

Supplemental Activity: All About Me

Supplies Needed:

- 1.8_SW_All-About-Me-Worksheet
- Writing utensils (pencils, crayons)

Length of Time to Complete:

- 5 minutes to introduce activity
- 10 minutes to complete worksheet
- 15-30 minutes to share with class

Audience (grades): 1st

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 1.3
 - Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood.
- English Language Arts: Speaking and Listening: 1.4
 - Describe people, places, things, and events with relevant details, expressing ideas and feelings clearly.
- English Language Arts: Speaking and Listening: 1.5
 - Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.

Lesson:

This year we have learned about different things we can do to build a healthy body. Raise your hand if you can think of one thing you can do to be healthy.
(*Eat Go Foods, eat more fruits and veggies, exercise, wash your hands, get enough sleep, etc.*)

Today, we are going to assemble a short book that describes some of things we do to be healthy.

Instructions: Pass out the All About Me Worksheet. Review the questions with the class. Have students draw pictures in each of the boxes. For the final question, encourage students to write 2-3 sentences that describe what they do to be healthy. After each student completes the handout, allow students to share with the rest of the class.

Encourage students to share with their parents.