



## Healthy School Campaign

# Make a Healthy Resolution



Time Required: 5 Minutes Prep, 15 Minutes for Discussion

**January:**

### **Healthy Resolution**

**Goal:** Students will come up with resolutions to keep them healthy during the year.

**Objectives:**

- Learn the meaning of resolution
- Participate in a classroom discussion about how to keep a healthy body.

**Prep:** Photocopy the attached resolutions activity sheet (1 half-sheet per student). Cut sheets in half.

### **Directions:**

1. Introduce the vocabulary word: “resolution.” Ask students about what they think it means.  
**Resolution:** *noun*: a decision to do something or to behave in a certain manner
2. Inform students that this time of year is when many people start a resolution for themselves because it is the beginning of a new calendar year. Give examples of some resolutions that people might have (ie. to read a new book each week, to write letters to family members who live far away, etc.)
3. Tell students that they will be coming up with a resolution to keep their body healthy. Pass out the healthy resolution sheet to students. Ask students “What can you do to keep your body healthy?” Have students Think-Pair-Share.
4. Call on students to share their answers with the rest of the class. Students will answer using the sentence frame: “To keep my body healthy, I will \_\_\_\_\_.”
5. Record answers on the board for students.
6. Students will choose the resolution that they want to work on for the year and write the resolution on their sheet.
7. *Best for upper grades:* Make goals that are SMART: specific, measurable, attainable, realistic, and time-oriented. Instead of saying, “I will eat more vegetables,” say, “I will choose a vegetable from the salad bar every day.”
8. Instruct students to write or sign their name under “signed,” and to also write the date on the blank line.
9. *Best for lower grades:* Students can draw a small picture on the sheet if desired.
10. Remind students to hang their healthy resolution sheet somewhere where they can always see it as a reminder to stay healthy (on the fridge, on their desk, by the pantry, etc.).

## Extensions

1. *Best for lower grades:* Have students draw a picture of their resolution and display it in the classroom as a reminder.
2. *Best for upper grades:* Choose a date towards the end of the school year to check on the progress of the resolution.





# My Healthy Resolution



To keep my body healthy,

I will \_\_\_\_\_.



Signed,

\_\_\_\_\_  
January \_\_\_\_, 2014

For food stamp information, call 877-847-3663.

Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

California Department of Public Health



ALAMEDA COUNTY OFFICE OF EDUCATION  
SHEILA JORDAN, SUPERINTENDENT  
313 WEST WINTON AVE. • HAYWARD, CA 94544-1136  
[www.acoe.org](http://www.acoe.org)



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