

Materials and Supplies Needed		
Handouts	<ul style="list-style-type: none"> • Wellness triangle • Wellness Cards • Making a Decision • Decision Making Scenarios • Wellness Reflection • Take a Positive Step 	1 copy per child,
Teaching Supplies	<ul style="list-style-type: none"> ◆ Building a Foundation Introduction—7 toothpicks/3 grapes or apple slices or chunks of cheese sticks ◆ 5 foot sections of poster paper (like the kind found on rolls) and markers 	Needed for each group (2-4 in a group) Only needed for Option #2
Additional Resources / Notes	<p>◆ NOTE: This lesson was adapted from lesson plans available online at the following website: (Healthy Weight Foundation Commitment Foundation, 2019) https://togethercounts.com/grades-k-5/</p>	
Background Information	<p>Lesson Goal(s):: Making choices that promote a healthy lifestyle <i>Key Understanding: An important foundation for helping children make good decisions is by helping them understand the concept of wellness. Wellness is more than being healthy physically—it is the process of being aware of and making choices that support a healthy lifestyle.</i></p> <p>Learners will...</p> <ol style="list-style-type: none"> 1. Define the meaning of healthy lifestyle 2. Describe the three parts of wellness and reflect on personal wellness 3. Distinguish between healthy and unhealthy choices for mind and body 4. Practice decision-making skills 	