



HEALTHY BODIES

STEP 1

HAVING A HEALTHY BODY STARTS WITH MAKING HEALTHY CHOICES IN WHICH AREAS?

Eating, exercise, sleep, and screen time.

TRUE OR FALSE. IT WAS EASY FOR THE CHARACTER WORKING ALONGSIDE THE TEAM LEADER IN THE ANIMATION TO MAKE HEALTHY FOOD CHOICES.

False, the character was easily distracted by poor food choices.

HAVE ANY OF YOU REPLACED EXERCISE WITH VIDEO GAMES? IF SO, HOW MUCH TIME DO YOU SPEND ON VIDEO GAMES?

Provide time for youth to share their answers.

WHAT ARE SOME WAYS THAT YOU CAN “KEEP MOVING” (GETTING EXERCISE)?

Provide time for youth to share their preferred exercises.

WHAT TIME DO YOU GO TO BED? DO YOU THINK YOU ARE GETTING ENOUGH SLEEP MOST NIGHTS? WHY OR WHY NOT?

Provide time for youth to share their answers.

STEP 2

WHICH A4L CLUB FEATURES WILL TEAM LEADERS USE TO HELP KIDS WITH HAVING A HEALTHY BODY?

- KITS
- ACTIVITY GROUPS
- SERVICE PROJECT
- QUOTES
- TOURS

ADVISERS, ASSIST TEAM LEADERS IN ROLE PLAYING DIFFERENT SKILLS THEY CAN USE TO ASSISTS THEIR PEERS IN HAVING A HEALTHY BODY.