

Finish the Sentence

GRADES

4-8

TIME

15+ minutes

TOPIC

Defining Health

SPACE

Classroom

MATERIALS

- Sheets of paper (any size) pre-written with prompts placed around the classroom
- One writing tool per student

OUTLINE

1. On each page write a simple prompt for students: I feel healthy when I..., I and happy when....., I feel good when I..., I like when others... etc.
2. Give students 30 seconds per page/ prompt and do a walk-about.
3. Choose what will be your indicator that students need to move on to the next page (musical cue, visual etc.)
4. As always discuss appropriate comments and healthy lines of thought. This activity is meant to be anonymous with no students being singled out for their comments, but the teacher should take the time to read through a few comments for the class at their discretion. This is an excellent way to start dialogues in class about healthy choices and views.