

Mix and Mingle Activity

Research shows that many health and behavior habits are fairly well established by the age of five. Promotion of quality nutrition, physical activity, sleep and other healthy behaviors is critical during this time of development.

More than 56 percent of Latin American adults are overweight or obese, compared to a global average of 34 percent, according to a report by the Overseas Development Institute last year.

To support healthy growth and development, young people are encouraged to be physically active for 60 minutes or more each day, with most of that activity being moderate-to-vigorous intensity.

Research shows that children tend to be more willing to try new foods and to be physically active when adults in their life model these things.

Generation of positive peer pressure in the child care setting can go a long way toward encouraging children to make healthy choices.

Key for the prevention of many chronic diseases is to shape and model healthy choices from the beginning. Early formation of habits also has greater potential for more positive health outcomes later in life. Anyone who has tried to alter eating habits as an adult understands how difficult this can be. Prevention of unhealthy habits from the beginning reduces the challenge of trying to reverse those habits in the future.

Throughout their lives, students will be faced with a multitude of decisions regarding their health and wellness. What to eat, whether to be physically active, whether to apply sunscreen, wear a seatbelt or bike helmet, and how much sleep to get are just a few. To maintain personal wellness, students must make decisions about balancing physical, social, and mental/emotional wellness.

Wellness Triangle Activity

Keep my body, hair, and teeth clean.

Sleep at least eight (8) hours each night.

Go to the doctor and dentist regularly (even when not sick).

Wear a seatbelt when in a car.

Have someone to talk to when happy or sad.

Care for and respect people in my life.

Am happy when I can help others.

Am dependable.

I feel good about myself and like who I am.

When I make a mistake, I am able to learn from it.

I have a favorite activity or hobby that I like to do.

I like to learn new things.