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Healthy Hedgehogs After School Program

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NEBRASKA HONORS PROGRAM
CLC EXPANDED LEARNING OPPORTUNITY CLUBS
INFORMATION SHEET

Name of Club: Healthy Hedgehogs

Age/Grade Level: 2nd-5th grad

Number of Attendees: (ideal number) 8

Goal of the Club: (learning objectives/outcomes) **To learn about the body and difference aspects of health including physical, mental and social well-being. Also promoting an overall healthy lifestyle.**

Resources: (Information for club provided by)

Previous knowledge and online sources

Content Areas: (check all that apply)

- Arts (Visual, Music, Theater & Performance)
- Literacy
- STEM (Science, Technology, Engineering & Math)
- Social Studies
- Wellness (Physical Education, Health, Nutrition & Character Education)

Outputs or final products: (Does the club have a final product/project to showcase to community?)

N/A

Introducing your Club/Activities:

This club encouraged healthy behaviors.

General Directions:

Pick a health-related topic each week being sure to review previous lessons. Helps to tie it to previous weeks lesson.

Tips/Tricks:

Use fun activities to wrap up the lesson and increase interest in the topic.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Introduction to MyPlate

Name:

Length of Activity: 50 minutes

Supplies: Markers, paper, MyPlate coloring sheet

Directions: Meet the kids and go over expectations for the club. Ask what they know about health. Discussed physical, social and mental health. Started to focus on nutrition. Introduced the main 5 food groups and MyPlate. Ask for ideas for future activities.

Conclusion of the activity: Got to know students, got an idea of what they want to do, introduced main idea of club

Parts of activity that worked: Worksheet and color

Parts of activity that did not work: Some ideas that I was excited about they were not excited about.

Lesson Activity Valentine's Day Activity

Name:

Length of Activity: 50 minutes

Supplies: Snacks, paper, markers

Directions: Talk about heart healthy foods. Discuss the importance of being kind and social well-being.

Conclusion of the activity: Made kindness valentines to give out.

Parts of activity that worked: Valentines, dark chocolate and almonds (heart healthy snacks)

Parts of activity that did not work: Lost interest in discussing foods

Lesson Activity Name:	Fruits and Vegetables
Length of Activity:	50 minutes
Supplies:	Glue sticks, paper, cut out pictures of various fruits and vegetables, small prizes

Directions: Just Dance warm up video. Review MyPlate and then go in depth about fruits and vegetables. Make individual bingo card with fruits and vegetables

Conclusion of the activity: Made bingo cards and discussed specifics about each fruit or vegetable when the card was drawn

Parts of activity that worked: Bingo with prizes

Parts of activity that did not work: Only one student so bingo wasn't quite as fun

Lesson Activity Name:	Mental Health: Goals and Stress
Length of Activity:	50 minutes
Supplies:	Paper, markers

Directions: Just Dance warmup, review old info, introduce mental health, start with goals why are they important and how to set goals for ourselves, then talked about stress and ways to cope with stress

Conclusion of the activity: made goal sheets; did yoga, coloring and belly breathing as our stress relief activates

Parts of activity that worked: coloring

Parts of activity that did not work: was not interested in yoga

Lesson Activity Name: Vitamins

Length of Activity: 50

Supplies: Paper, markers

Directions: Just Dance warm up, review MyPlate, go through PowerPoint about vitamins that includes what they are, give specific information about each vitamin including pictures, drew a rainbow plate including fruits of a variety of colors

Conclusion of the activity: learned about vitamins, tied in with previous knowledge of MyPlate, made rainbow plates

Parts of activity that worked: coloring

Parts of activity that did not work: focusing on the task at hand

Lesson Activity Name: Minerals

Length of Activity: 50 minutes

Supplies: Papers, markers

Directions: Just Dance warm up, review MyPlate and vitamins, went through PowerPoint about minerals and how they worked with vitamins

Conclusion of the activity: Did a matching game involving minerals, vitamins and food groups

Parts of activity that worked: PowerPoint

Parts of activity that did not work: matching game was not as organized and little to difficult

Lesson Activity Name: Bones

Length of Activity: 50 minutes

Supplies: Laptop, paper and markers

Directions: Just Dance warm up, gave quick lesson on bones and tied in minerals and vitamins that we had previously learned. Learned Bone Dance from Hannah Montana show. Drew our own skeleton. Did a bone game found online

Conclusion of the activity: Learned about importance of bones, how nutrition affects bones and learned the major bones in the body

Parts of activity that worked: loved online game

Parts of activity that did not work: remembering names of bones was difficult, better at remembering location if given name

Lesson Activity Name: Muscles and outside games

Length of Activity: 50 minutes

Supplies: None

Directions: Just Dance warmup; reviewed old lessons – specifically muscles; short intro to muscles and identified the major muscles; played outside while being aware of what muscles we were using

Conclusion of the activity: Learned about muscles and how they are used

Parts of activity that worked: Outside

Parts of activity that did not work: remembering names of muscles was difficult

Lesson Activity Name: Summary of club

Length of Activity: 50 minutes

Supplies: Stickers

Directions: Recall all information we learned throughout the year; discussed favorite and least favorite part of club; played outside

Conclusion of the activity: Summary of the club

Parts of activity that worked: Review using incentives (stickers)

Parts of activity that did not work: specific terms were difficult to remember
