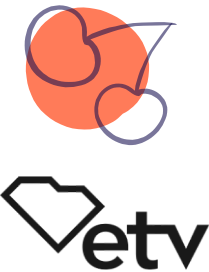
The background is decorated with various colorful icons of fruits and vegetables, including a blueberry cluster, an orange slice, a green leaf, a watermelon slice, a lime, a yellow lemon, an avocado, a strawberry, a banana, a kiwi slice, and an orange. The icons are scattered around the central text.

Keeping Your Students Healthy and Active With SCETV and PBS Resources

A presentation by: Bre Wilson, M. Ed





Hello!

I am Bre Wilson!

You can find me at bmwilson@scetv.org or reach me at 803-995-3801

www.scetv.org/education

KnowItAll.org



LEARNING **WHY**



Text SCETV to 274448

What are we doing today?

- See ETV/PBS resources to help introduce health and wellness in the classroom
- Get some great lesson plans to use!

Question 1: What are some observable characteristics of a healthy student? An unhealthy student?

Question 2: What are some challenges that you face in teaching your students about healthy lifestyles?



1. Did you know...

According to the Society for Neuroscience, diets with high levels of saturated fats impair learning and memory. French fries, sugar, chicken nuggets, etc. are leaving kids tired, unfocused, jittery and sick, which hinders performance and influences behavior and moods.




















https://www.scetv.org/sites/default/files/documents/vegetables_of_the_day_calendar.pdf

— + ↺ ↻ 📄 Fit to page 🖨 Page view

Smart Cat's Fruits and Vegetables of the Day

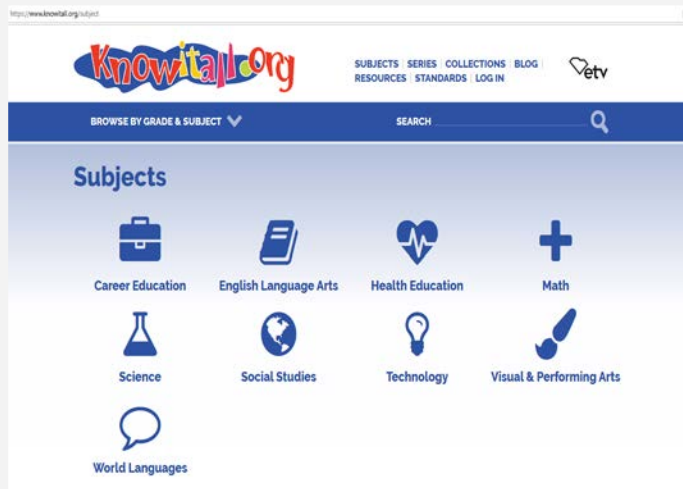
Smart Cat Fruits and Vegetables of the day cycle in a three week pattern. They're also in alphabetical order.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	 Apple	 Bananas	 Broccoli	 Carrots	 Corn
Week 2	 Grapes	 Lima Beans	 Okra	 Oranges	 Peaches
Week 3	 Peas	 Squash	 Strawberries	 Sweet Potatoes	 Tomatoes

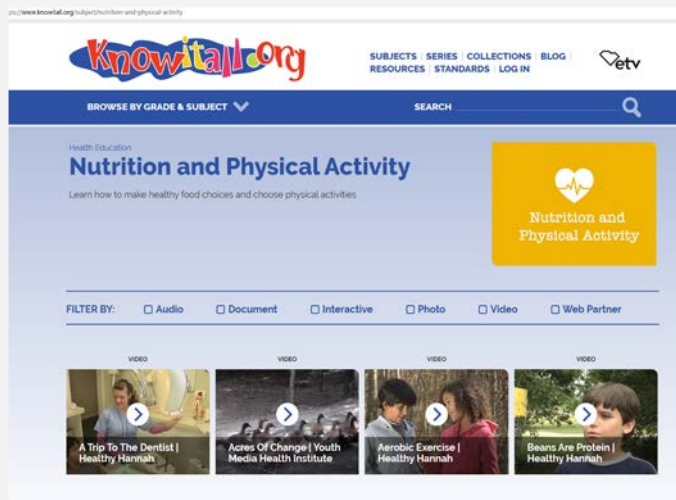
KnowItAll.org

No login needed!

Free interactives and videos!



The screenshot shows the homepage of KnowItAll.org. At the top, there is a navigation bar with the logo and links for SUBJECTS, SERIES, COLLECTIONS, BLOG, RESOURCES, STANDARDS, and LOGIN. Below this is a search bar and a dropdown menu for "BROWSE BY GRADE & SUBJECT". The main content area is titled "Subjects" and features a grid of icons representing various subjects: Career Education, English Language Arts, Health Education, Math, Science, Social Studies, Technology, Visual & Performing Arts, and World Languages.



The screenshot shows a specific page on KnowItAll.org titled "Nutrition and Physical Activity" under the "Health Education" category. The page includes a search bar, a filter bar with options for Audio, Document, Interactive, Photo, Video, and Web Partner, and a grid of video thumbnails. The thumbnails are titled "A Trip To The Dentist | Healthy Hannah", "Acres Of Change | Youth Media Health Institute", "Aerobic Exercise | Healthy Hannah", and "Beans Are Protein | Healthy Hannah".

KnowItAll.org BROWSE BY GRADE & SUBJECT SEARCH healthy hannah

VIDEO A Trip To The Dentist Healthy Hannah	VIDEO Aerobic Exercise Healthy Hannah	VIDEO Beans Are Protein Healthy Hannah	VIDEO Bike For Your Life Healthy Hannah
VIDEO Change Your Oil Healthy Hannah	VIDEO Choose My Plate Healthy Hannah MyPlate	VIDEO Fun With Fruits Healthy Hannah	VIDEO Go Lean With Protein Healthy Hannah
VIDEO Go Play Outside! Healthy Hannah	DOCUMENT Health Education - Teacher Resources	DOCUMENT Health Education Lesson Plans LearningWhy.org	DOCUMENT Healthy Hannah Lesson Plans LearningWhy.org

<https://www.knowitall.org/search?keys=healthy+hannah>

KnowItAll.org SUBJECTS | SEI RESOURCES | S

BROWSE BY GRADE & SUBJECT SEARCH

Choose My Plate | Healthy Hannah



SHARE TO GOOGLE CLASSROOM

LEARNING **WHY**

Questions? Issues?

Contact Dr.. Sharla Brown at
803-737-7657 or sbrown@scetv.org

<https://www.learningwhy.org/>



FILTER BY

Grade

Subject

Duration

Lesson type

14 Search Results

healthy ✖ hannah ✖

Sort by --



A TRIP TO THE DENTIST

Students can define cavity, healthy food, and snacks. They will describe the relationship between excessive sugar consumption and obesity, diabetes and tooth decay. They also will demonstrate good hygiene to properly floss teeth.[more](#)

Grade: 2, 4, 5, Kindergarten

Subject: Health Education

Topic: Accessing Valid Information



AEROBIC ACTIVITY

Students will define aerobic and anaerobic exercise/activity. They will keep a week-long exercise journal demonstrating these exercises. They will differentiate between them and have the ability to explain to others why it is important to be physically active most days.[more](#)

Grade: 1, 4, Kindergarten

Subject: Health Education

Topic: Analyze Influences on Health



BEANS ARE PROTEIN

Students will define bean, protein and meat alternatives. They will identify different types of beans.[more](#)

Grade: 1, 2, 3

Subject: Health Education

Topic: Analyze Influences on Health Behaviors, Comprehending Concepts, Practice Health-Enhancing Behaviors

Subject: Nutrition and Physical Activity



BIKE FOR YOUR LIFE

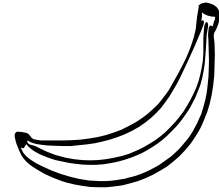
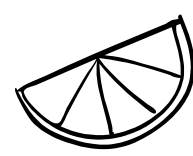
Students will define physical activity and health-related fitness. They will identify fun sources of physical activity through a charades game. They will learn the relationship between physical activity and a healthy lifestyle.[more](#)

Grade: 1, 2, 5, Kindergarten

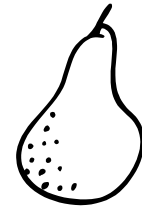
Subject: Health Education

Topic: Comprehending Concepts, Decision-Making Skills

tps://www.learningwhy.org/lessons/beans-are-protein



<https://scetv.pbslearningmedia.org/>



SESAME STREET videos games art

NEW Watch Full Episodes

NEW Monster Foodie Truck

NEW The Cow Monster Pair Song

NEW H is for Hospital

Oscar's Rotten Ride

H is for Hospital

15 of the Supermarket

Cloud 9 Diner

Monster Foodies Truck: Corn

P is for Paleontologist

Monster Foodies: Menu

V is for Vegetable

Continue the fun! VISIT SESAMESTREET.ORG GO

Make a Healthy "Feelings Faces" Snack

Using words to describe feelings can help give your child power over his emotions, making them less overwhelming or scary. And talking about feelings with a caring listener helps children understand that feelings are normal — and that others have felt that way, too. Help your child think about how emotions look and feel with this activity that doubles as a healthy snack!

Related to Episode 101 / Strategy Song

ACTIVITY TYPE

Recipe

It helps to say what you're feeling.

Materials

- Rice cakes or pita bread
- Spreading knife
- Cream cheese or peanut butter
- Raisins
- Apple slices
- Bananas

Explore More >

KIDZ KIDZ YOUR CHANGE MATTERS TO HIM. Learn More

Other Resources...

<https://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game>

<https://www.superkidsnutrition.com/>



At Home Activities

- Create a placemat
- Exercise With Smart Cat and Create an Exercise Plan
- Make a food chart
- Food Reflection Journal
- Healthy Scavenger Hunt

SAFETY

- In what ways do you help your students understand who the helpers are in their community?
- How does a sense of safety impact student learning outcomes?

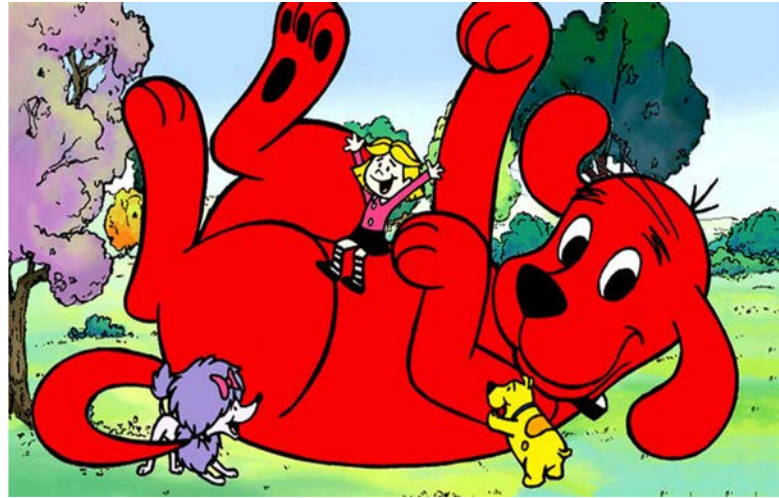
<https://www.knowitall.org/series/meet-helpers>



HD



Daniel Tiger's Neighborhood



XAVIER
RIDDLE
AND
THE SECRET MUSEUM

HERO
ELEMENTARY



At Home Activities

- **Mood Journal**

- Have each student keep a journal of their feelings.



- **Mood Collage**

- Encourage students to cut or draw images on a poster or construction paper that reflect their mood





Cleanliness



<https://www.knowitall.org/>

<https://pbskids.org/>

<https://scetv.pbslearningmedia.org/>



**What did you learn
today?**

Questions?

Ask away!

Comments?

Let me know how I can better assist!

Concerns?

Let me ease your fears!

Thanks!

Any other questions?

You can find me at:

bmwilson@scetv.org or 803-737-2213 or 803-
995-3801