Lesson Plan End of Season – Wrap-up

Focus: Today review the 3 LifeStar Healthy Habits and what it means to be a LifeStar.

Review with them what they learned about goals, physical activity and eating healthier throughout the program and that today’s goal is to all be active.

1. Engage/hook/activate (5 – 10 minutes):
    Review the 3 LifeStar Healthy Habits
    I Can Do It! – goal setting
    I'm Active! – physical activity/exercise
    I Eat Right! – healthy eating
    Ask the kids what it means to be a LifeStar?
      A LifeStar is a person who knows how to live an active, healthy life and takes responsibility for doing it EVERY DAY!

2. Review (5 minutes):
    Congratulate them for all their hard work and hand out final stars to those who have completed the program, have participated to the extent possible and can in your mind answer the question about what it means to be a LifeStar.

3. “I Am Active!” time (30 minutes):
    Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
    Choose an activity for the kids to play from the list in the Activity Section or pick an activity of your own. Don't forget to lead them in an “I Can Do It” cheer before starting.

4. Wrap-up (5 minutes):
    Gather the kids in a group. Remind them that you talked about all three of the LifeStar Healthy Habits and ask:
      What they had the most fun learning about?
      What is a goal they are going to make to continue being a LifeStar?
      What healthy habit did you develop?
      What healthy habit are you working on?

Finish the lesson with an “I'm Active, I Eat Right and I Can Do It” cheer.

Healthy Habits: Ask the kids if they have built the habits of:
I have the habit of trying to eat healthier every day.
I have the habit of trying to be more active every day.