

Cross the Line

GRADES

4-8

TIME

15 minutes

TOPIC

Defining Health

SPACE

Long area
(outdoors/hall)

MATERIALS

- Students
- Questions/Prompts

OUTLINE

1. Have students line up shoulder to shoulder in a straight line.
2. Pose questions, like “Cross the line if:
 - a. You had a decent sleep last night.
 - b. You ate veggies or fruit today.
 - c. You sat and listened to a friend this week.
 - d. You did an activity you enjoyed.
 - e. You drank water today.
 - f. You had fun today/on the weekend.
3. Have students cross the line by taking a big step forward if the statement is true.
4. Generate some dialogue based on the findings (How many students crossed the line? How many sides or aspects there are to health.).