I am working on the habit: __________________________

I want to (my goal is): __________________________

by ____________________

Date

To help me reach my goal, I will do these things (write, draw or glue pictures in the arrow showing what you will do).

Post your goal in a place you will see it often. Look at it every day. After two weeks, think about what you did, what you accomplished, what worked and what didn’t work. You can write about your thoughts on the back of this paper.
Instructions for the teacher

Print a copy of the handout for every kid before each of the introductory lessons: IAA1, AER1 and ICDI1. Handout the printouts and explain to the kids that for us to make positive changes in our lives, we need to build healthy habits. Explain that a habit is something we do repeatedly without necessarily being aware of it. LifeStars work on building the following core healthy habits:

1. Half or my plate, at every meal, is fruits and vegetables.
2. I eat a healthy breakfast every day.
3. I drink at least one glass of water with every meal.
4. I drink water before, during and after physical activity.
5. I choose healthy snacks.
6. I limit my sugary drinks or treats to one a day.
7. I am active at least one hour throughout the day.
8. I work hard at being stronger, faster and healthier.
9. I limit my entertainment screen time (TV, videogames, movies) to one hour a day.
10. I have set a goal to make at least one positive change in how I eat.
11. I have set a goal to be more active.

Ask each kid to pick one of the habits for every part of the program (during the corresponding introductory lesson), one for I eat right (habits 1-6), one for I am active (habits 7-9), and one for I can do it (habits 10-11). Then ask each kid to set up a goal for the next and to give it a time when it will be accomplished.

Ask the kids to write, draw or glue pictures in the arrow showing what each one will do to help with their goal, for example: walk during recess until I can walk longer and faster, practice shooting hoops until I get the ball in most of the time, eat one more veggie every day, drink only one sugary drink per week as a treat, set up a goal to be more active, etcetera.

Celebrate or give an incentive when the goals are met, ensure that food incentives are healthy. Encourage the kids to share with their parents and place their goals on the refrigerator. Repeat this activity in as many lessons as possible, encourage and inspire the kids to build healthy habits in their lives.
I Can Do It Lesson Plan (ICDI1) – Introduction

Focus: Today introduce the “I Can Do It” LifeStar Healthy Habit and review the 3 different types of goals.

Remind them our goal as a group today is to learn what a goal is, how to set and reach a short-term goal. We also want to be active today.

1. Engage/hook/activate (5 – 10 minutes):
   * Ask the kids if they know what a goal is.
   * If they need prompting explain that an example of a goal is one that happens in soccer. All players want to score a goal, because that is how their team will win the game. A personal goal is one that helps us be winners in an area of our lives, such as school, be better at a sport, eat healthier, etc.
   * Goals need to be clear. In soccer, we know what a goal is, it is when the ball gets inside the net, right? Personal goals need to be clear too. For example: “I will walk every day to school so that I am more active.”
   * Ask, have you ever set a goal?
   * If so, ask them to share an example of a goal they’ve set.
   * They may need prompting. They may have set a goal and not even know it. Ask
     * Has anybody saved up money to buy something?
     * Can you tell us what you saved up for?
     * How did it feel when you saved enough money and bought what you wanted?
   * Ask:
     * Has anybody played with the ball until you learned how to dribble?
     * Can you tell us what you did to dribble better?
     * Did someone help you (We sometimes need help to accomplish a goal)?
     * How did it feel when you were able to dribble the ball better?
   * Explain how good it feels to work toward something (setting a goal) and then actually making it happen (reaching the goal). Can we all say out loud “I Can Do It!”

2. Review (5 minutes):
   * We are going to talk about setting a LifeStar goal – working towards a healthy goal and making it happen. What are examples of Healthy LifeStar goals?
     * Walking more
     * Be active outside
     * Drinking more water
     * Eating two fruits per day
     * Coming to the Healthy LifeStars program.
   * By being active and eating healthy, Healthy LifeStar goals focus on things that will help you be healthy
3. “I Am Active!” time (30 minutes):

- Could we start with an activity goal for today? We are going to set a goal today together. We are all going to be active for 10 – 15 minutes.
- Remember to stretch before and after being physically active.
- Have the kids set a goal of running for 1 minute, then walking for 1 minute, then running or walking faster for 1 minute, then walking for 1 minute and so on for a set period of time (5 – 10 minutes). Help them set up the plan for knowing when one minute is up (you will blow a whistle and call out to them for example). Don’t forget to lead them in an “I Can Do It” cheer before starting.
- Encourage the kids while they are walking or running. A great way to do this is to give high fives as they pass you.
- Once the time is up and they’ve completed the activity, congratulate the kids on meeting their goal.
- If there is enough remaining time, choose an activity for the kids to play from the list in the Activity Section, or pick an activity of your own.

4. Wrap-up (5 minutes):

- Gather the kids in a group. Remind them that you talked about goals.
  - Ask, what is a goal?
  - What short term goal can each of you make for the next week regarding healthy eating or being active? (example: I will play hard at recess tomorrow, I will play / exercise for 60 minutes (1 hour) tomorrow, I will eat fruit and vegetables with every meal tomorrow, I will drink 5 glasses of water a tomorrow).
- Invite them to set up a goal for themselves and write it down. Goal setting is important to maintain a healthy lifestyle.
- What goal can you set for this week or weekend regarding eating right, or being active? (example: I will do sit ups during commercials at home if I’m watching TV, I will eat one more vegetable every day).
- Write down your goal (print the “Introductions - Goal Setting printable” and have them use it to keep track of their goals).

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

Healthy Habit of the Day

I have set a goal to make at least one positive change in how I eat.

Lesson #ICDI1

- What goal can you set for this week or weekend regarding getting more physical activity? (example: I will play hard every day at recess, I will do jumping jacks during commercials at home if I’m watching TV). Write down your goal.
I Can Do It Lesson Plan (ICDI2) – Three Types of Goals

Focus: Today introduce the “I Can Do It!” LifeStar Healthy Habit and review types of goals.

Remind them that the goal today is to learn about the three different types of goals. We also want to be active.

1. Engage/hook/activate (5 minutes):
   ✴ Ask the kids, “do you remember talking about goals?”
   ✴ What do you remember about the lesson? If they need prompting:
     ✴ What a goal is – Working toward something (setting a goal) and then actually making it happen (reaching the goal). Like in soccer, remember? Can we all say out loud “I Can Do It!”?
     ✴ What were some of the goals you made last time?
   ✴ Who knows the different types of goals? It’s okay if they don’t know the different types. Introduce below.

2. Review (5 minutes):
   ✴ Review the 3 types of LifeStar goals with the kids
     ✴ **Short-term Goals** – These goals can be achieved in short amounts of time, like in an hour, a day or a couple of weeks. “I will drink water or milk instead of sugary drinks at my next meal, or for one day or for one week” for example.
     ✴ **Long-term Goals** – Goals that take several months or years to achieve are long-term goals. An example might be, “one year from now I will complete a marathon.”
     ✴ **Life-long Goals** – “I choose to live an active, healthy life” is an example of a lifelong goal. By eating right and being active every day, you enjoy the benefits of a healthy life.
   ✴ It is always helpful to write down your goals and place them on a visible place where you see them daily (your room or your refrigerator are great places).

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?
   ✴ Remember to stretch before and after being physically active.
   ✴ 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 the 3 different types of goals and ask:
        ✴ Name the 3 different types of goals.
        ✴ What short-term goal can each of them make for the next week regarding healthy eating or exercise? (Example: I will play hard every day at recess, I will play/exercise for 60 minutes (1 hour) every day for the next week, I will eat fruit and/or vegetables with every meal tomorrow, I will eat a fruit and vegetable in my school lunch tomorrow, I will drink 5 glasses of water a day for the next week)

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.

Healthy Habit of the Day
I have set a goal to be more active.

Lesson #ICDI2
I Can Do It Lesson Plan (ICDI3) - How to Turn Small Efforts into Big Rewards

Focus: Today review the “I Can Do It” LifeStar Healthy Habit and teach the kids that making some small changes can turn into big rewards, such as being healthy and strong.

1. Remind them our goal, as a group today, is to learn about making small changes that will help us be healthier. We also want to be active today!

2. Engage/hook/activate (5 minutes):
   ✴ Ask the kids:
   ✴ Who can think of a habit that helps us be healthy? Some habits to get them going are:
     ✴ Chew your food 20 times before swallowing and eat slowly!
     ✴ Wait 20 minutes before you go get seconds – It takes the brain 20 minutes to know that your tummy is full!
     ✴ Eat the healthy stuff on your plate first so it fills you up
     ✴ Don’t skip meals – you’ll run out of steam quickly without the right amount of energy!
     ✴ Substitute fruits and veggies for those cookies, candy and chips
     ✴ Choose water or milk over soda and Kool-Aid
     ✴ Pick apple slices over fries
     ✴ Use smaller plates
     ✴ Eat a healthy snack
     ✴ Drink more water-before every meal and throughout the day
     ✴ Get 60 minutes of exercise every day!
     ✴ Limit your screen time to no more than two hours a day!
   ✴ All these small efforts can lead to a healthier life.

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?
   ✴ Remember to stretch before and after being physically active.
   ✴ 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 making small changes and ask:
     ✴ What are some healthy habits?
     ✴ Which tip can you try? Remember to set the goal and try!

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.
Healthy Habit of the day:
I have set a goal to be more active.

Lesson #ICDI3
Focus: Today introduce the concept of healthy habits.

Remind them our goal as a group today is to understand how we develop habits and to identify some healthy habits. We also want to be active today!

1. Engage/ hook/activate (5-10 minutes)
   ✴ Ask the kids- “What are some typical habits we all have- good or bad?”
   ✴ Prompt if needed
     ✴ Brushing your teeth
     ✴ Putting on your seatbelt in the car
     ✴ Biting your nails
     ✴ Putting on your shoes
     ✴ Grabbing the bag of nachos when you are hungry
     ✴ Turning on the TV when you get home
   ✴ Explain
     ✴ These actions are small enough that you don’t even think about them, you just do them!
   ✴ Share
     ✴ Let’s think about healthy habits as small actions that we start practicing everyday- until they become a habit. Tiny, itsy bitsy routines that we do everyday
     ✴ Prompt - If we do the small action everyday what does it become?
       ✴ A habit we do automatically.

2. Review (5 minutes)
   ✴ What are examples of tiny routines that will help us build healthy habits?
     ✴ Prompt if needed- “think of something you can do about eating, being more active (just a little bit); here are some examples if needed to get the conversation going:
       ✴ Eating breakfast
       ✴ Eating an extra fruit a day
       ✴ Eating an extra vegetable a day
       ✴ Dancing for 15 minutes after school
       ✴ Getting a drink of water before playing on the playground each day
       ✴ Eating a fruit from the school lunch each day
       ✴ Looking at your dinner plate and making ½ of it vegetables / fruits
       ✴ When playing a game on your computer – play 5 minutes less
       ✴ Walking around the school grounds during recess
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?
   ✫ Remember to stretch before and after being physically active.
   ✫ 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 Healthy Habits and ask:
     ✫ What are habits?
     ✫ What are some healthy habits
     ✫ How do you feel when you decide to do something healthy and you do it?

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.

Healthy Habit of the Day:
I have set a goal to make at least one positive change in how I eat.

Lesson #ICDI4
I Can Do It Lesson Plan (ICDI5) - Setting a New Goal

Focus: Today we review the “I Can Do It!” LifeStar Healthy Habit and teach the kids how to set a new goal

Remind them that our goal today is to learn to set up new goals. We also want to be active today!

1. Engage/hook/activate (10 minutes):
   ✫ There are three simple steps to setting a new goal.
   ✫ When you want to start a new goal remember the three steps-
     ✫ I will
     ✫ What you will do
     ✫ When you will do it
   ✫ Setting a goal using the “will + what + when formula
     ✫ Let’s try it – pick a healthy behavior – a tiny habit that we want to do and try the “Will+What+When" formula
     ✫ Here’s an example “I will eat a fruit at lunch tomorrow”
     ✫ Now prompt kids to practice; have the group repeat the formula (maybe using finger gestures paired with the formula- hold up one finger for the first part, second finger for the second part and third finger for the third part) and think for a minute about a goal they can work on- then have kids share!

2. Review (5 minutes)
   ✫ There are three steps to setting a goal-it takes practice.
   ✫ Sometimes writing down a goal makes it more real- seeing the goal written reminds us about what we want to do.
     ✫ When you want to write down a goal, remember the three steps-
       ✫ I will
       ✫ What you will do
       ✫ When you will do it
   ✫ You can use a piece of paper length-wise to show this if you want – fold the strip of paper into three even sections; on the first section, print “I will”, on the middle section print “what you will do”, and on the final section print “when you will do it”

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 for the whole time?
   ✫ Remember to stretch before and after being physically active.
   ✫ 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 and remind them that you talked about setting up a goal.
- What are the steps to set up a goal?
- How do you feel when you are successful at meeting your goal? Usually happy! You accomplished something you wanted to do. Always celebrate when you meet your goal- with high fives, giving and receiving praise- “good job, you did it, you met your goal”

Finish the lesson with an “**I Am Active! I Eat Right! I Can Do It!**” cheer.

**Healthy Habit of the Day:**
I have set a goal to be more active.

**Lesson #ICDI5**
I Can Do It Lesson (ICDI6) – Reasons to be Healthy

**FOCUS:** Introduce ideas about why we want to be healthy

**Remind them** that today we are going to talk about why we want to be healthy. We also want to be active!

1. **Engage/hook/activate** (5-10 minutes)
   - Everybody has reasons for why it’s important to be healthy!
   - Ask the kids “Why is being healthy important to you?” or “Why do you want to be healthy?” Encourage responses. Prompt a little, if needed, but don’t give all the answers!
   - Healthy and strong heart, blood pressure, less disease
   - Less illness- like diabetes
   - No pain, stiffness
   - Strong bones
   - Healthy skin
   - Stronger immune system- hopefully less sickness/illness
   - Sense of well being-gives us more energy, we are less anxious and worried, makes us feel good about ourselves, helps us feel less stressed
   - Being healthy helps us do better in school
   - Staying active is a great way to have fun, make new friends, spend fun time with family
   - Feeling better when we eat right and are active.
   - Muscles get tones, your posture is better, better weight
   - Happy families

   - Do you know someone who isn’t healthy? Someone you worry about not being healthy? Do you know what they can do to be healthier?

2. **Review** (5 minutes)
   - Thinking about being healthy can give you ideas for healthy choices to make
   - What are some choices you can make to be healthy?

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?
   - Remember to stretch before and after being physically active.
   - 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 why we want to be healthy.
   - What is one thing they do to be healthy?

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

**Healthy Habit of the day:**
I have set a goal to make at least one positive change in how I eat.

**Lesson #ICDI6**