

My Healthy Body Plan - Levels F-3

WRITTEN

To support students in recognising the importance of healthy lifestyle choices and to empower them to plan and practise habits that improve physical and emotional well-being.



Learning Intentions

Explore and describe different ways to keep our bodies healthy.

Recognise how healthy choices help us feel strong, happy, and ready to learn.

Begin to take responsibility for personal well-being by setting small, achievable goals.



Success Criteria

Students can share and explain at least three healthy habits.

Students can describe how these habits make them feel (e.g., energised, calm, strong).

Students can create a personal “Healthy Body Plan” using writing, drawings, or symbols.



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Duration: 15–25 minutes

Objective

To support students in recognising the importance of healthy lifestyle choices and to empower them to plan and practise habits that improve physical and emotional well-being.

What You Need

- Paper or “Healthy Body Plan” templates
- Pencils or coloured pencils.
- Visual prompts or picture cards (healthy food, sleep, movement, hygiene, water, friendships)(found in PDF resource tab).

Gameplay

1. Begin with a class discussion or brainstorm on healthy habits. Record ideas on the board (e.g., brushing teeth, eating fruit, moving our bodies, drinking water, sleeping well, being kind to others).
2. Give each student a “Healthy Body Plan” sheet.
3. Students write or draw three healthy habits that are important for them.
4. Please encourage students to explain how these habits make them feel. They can do this verbally, in writing, or by adding symbols/emojis to their work.
5. Students choose one habit to focus on for the day/week and share it with a partner or small group.

Debrief

- “What healthy choices do you already do every day?”
- “How do healthy habits help us learn and play?”
- “Which healthy habit will you try to practise this week?”

For Wheelchair Users / Accessibility

- Use visual cards and sentence starters for students who need extra support.
- Provide options to share through talking, drawing, or pointing.
- Adapt physical activity habits to individual needs — focus on movement in ways that are accessible for all.



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Notes for Inclusion

- Reinforce that healthy habits look different for each student and there's no one "right way."
- Provide scaffolds such as: "A healthy habit for me is ____ because it helps me ____."
- Encourage peer sharing in pairs or small groups to build confidence.

Variations

- **Children's Edition:** Use matching or sorting activities with healthy/unhealthy choice cards before creating the plan.
- **Fitness Edition:** Link habits to short exercises (e.g., "eat vegetables" = 10 squats, "drink water" = 5 star jumps).
- **Teamwork Edition:** Create a class mural or wall display of healthy habits, combining everyone's drawings or words into a shared "Healthy Body Plan."



VISUAL PROMPTS

PRINT AND CUT OUT THE HEALTHY HABIT CUE CARDS. SHOW THE CARDS AND TALK ABOUT HOW EACH ONE HELPS OUR BODIES. ASK STUDENTS TO PICK OR DRAW THREE HABITS TO INCLUDE ON THEIR OWN "HEALTHY BODY PLAN" PAGE.



VISUAL PROMPTS



VISUAL PROMPTS

