIVE Move your body every day! Play, dance, walk, or ride your bike.  GET ENOUGH SLEEP Good sleep helps your body rest, grow, and think clearly.  PRACTICE GOOD HYGIENE Wash your hands, brush your teeth, and keep your body clean.
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Small habits every day lead to a happy, healthy YOU!



Peace Out



**“One healthy habit I will
practice is _____.”**

Guardian Extension

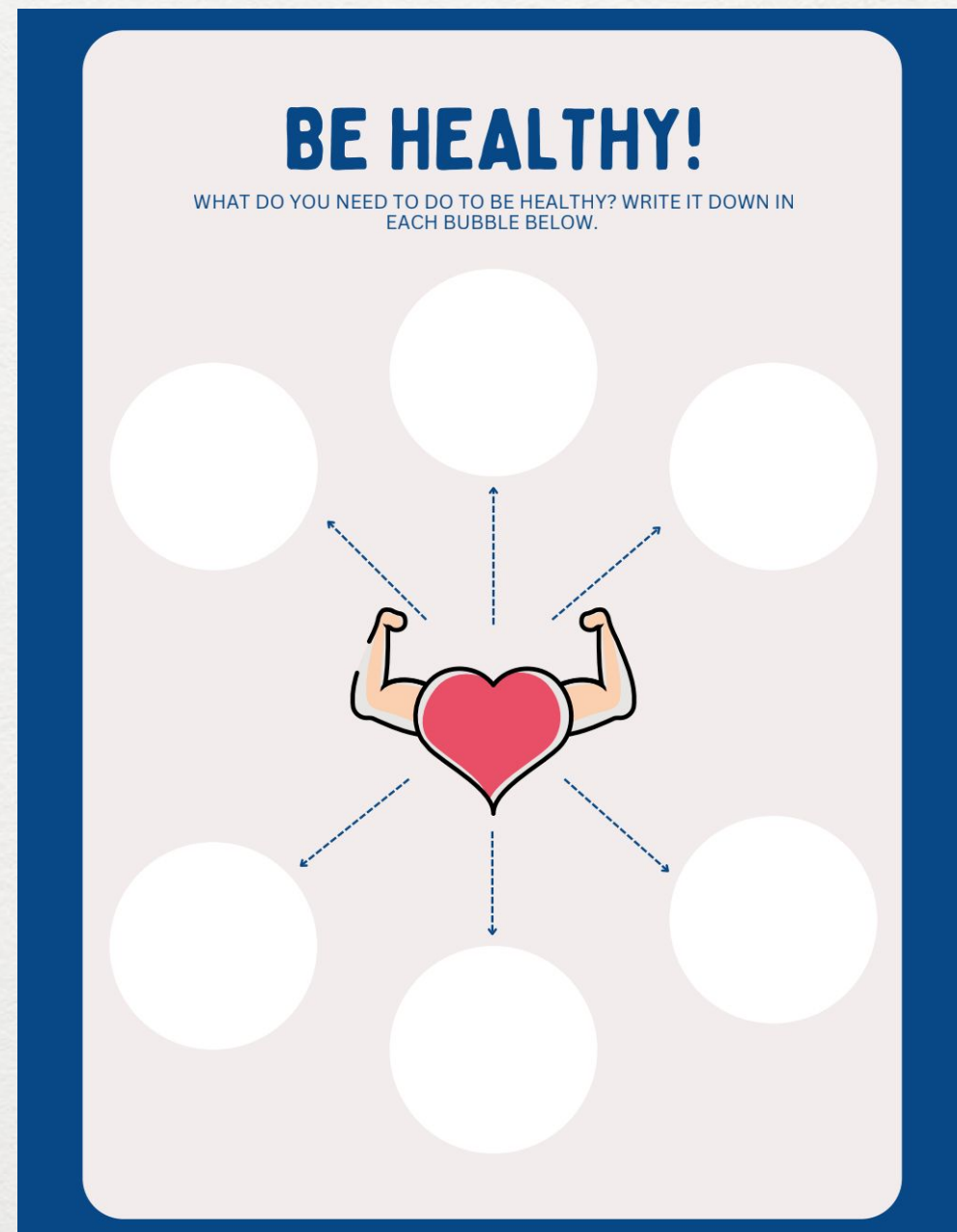


Healthy lifestyle behaviors are the building blocks of lifelong well-being for children and teens. Parents, and caregivers can help children develop healthy habits.

Checkout the latest information and resources at

<https://www.cdc.gov/healthy-weight-growth/tips-parents-caregivers/index.html>

Teacher Extension



Make a Healthy Habits Poster and applying 5-2-1 Method to guide the activity.

[Google Doc of Activity](#)

Credits

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