

The Body Positive Walk-About

GRADES

4-8

TIME

15 minutes for each segment

TOPIC

Defining Health
Healthy Eating

SPACE

Classroom

MATERIALS

- Index Cards
- Music Player

OUTLINE

Part I

Make ahead with the class some cards with nutrition related statements, one per student at least (Eg., I love chocolate. I had a great sleep last night. I prefer raw to cooked carrots. I had fun and exercised yesterday. I love spicy foods. My friends and I laughed a lot this week. I enjoy family dinners. I complimented someone this week. I have two favourite vegetables. There is a fruit I like more than ice cream. I carry a water bottle around. I turned off the TV and went outside this week. I have tried five different fruits. I always eat breakfast.).

Part II

1. Establish a cue that will indicate the end of the walk-about before beginning (E.g. the music stops, a chime sounds, timer beeps etc.).
2. Distribute the cards to students in no particular order.
3. Have students circulate the room, showing the statement on their card to the other students as they walk around the room.
4. As students are circulating and reading, once they come across a statement that they agree with, they will exchange their card for that one. This is to be a silent/ near-silent activity.
5. Students continue moving and trading until the time is up.
6. As an extra challenge, have students create lists of potential statements for future activities.