

School Age Curricular Framework Easy Sheet
Health and Wellness Level 2



Health and Wellness– nurturing of competent, caring and responsible children and youth and promotion of healthy living and well-being

Rationale ★ Programs work within to promote healthy living and well-being for children, youth, and staff alike. Efforts in addressing support for healthy nutrition and physical activity and provide awareness of behaviors that contribute to health risks and injuries incorporated into daily experiences.

Examples

Materials

- ★ Materials list – TBD by activity

Activities

- ★ Poster creations for display by groups of children – topics of nutrition, physical activity, screen time, gardening, community service, environmental learning. Children present and display when finished.
- ★ Yoga/Mindfulness activities
- ★ Healthy cooking activities
- ★ Gardening activities
- ★ “Family Activity Night.” Set up several stations for active participation, including a stretching station, obstacle course, family tug-o-war, hula hoops and fill in the bucket activities.

Interactions

- ★ When participating in activities use vocabulary that will help children understand their activities
- ★ Connections to language, literacy and numeracy
- ★ Embed art, science, and culture in activities

Resources

- ★ [Healthy Bites: A Wisconsin Guide for Improving Childhood Nutrition](#) (PDF)
- ★ [Active Out-of-School Time: A Wisconsin Guide for Improving Childhood Physical Activity for School-Age Children](#) (PDF)
- ★ Active OST Healthy Bites Assessment
- ★ [Supporting Healthy Beverage Choices in Out-of-School Time Programs in Wisconsin](#)
- ★ [Got Veggies](#)
- ★ [Got Dirt](#)
- ★ [WHAT WORKS in ACTIVE OUT-OF-SCHOOL TIME](#)
- ★ OSNAP (Out of School Time Nutrition and Physical Activity)
 - [OSNAP Tip Sheets](#)

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