

# Health Hound Handout

Name \_\_\_\_\_ Date \_\_\_\_\_

Topic (circle one): physical fitness, relaxation/sleep, personal health care



Health Behavior:

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How does this behavior affect well-being?

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Use what you have learned from today's speaker.  
Think about the students at Wellington Elementary.

Complete:

A goal for students at Wellington Elementary might be:

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Action steps the students at Wellington could take to reach this goal:

1. 

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2. 

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3. 

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Tell one way students at Wellington could get help from others in reaching this goal:

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## Health Hound Handout Key

Day 5 - Topic: Physical fitness

Health Behavior (HE.A.1.2.2):

Accept all reasonable answers. Possible answers might include:

- Do a physical activity at least five times a week, 60 minutes at a time.
- Do different kinds of activities.
- Try to use different muscles and work different parts of the body.
- Start slowly. Gradually increase the number of times an activity is done or the length of time it is done.
- Make a fitness plan and keep a record.
- Wear protective gear if needed.
- Know safety rules before doing an activity.

How does this behavior affect well-being (HE.A.1.2.2):

Accept all reasonable answers. Possible answers might include:

- It builds stamina and endurance.
- It gives me energy.
- It keeps muscles and bones in the body strong.
- It increases flexibility and coordination.
- It helps maintain a healthy body weight.
- It can reduce stress.
- It keeps me safe.
- It helps me stay in shape.

A goal for students at Wellington Elementary might be (HE.B.1.2.4):

Accept all reasonable answers. Possible answers might include:

- Do physical activities more often.
- Do physical activities for longer periods of time.
- Make a fitness plan and keep a record of activities they do.
- Do different kinds of physical activities.

Action steps students at Wellington could take to reach this goal (HE.B1.2.4, HE.C.1.2.4):

Accept all reasonable answers. Possible answers might include:

(Make a fitness plan and keep a record of activities they do.)

1. Make a list of activities they like to do.
2. Plan times to do the activities.
3. Do the activities.
4. Record their actions.

Tell one way students at Wellington could get help from others in reaching this goal (HE.B1.2.4, HE.C.2.2.6):

Accept all reasonable answers. Possible answers might include:

1. Ask the P.E. coach to for equipment.
2. Ask the teacher to plan more time for physical activities.
3. Ask a speaker to talk about sport safety.

## Health Hound Handout Key

### Day 6 - Topic: Relaxation/Sleep

#### Health Behavior (HE.A.1.2.2):

Accept all reasonable answers. Possible answers might include:

- Have a nightly routine.
- Go to bed around the same time every night.
- Do not drink or eat foods with caffeine in the evening before bedtime.
- Take a warm bath before bedtime to help you relax.
- Read a book at bedtime to help you relax.
- Avoid scary movies or TV shows before bedtime.
- Avoid overeating before bedtime.
- Exercise a few hours before bedtime.

#### How does this behavior affect well-being (HE.A.1.2.2):

Accept all reasonable answers. Possible answers might include:

- It helps me get enough sleep to stay healthy.
- It helps me stay rested so I can do well at school.
- It helps me to not have stress.
- It helps me get along better with others.

#### A goal for students at Wellington Elementary might be (HE.B.1.2.4):

Accept all reasonable answers. Possible answers might include:

- Get more sleep.
- Go to bed earlier.
- Develop a nightly routine.

#### Action steps students at Wellington could take to reach this goal (HE.B1.2.4, HE.C.1.2.4):

Accept all reasonable answers. Possible answers might include:  
(Develop a nightly routine.)

1. Brush teeth.
2. Take a warm bath.
3. Tell family members good night.
4. Read a book.

Tell one way students at Wellington could get help from others in reaching this goal (HE.B1.2.4, HE.C.2.2.6):

Accept all reasonable answers. Possible answers might include:

1. Ask parents to check out books from the public library.
2. Ask parents to buy toothpaste.

## Health Hound Handout Key

### Day 7 – Topic: Personal Health Care

Health Behavior (HE.A.1.2.2):

Accept all reasonable answers. Possible answers might include:

- Wash hands often and for at least 20 seconds.
- Sing Happy Birthday when washing hands.
- Take regular baths. Wash with warm soapy water.
- Wash hair regularly
- Clean and trim fingernails
- Brush or comb hair
- Wear deodorant if needed
- Brush teeth regularly and have regular checkups
- Cover sneezes and coughs
- Cover open skin with a Band-Aid

How does this behavior affect well-being (HE.A.1.2.2):

Accept all reasonable answers. Possible answers might include:

- It helps prevent sickness and disease.
- It makes me feel better about myself.
- Other people enjoy being around me.

A goal for students at Wellington Elementary might be (HE.B.1.2.4):

Accept all reasonable answers. Possible answers might include:

- Improve personal health care.
- Wash hands more often and for longer times.

Action steps students at Wellington could take to reach this goal (HE.B1.2.4, HE.C.1.2.4):

Accept all reasonable answers. Possible answers might include:  
(Wash hands more often and for longer times.)

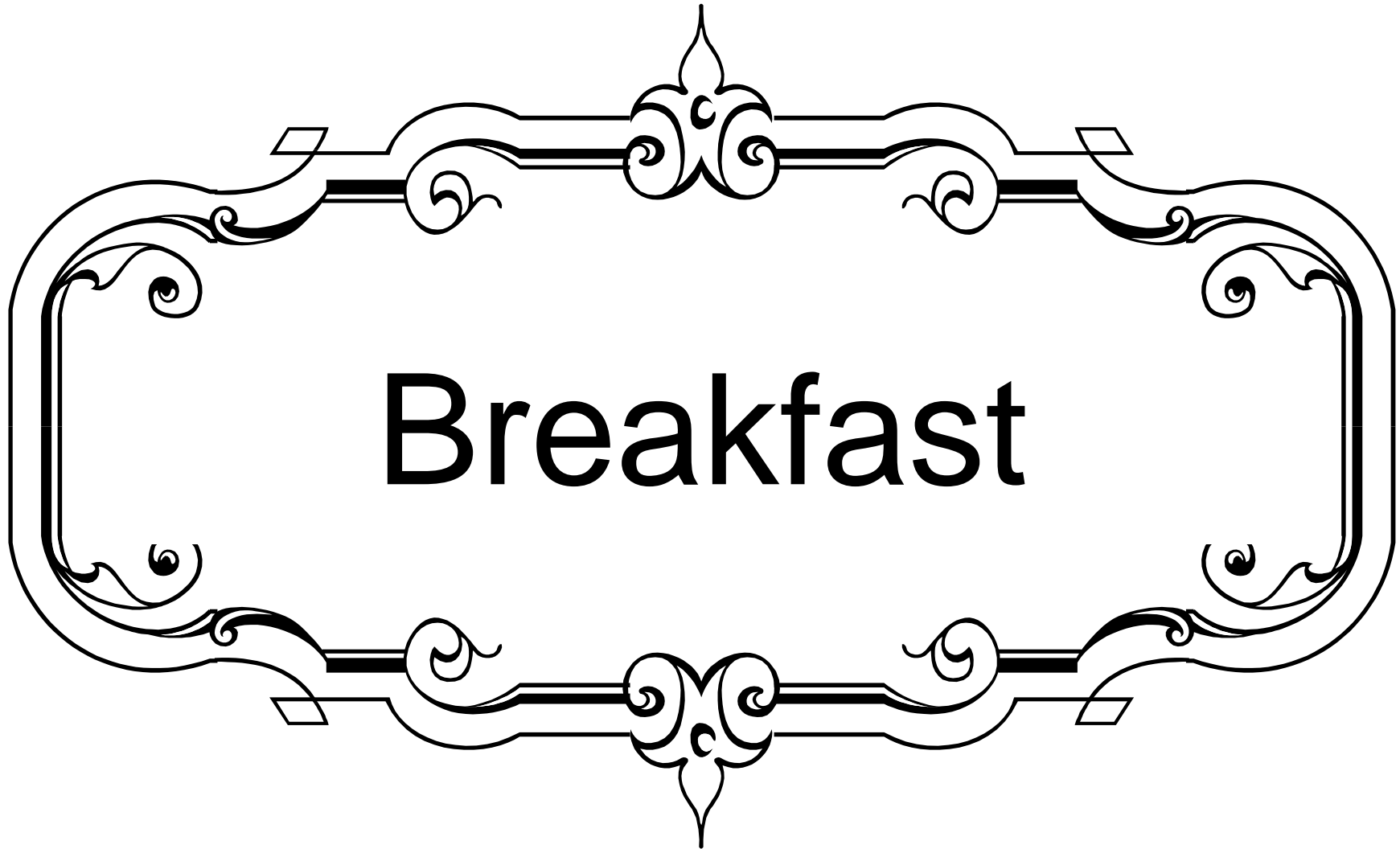
1. Wash hands often with soap and water.
2. Wash hands before eating.
3. Sing Happy Birthday silently while washing hands.

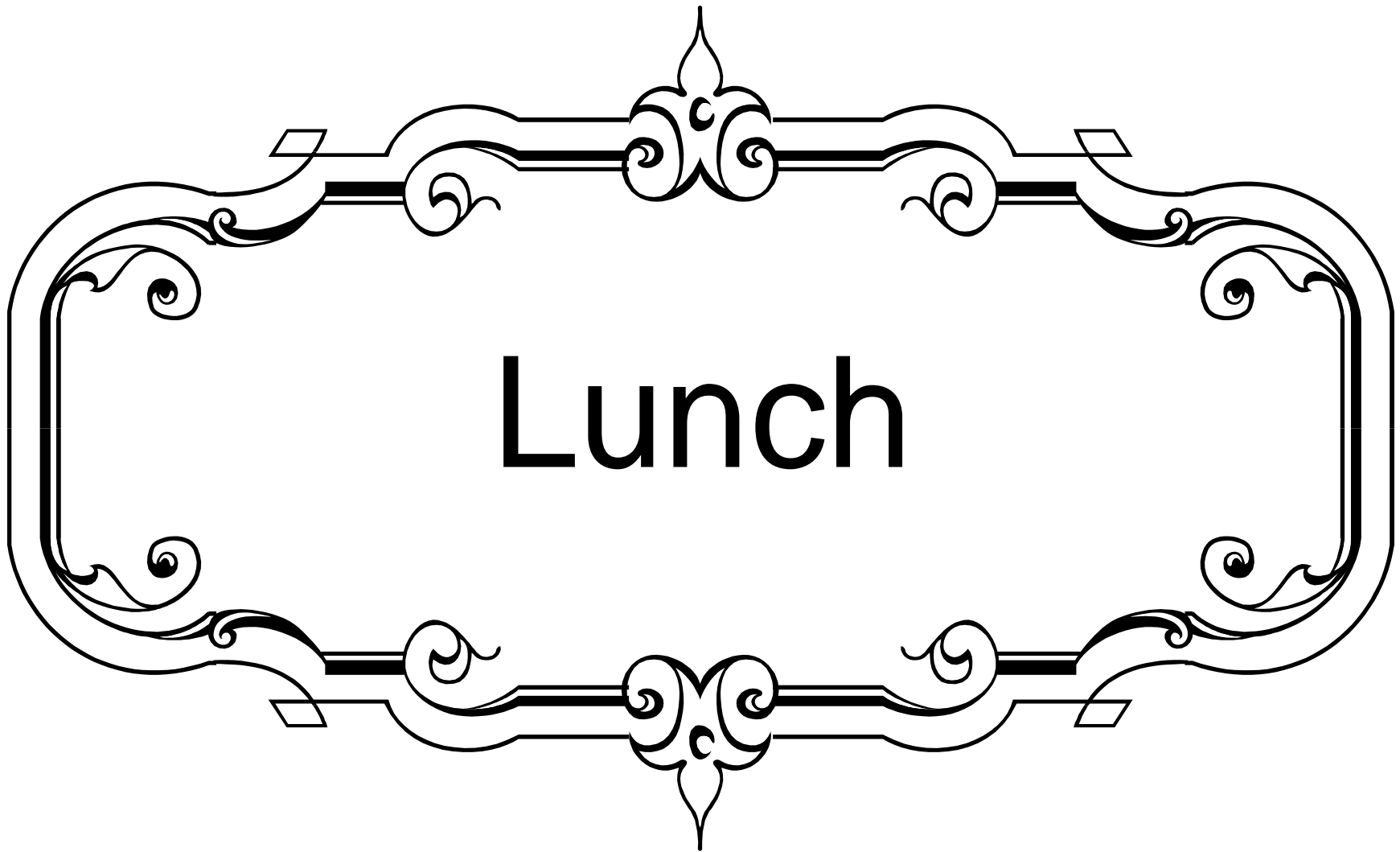
Tell one way students at Wellington could get help from others in reaching this goal (HE.B1.2.4, HE.C.2.2.6):

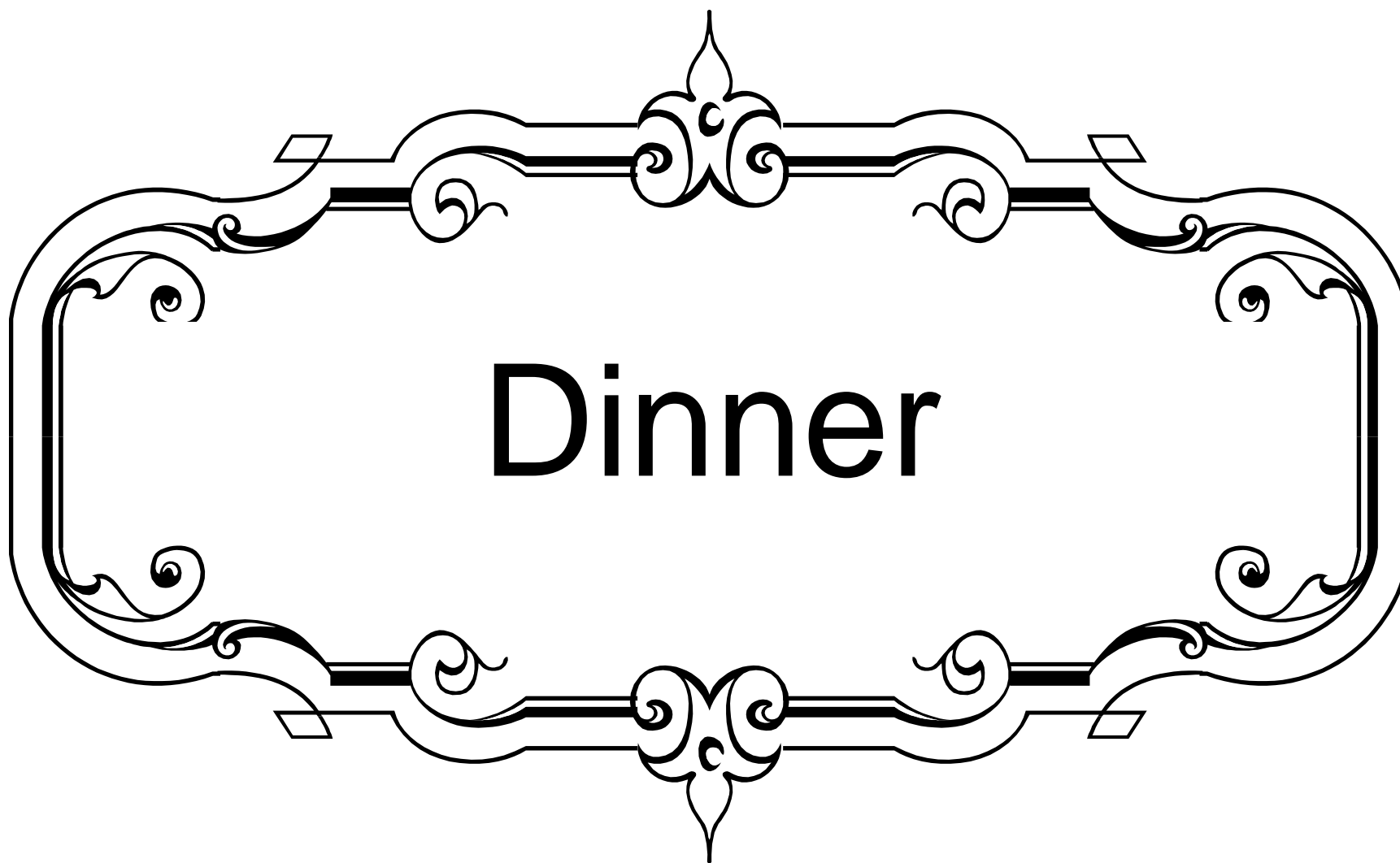
Accept all reasonable answers. Possible answers might include:

1. Ask the custodian to refill the soap dispenser in the classroom.
2. Ask parents to send in bottles of soap.

Skit Signs







## Lots of Listening



\_\_\_\_\_ listened appropriately \_\_\_\_\_ out of four times this week. His/her listening skills:

\_\_\_ are appropriate

\_\_\_ need more practice

Comments:

## Lots of Listening



\_\_\_\_\_ listened appropriately \_\_\_\_\_ out of four times this week. His/her listening skills:

\_\_\_ are appropriate

\_\_\_ need more practice

Comments: