

Session 5: My Important Body Healthy Goals

In this session you will learn that your body is important and you can do specific things to take care of yourself. We will also introduce the concept of goals and goal setting and understand that keeping a healthy body is a good goal.

Today's essential question: **Why is it so important to take care of our bodies?**
A few examples are: This is the only body we get and we have to make it last a long time, we are special and our bodies are the "houses" we live in and as we get older, we are the ones responsible for taking care of our bodies. Answer the Essential Question Below:

Session 5 Activity

Taking Care of My Body

Today you will learn different ways in which you can take care of your body. There are four categories we will use today:

1. **Nutritious eating:** This involves the food and snacks we eat every day, healthy snacks like fruits and vegetables are good, sugary snacks like candy bars and sodas are less nutritious.
2. **Fitness:** Exercising, playing a sport or game, walking in the park with your family or any form of physical activity can be good for your health. If our bodies do not get enough activity it can cause them to not be as healthy as they could be.
3. **Hygiene:** If we take care of our bodies by brushing our teeth and washing our hands that is beneficial to our bodies also. However, if we do not brush our teeth regularly or wash our hands when needed, it could lead to sickness or other unhealthy problems for our bodies.
4. **Safety:** It is important to not put our bodies at risk by being in unsafe situations. We should never be in a place we are not supposed to be or away from adults without permission or it can be unsafe for our bodies.

On the next page you will find our “Taking Care of ourselves” worksheet. Please list a few examples for each category that are good behaviors that you would like to participate in to help your health and bad behaviors that you would want to avoid in order to keep a healthy body.

Taking Care of Ourselves Worksheet

Category	Good behavior	Bad Behavior
Nutritious Eating		
Fitness		
Hygiene		
Safety		

Session 5 Activity

Goals

What is a goal? A Goal is something that a person works at to accomplish; it doesn't just happen. Goals are important because it gives us something to strive and work for that can improve ourselves or our bodies. We are all special in our own way, but sometimes it is good to have goals in mind that we can try to accomplish for a better future. Since we discussed our bodies and health today, we want you to think about goals that would focus on your health. Here are a few examples:

- Gabriella wants to learn to play soccer
- Tyrone wants to have healthy teeth
- Jeff wants to eat fewer sweets

Each of these goals come from a section of healthy bodies that we discussed earlier. Now, please take the time to write down three healthy goals for yourself to accomplish:

Goal 1 _____

Goal 2 _____

Goal 3 _____

Work over the next few weeks and see if you can accomplish your goals!

Session 5 Wrap up

Today we learned that it is important to keep our bodies healthy. You can affect your body in ways that will create a healthy lifestyle and help you stay healthy as you get older. Also, look at your goals and keep track of them over the next few weeks and find out if you can accomplish them. One important thing to remember is that we all have different body types and different goals and different ways we can be healthy. It is important to understand that no matter where you are in your health, we are all special in our own ways and deserve to know that. Take the time now to right an answer to session 5 on the last page of this binder's question of "What I like about me page."