

Health & Wellness Club

Healthy Kids Club 2023

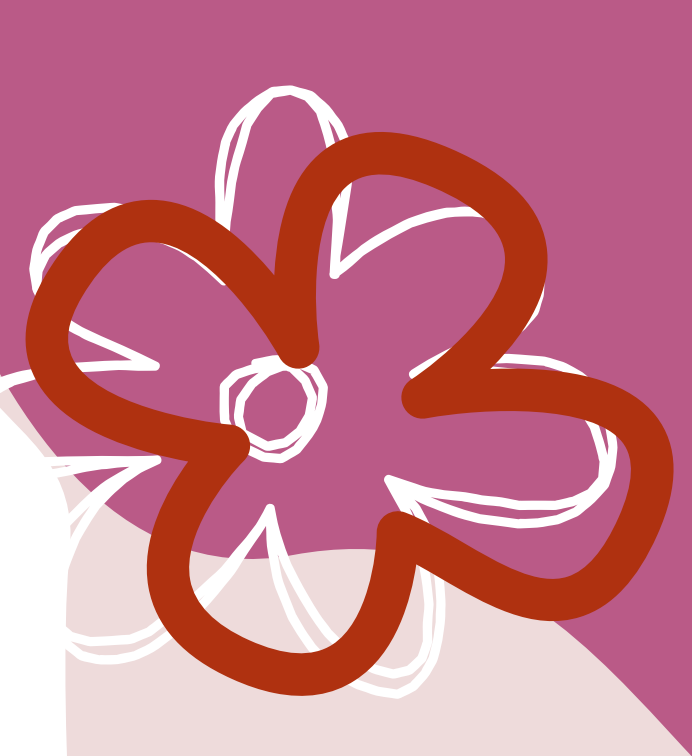
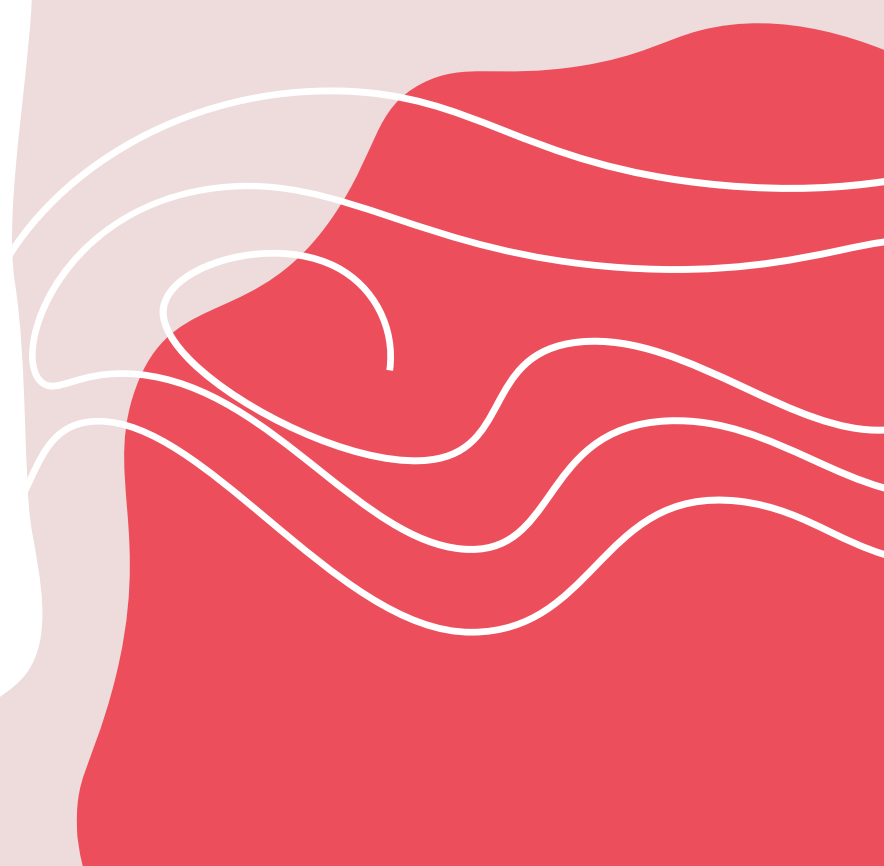
Chatham Park Elementary



Week 1: A Healthy Plate



Activity: Students make their own healthy plate; Supplies are provided. Ceramic plate, permanent makers, stencils.

- **Goals:** Students will learn to identify food groups. Students will identify foods that help them maintain health and growth. Student will have fun and feel confident in how they fuel their bodies.
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Week 2: Mindfulness



Activity: Students will participate in a nature walk, breathing exercises, gentle yoga, and journaling.

Goals:


- This course is to promote healthy habits and mental fitness. Give children tools to identify feelings, social awareness, and handle stress.
 - To bring awareness to their emotions and the environment around them. In providing proper techniques, the goal is to reduce bullying, destigmatize mental health, and reduce school violence.
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Week 3: Activities of Daily Living



Daily Hygiene

- Making a personal hygiene chart.
 - Learn the importance of hygiene
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Life Skills Based on age

- tie shoes
 - fold clothing
 - Make a chore chart
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Safety :

- Pedestrian
 - Bikes
 - Drug Awareness
 - Internet
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The background features a light pink base with large, abstract shapes in orange, purple, and red. There are several hand-drawn elements: a pink spiral in the top left, a green arrow pointing down towards the title, a brown flower with white outlines in the top right, and a green plant with white outlines in the bottom left. The title 'Week 4: Dental Hygiene' is written in a large, rounded, brown font with a white outline.

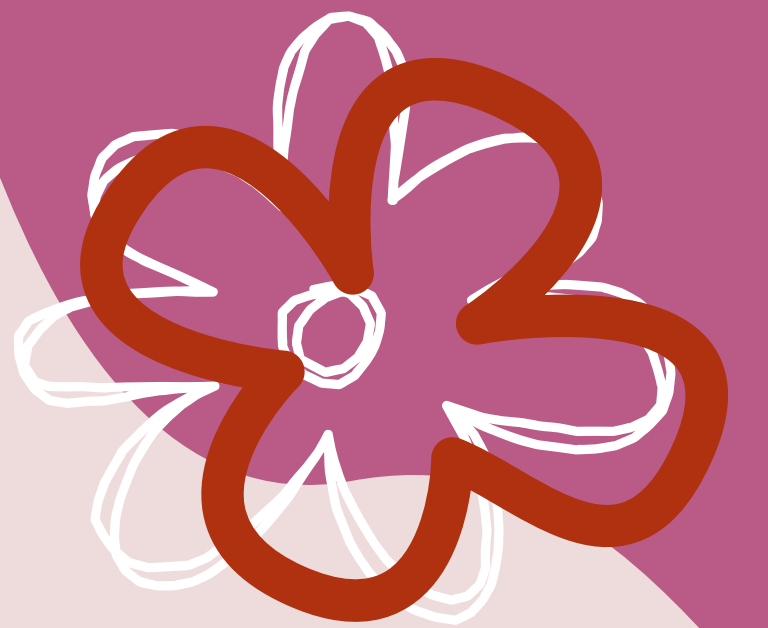
Week 4: Dental Hygiene

Activity: Students will participate in a science experiment to represent how plaque affects our dental hygiene. Students will also use playdough to simulate proper flossing techniques.

Goals: Students will be confident in maintaining oral health; students will demonstrate proper brushing and flossing techniques.



Week 5: First Aid



Activity: Students will make mini first-aid kits to bring home for the family to have on hand.

Goal: Students will feel confident in assessing any minor injury and intervening with necessary protocols.



Week 6 : Lemonade Stand or Gold Coin Challenge

- Activity:
 - Students will host a lemonade stand at the end of the day to benefit The Jackstrong Foundation.
- Goals:
 - Students will be educated on facts about childhood cancer and demonstrate skills to achieve philanthropic work in the community.
- Activity:
 - Students will organize a school-wide competition: using big water jugs-decorate them to fill with coins for cancer awareness.
- Goals:
 - Students will feel sense of accomplishment in completing a school wide fundraiser. All donations will to Jackstrong. Class to raise the most gets a prize!