

Healthy Habits Show

HEALTH & SAFETY



Overview

Students create educational videos teaching peers about nutrition, exercise, hygiene, or sleep, promoting lifelong healthy habits.

Steps for Teachers

1. Discuss different aspects of health (nutrition, exercise, hygiene, sleep, mental health)
2. Students select a health topic to research
3. Students learn age-appropriate facts about their topic
4. Students write a script that teaches and motivates healthy choices
5. Students create an engaging 'health show' format
6. Students record their health education video
7. Create a class 'Wellness Channel' with all videos

Example

A student creates a show about sleep. Host character in pajamas: 'Welcome to the Sleep Show! Did you know kids need 9-12 hours of sleep? Here's why: while you sleep, your brain organizes everything you learned today. Your body grows and repairs itself. Without enough sleep, you might feel grumpy, have trouble focusing, or get sick more often. Here are my tips: no screens before bed, keep your room dark, and go to bed at the same time every night. Sweet dreams!'

Grading Rubric

Criteria	Excellent	Proficient	Developing
Health Accuracy	All health information is accurate and age-appropriate	Mostly accurate health information	Contains health misinformation
Practical Tips	Offers specific, actionable advice	Includes some practical suggestions	Advice is too vague or impractical
Engaging Presentation	Makes health topic interesting and fun	Reasonably engaging presentation	Boring or preachy delivery
Motivation	Inspires viewers to make healthy choices	Provides some motivation	Fails to motivate behavior change