

# My Healthy Body Plan (Levels A-B)

WRITTEN

To help students recognise and experience simple daily habits that support feeling calm, strong, happy, and healthy, using visual support, modelling, and hands-on participation.



## Learning Intentions

### Self-Awareness:



Students will explore simple ways to take care of their bodies (eating, drinking, resting, moving, connecting with others).

### Self-Management:

Students will participate in a short routine about healthy habits using visuals, objects, and adult support.

### Social Awareness:

Students will notice and share healthy habits alongside peers in a supported environment.



## Success Criteria

Students choose at least one healthy habit using visuals, gestures, objects, or AAC.

Students show understanding by matching, pointing to, drawing, or acknowledging healthy habits when modelled.

Students create a very simple “Healthy Body Plan” using pictures, drawings, or pasted visuals.



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**Duration:** 10–20 minutes

## Objective

To help students recognise and experience simple daily habits that support feeling calm, strong, happy, and healthy, using visual support, modelling, and hands-on participation.

## What You Need

Plain paper

Healthy habit picture cards (food, water, sleep, exercise, hygiene, friends)(found in PDF resource)

Pencils or coloured pencils

Optional: real objects (water bottle, fruit, towel, toothbrush, ball)

AAC systems with relevant vocabulary ("eat," "drink," "sleep," "play," "help," "friend," "happy")

## Setup

1. Print and cut out the healthy habit picture cards (ensure there are a few copies of each one for multiple student selections).
2. Arrange students in a circle or semicircle with clear access to visuals.
3. Place 4 - 6 healthy habit pictures on the floor or table in the centre for all students to see.
4. Prepare yourself to be able to model each habit with a matching gesture:
  - Eating → pretend bite
  - Drinking → pretend sip
  - Sleeping → hands on cheek
  - Moving → wiggle, stretch or jog on the spot
  - Hygiene → pretend brush teeth
  - Friendship → wave or show a high-five
5. Provide adapted writing/drawing tools if needed.
6. Open AAC devices to relevant vocabulary pages.



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## Gameplay

### 1. Explore Healthy Habits as a class

The teacher shows one healthy habit picture card at a time and models the action.

- Eating → pretend bite
- Drinking → pretend sip
- Sleeping → hands on cheek
- Moving → wiggle, stretch or jog on the spot
- Hygiene → pretend brush teeth
- Friendship → wave or show a high-five

Students respond by:

- pointing
- eye gaze
- copying the gesture
- vocalising their excitement
- using AAC to select the habit

Teacher narrates:

“Healthy bodies need food.”

“Healthy bodies need rest.”

“Healthy bodies need friends.”

### 2. Choose Healthy Habits

Each student chooses **1-3 habits** by: Best practice is to start by choosing one habit at a time per student. They do this by:

- selecting a picture
- pointing to a picture card they wish to select
- touching an object that matches one of the healthy habit picture cards
- using AAC to identify their chosen healthy habit
- or adult-supported choice-making

### 3. Create “My Healthy Body Plan”

Students place, paste, draw, or mark their chosen habits onto their page.

Support options include:

- tracing over picture cards
- scribbling on or around the picture cards
- staff drawing the habit the student chose (hand over hand drawing encouraged)
- pasting the healthy habit picture card onto their page



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Label each picture verbally for reinforcement:  
"You chose water. Water helps your body feel good."

## 4. How Does It Make Me Feel?

Each student through help from the teacher attempts to explain or demonstrate how their chosen healthy habit makes them feel. The teacher can model the feelings associated with each habit:

The students can act out the relevant feelings, they can draw a picture to help explain how it makes them feel, they can point to feeling visuals or use their AAC device.

Take turns for each student to hold up their page with their chosen healthy habit and share it with the class.

## Debrief / Reflection

Use very simple, supported questions:

- "Show me a healthy choice you like."
- "How does it make your body feel?" (use feeling visuals)
- "Point to the habit you want to try today."

Celebrate every form of communication, eye gaze, gesture, vocalisation, AAC, movement.

## Sensory-Seeking Learners Variation

### 1. Use Real Objects

Place items such as the following for students to touch and feel:

- water bottle
- fruit
- ball
- toothbrush
- pillow

Students explore through touch before choosing.



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## 2. Add Simple Movement

Pair each healthy habit with a sensory-friendly action:

- Eating → gentle hand tap on chest
- Drinking → lift arms like taking a sip
- Sleeping → slow body sway
- Exercise → stomp or wiggle
- Friendship → gentle wave
- Hygiene → slow arm circle (like brushing or washing)

## 3. Movement Break Options

Between choices, offer regulated movement such as:

- wall push
- weighted lap toy
- stretching arms up/down

## 4. Sensory-Friendly Plan Creation

Instead of drawing, offer:

- textured pictures
- Velcro symbols
- large foam icons
- sticker choices

## AAC-Specific Supports

### 1. Prepare AAC Pages

Include symbols such as:

- eat
- drink
- sleep
- play
- toilet
- wash
- friend
- happy
- calm
- strong
- good



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## 2. Model Aided Language Input

Teacher uses AAC while speaking:

“Eat.” tap  
“Drink.” tap  
“Healthy.” tap  
“Happy.” tap

## 3. Supported Choice-Making

Use two-picture arrays for emerging communicators:

“Food or sleep?”  
“Drink or play?”

## 4. Building the Plan on AAC

Students can:

- select the habits on their device
- point to printed symbols
- use eye gaze to pick their plan items
- activate a single-switch for “yes” or “more”

## 5. AAC Debrief

Model and prompt:

“I like...”  
“This makes me happy.”  
“I choose...”  
“More healthy.”



# 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



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