

Purpose & SOL

- Students will be introduced to Wellness Integration lessons, learn ways to move your body, and have fun!
- Introductory lesson for 1st and 2nd grade

Materials

- *The Busy Body Book* by Lizzy Rockwell

**Length
of Lesson**

20 minutes

Introduction

Begin by introducing yourself and explaining that you will come to their class this year to help them move and learn! Start by playing a simple round of “Match Me.” The teacher performs a movement and students match that movement.

Implementation

1. Review the importance of personal space. Have students repeat the mantra: “my body, my space.” They will trace their space on the floor to visualize where they will keep their body parts.
2. Introduce the story *The Busy Body Book* to the class. What does it mean to have a busy body? Can anyone show me how they move their bodies?
3. Read the story to students and act out the movements that are described.
4. the exercise as a class.

Cool Down

At the end of the story, ask students a series of questions:

How many fruits and veggies should we have every day? 5

How many hours should we be in front of a screen? no more than 2

How many minutes of physical activity do we need every day? 60 or 1 hour

How many sugary drinks should we have every day? 0

When a student gets the question right, perform a stretch.

Modifications

For a simpler version for 1st graders, skip the questions at the end and play Match Me cool down.

