



Conversation Curriculum

A Healthy Lifestyle

Learning Objective: Students will gain practice in articulating their opinions on lifestyles and habits as they pertain to health and wellness. This lesson is meant to provide a space in which students can voice opinion, cultural sensibilities, etc. –not to promote any one way of living as the healthiest.

Before class: *Review lesson plan and packet content. Make copies as necessary.*

- Hand out warm-up picture sheet to arriving students

15 minutes

Warm-up activity: Students pair up and play a version of charades. Each student has photo sheet of things that people do to stay healthy.

- Explain this activity by modeling it with a student.
- One student holds his/her picture sheet so the other student can't see it and randomly chooses one of the pictures/activities to act out.
- The "acting" student can (and should!) imitate the activity (e.g. jogging) and can describe it as well.
- The other student has his/her picture sheet on the table and can either point to that picture or say "You're jogging"
- Students then trade roles.

10 minutes

I do/We do activity: *Show students copy of the 'Good Habits-Bad Habits' worksheet and explain/clarify the term **habit**: something you do every day.*

- Brainstorm some ideas of habits. Ask the class if this is a good habit or a bad habit (fill it in on the example worksheet accordingly). Ask why it is good or bad

- Hand out copies of the worksheet to each student and have them fill it in completely

20 minutes

They do activity: *Students pair up (preferably in mixed-ability groupings) and tell each other what they wrote down as good habits and bad habits.*

- With each habit, students have to explain to their partners why they chose it
- Once finished: ask what habits they chose and reasoning behind it. Take out another copy of the worksheet. As a class, create a list of 5 good habits and 5 bad habits

10 – 15 minutes

Journal Writing: Students will write in their dialog journals about one of the four options:

- Respond to the last entry (i.e. continue the ‘dialog’)
- Introduce yourself to the teacher (for students new to the group)
- What do you do to stay healthy? What are some healthy foods? Do you exercise? What exercise do you do?
- Free write about a topic of the student’s choice

Physical Exercise



Drinking Water / Hydrate



Eat Healthy
Vegetables



Fruits



Sleep

