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

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.