

Elementary School Student Wellness Lesson Sample

Objectives	<p>Students will be able to:</p> <ul style="list-style-type: none"> ● Define wellness ● Preview the 5 areas of focus for the year ● Identify the various ways it is important to overall health
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Lesson (30 min)	<ul style="list-style-type: none"> ● Today we are going to begin a series of mini lessons that will help us better understand how and why it is important that we take care of ourselves. ● The word we will be using when we talk about taking care of ourselves is called WELLNESS. ● Learning about wellness is important because it helps you learn ways to live a healthy and happy life. ● Before we jump into our lesson we will start with a guided meditation. Guided meditation is a time for us to quiet our minds and bodies together. ● Let's watch our first meditation together! After we watch and learn from Sesame Street friends, we will practice together as a class. <ul style="list-style-type: none"> ○ Monster Meditation ● Now that we have learned a little about meditation, we can jump into today's lesson by learning more about what wellness is. We will watch a video that helps us understand that there is more to being healthy than just having a healthy body. <ul style="list-style-type: none"> ○ After we watch this video, we will talk about what wellness is. ○ Student Health and Wellness Video (video to be watched twice) <p>Teachers will discuss and stamp the following definitions of wellness and 5 areas of focus.</p> <ul style="list-style-type: none"> ● Wellness isn't just about healthy eating and going to the doctor; it is about doing activities and making choices that are good for your body and mind. <ul style="list-style-type: none"> ○ K-2 Examples: Playing outside, talking about your feelings, going to bed on time, eating healthy foods ○ 3-4 Examples: Talking about your emotions, reading a book, practicing deep breathing, getting enough sleep <p>We will focus on 5 areas of wellness throughout the year to help us all live healthier lives!</p> <ol style="list-style-type: none"> 1. Intellectual 2. Physical 3. Emotional 4. Social 5. Spiritual <p>Independent Practice/Activity: Rewatch Monster Meditation video as a class. Students will answer questions below.</p> <p>Closing/Reflection: You did such a great job today as we introduced the word wellness and how important it is to our everyday lives! Wellness is about doing activities and making choices that are</p>
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good for your body and mind. We are going to learn more about wellness throughout the month and year.

As we wrap up, let's reflect on one question together: *What can you do every day to take care of your mind and body?*

Name: _____

Date: _____

Introduction to Wellness - Lesson 1

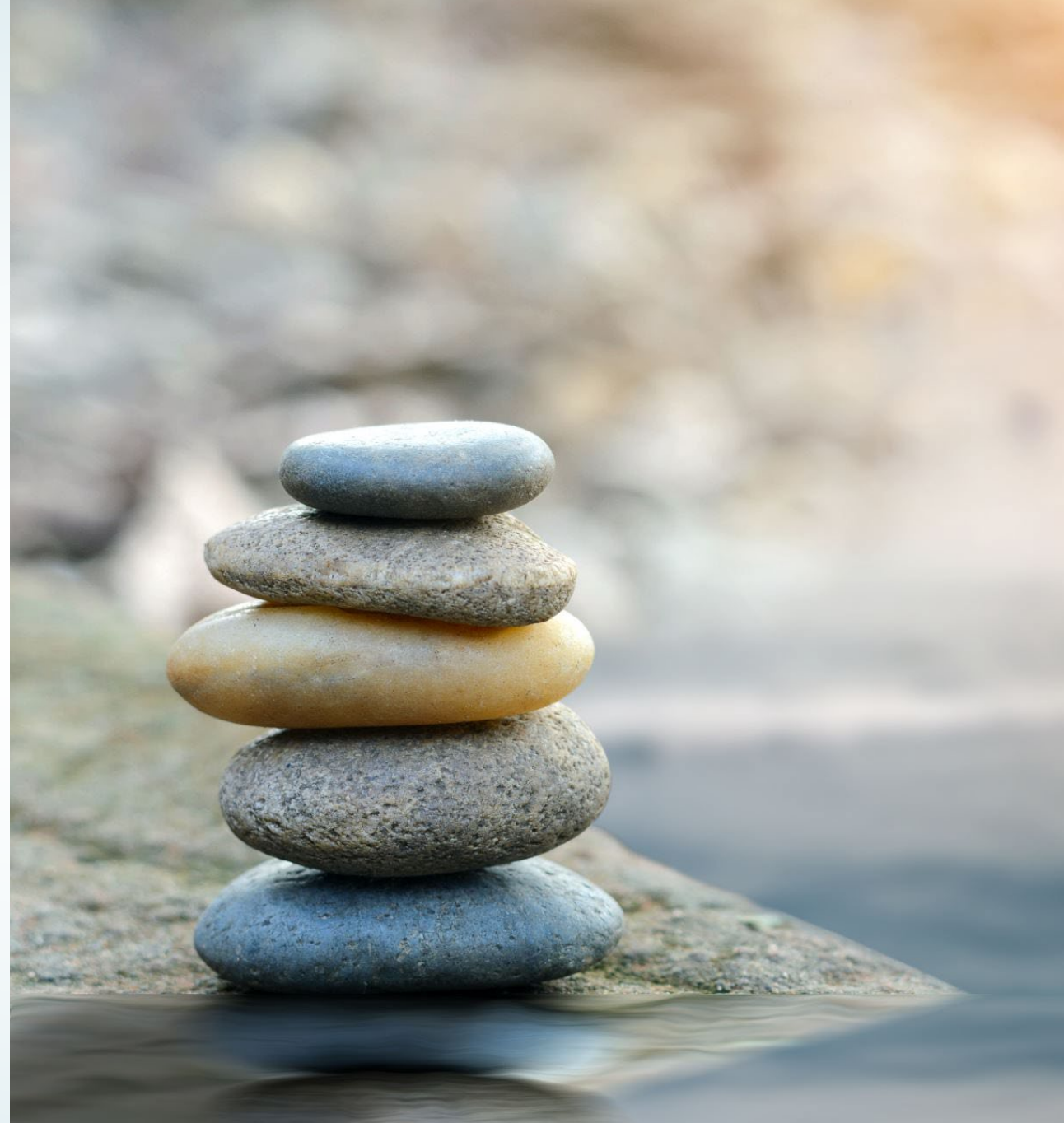
1. What is the name of the meditation skill we learned today?

2. Why is meditation important?

3. When can you use the Monster Meditation skill?

A dark grey arrow points to the right from the left edge of the slide. Below it, several thin, dark blue lines curve upwards and to the right, resembling stylized grass or reeds.

Wellness Lesson 1



Together we will:

- ▶ Define wellness
- ▶ Preview the 5 areas of focus for the year
- ▶ Identify the various ways it is important to overall health

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WATCH THE VIDEO HERE:
<https://youtu.be/-N1Xm4pleAg>

Guided Meditation



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Watch the video here:
<https://youtu.be/-N1Xm4pleAg>

Let's Learn About Wellness



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Other Examples of Wellness

- Talking about your emotions
- Reading a book
- Practicing deep breathing
- Getting enough sleep

Five Areas of Focus



- ▶ Intellectual
- ▶ Physical
- ▶ Emotional
- ▶ Social
- ▶ Spiritual

Intellectual Wellness

- ▶ New ways of learning.
- ▶ **Examples:**
 - ▶ Go to the museum
 - ▶ Read a new book
 - ▶ Meet people in your community (police, firefighters)
 - ▶ Limit screen time.



Physical Wellness

► Promotes proper care of our bodies for optimal health and functioning.

► **Examples:**

- Staying active
- Eating healthy
- Proper sleep



Emotional Wellness

- Inspires self-care, relaxation, and stress reduction.

- **Examples:**

- Take care of your physical wellness
- Express your feelings
- Stay positive



Social Wellness



Refers to the relationships we have and how we interact with others.

Examples:

- Social vs. Personal time


Spiritual Wellness

Provides us with systems of faith, beliefs, values, ethics, principles and morals.



Examples:

- Yoga
- Meditation
- Praying
- Journals
- Music



What can you do every day
to take care of your mind
and body?



What is the name of the meditation skill we learned today?

Why is meditation important?

When can you use the Monster Meditation skill?

Rewatch the Monster Meditation video here:
<https://youtu.be/-N1Xm4pleAg>

Lets Chat