



# Healthy Bodies Activity Sheet

Plan a **Healthy Body Day** weekly or monthly at your center and reinforce messages about staying safe and well. The following ideas will help you plan activities for children ages 3-5.

## Breath and Wind

Plan this activity to help children understand that air is all around them and moves in and out of their bodies. Fan yourself with a piece of paper. Ask the children: What do you feel when you fan your face? Where does air come from? Why don't we usually feel it? Ask the children to sit up tall and take deep breaths. Ask them to put their hands on their chests, then in front of their noses. Can you feel the air going into your body? Where does it go? Can you feel it coming out? Explain that air contains a special ingredient called "oxygen" that gives us energy and keeps us alive. Clean air is important to keep us healthy and keep our lungs healthy. What do lungs look like? Blow up a balloon to show how the lungs get bigger with an in-breath and smaller with an out-breath. Ask the children to feel the cage of bones that protects their lungs. Why do the lungs need to be protected? Culminate the activity by having the children make fans from poster board that they can decorate with crayons or paints. Glue popsicle sticks onto them for handles.



## I'm Out of Breath!

Have children run around the playground playing tag or having races. When children are panting for breath, ask them to notice how it feels. Tell them that smoking often makes people struggle for breath like this.



## TV Talk Show

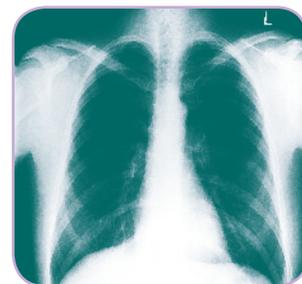
Play this game to give children a chance to state and hear values about tobacco. Use a wooden spoon or stick as a microphone. Hold the microphone in front of your mouth and play interviewer. "Today, we want to find out how people feel about being around cigarette smoke." Ask a child, "Ms. \_\_\_\_\_, tell us, how do you feel about being around cigarette smoke?"

Put the microphone in front of a child's mouth and listen to her opinion. Repeat this process with each child. Summarize your findings at the end.



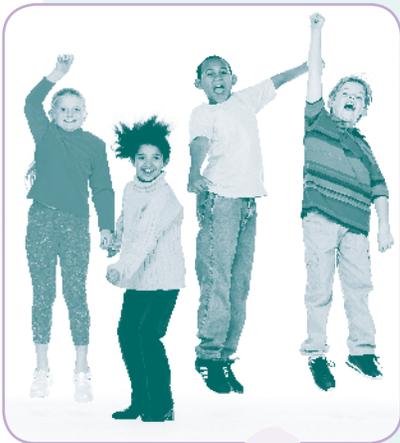
## Protecting Our Bodies

This activity will show that air can contain substances that are harmful to our bodies and that we need to protect ourselves. Bang two chalk erasers together. Ask the children what happened. Shine a flashlight through the dust. Watch the dust floating and settling for a few seconds. What will happen to the dust? Have you ever seen dust in the air before? What else can air carry (smells, smoke, pollution, germs)? What happens when we breathe in dust, smoke or pollution (can make us sick)? How do we know our air passage and lungs are sick (cough, sneeze)? What should we do to prevent this (cover our nose and mouth, avoid unclean air)? Can smokers make other people sick? Culminate the activity by having the children make their own "No Smoking" signs. Encourage them to post their signs in the classroom, around the school, in a community setting or in their rooms at home.





# Healthy Bodies Activity Sheet



## Dance Mania

Get yourself and your kids up and moving! Have a selection of kid-friendly music available at your site (check out music from the library) and have kids bring in their favorite music. Make up dances or have children share dances they already know. Play music and dance, march or hop in place.

## What Would You Want Me to Do?

Have children ask a parent, "What would you like me to do if someone smokes around me?" Have children report what they heard from their families and draw a picture of their response (e.g., walking away, telling someone to put out his cigarette, asking someone to go outside).

## Hand Washing

Teach good hand washing skills by demonstrating the proper way to wash hands. Practice together by pretending to wash hands and singing a ditty. Call the Learn To Live Line at 410-222-7979 for a free copy of the "Food Safety Song," a song/ coloring sheet about hand washing.

## 5 A Day Tasting Party

Encourage your kids to try new fruits and vegetables with a tasting party at your site. Set up a table or area where children can taste samples. Be a role model by participating in the tasting yourself. Choose fruits and vegetables that are bright red, green, orange-yellow and blue-purple — these are packed with vitamins and other nutrients. Ask children to describe color, shape, taste, texture and smell of the fruits and vegetables. Talk about eating a rainbow of different colors of fruits and vegetables. On a large sheet of paper, make a chart of whether or not the kids liked each fruit and vegetable. Have children make a drawing of each fruit or vegetable they liked or color a 5 A Day coloring sheet ([www.5aday.com](http://www.5aday.com)). These drawings can be sent home to share with parents. Don't forget to check your children's health cards for food allergies.

## Story Time



There are many books available at your local library that teach kids about healthy eating and physical activity. Try *My Five Senses* by Alikei, *The Berenstain Bears and Too Much Junk Food* or *Energy Makes Things Happen* by Kimberly Brubaker Bradley. Use the theme or a food item that is in the story and create a simple healthy snack.

# Learn To Live

Healthy Living From The Anne Arundel County Department Of Health  
[www.aahealth.org](http://www.aahealth.org)

410-222-7979