



N-1-2 Quick Guide to Breakout Activity Options for Lesson on Tracking Daily Habits

Reading Aloud activity: We recommend the following books that embody the themes of this lesson plan. After reading each book aloud, ask the children how they think the story relates to the importance of healthy eating, sleeping, and exercise habits.

- [Devin & Evan Sleep From 8-7](#) by Dr. Whitney Roban
- [My Friends on the Inside](#) by Kemi Tijani
- [Oh The Things You Can Do That Are Good for You!](#) By Dr. Seuss

Physical activity: Children will engage in active games that combine the idea of tracking with the themes of healthy behaviors, such as choosing nourishing food and getting physical exercise.

1. **Keeping Track Freeze Dance:** When the music starts, each kid picks a single movement of their choice to do repeatedly and keep track of how many times they do it. Movements can be anything – cartwheels, skipping, somersaults, arm circles, head bobs, etc. When the music stops, they freeze in place and share their total number. When the music restarts, they pick a new movement to track.
2. **Ball Bounce Tracking Game:** Divide children into pairs. Give each pair a basketball or other bouncy ball. Have pairs stand comfortably apart and bounce the ball back and forth to each other. On each bounce, they need to name a different healthy food that a person could track. The first to repeat a food or be unable to name a food on a single bounce is out. Play again.

Drama/Theater activity: Invite kids to form groups and create a skit about this week’s theme, which is tracking their sleep, food, exercise, and emotions. Below are prompts:

- You are competing in the Superhero Olympics. Each character will compete. What Superhero will you be, and what is your strength? How will you practice and keep track of your training progress so that you are in the best possible shape?
- “You are Iron Man or Captain Marvel or Black Panther (or another superhero if you prefer). Your superhero suit (JARVIS) is running out of fuel, and you are trapped in outer space. You need to get back to earth to save humankind. How can you recharge your suit and get home?”

Visual Art activity:

- **Fruit and Veggie Miniatures:** Give kids small bits of a variety of colors of polymer clay. (For a less expensive option, use Play-Doh). Ask kids to create miniatures of fruits and vegetables they would like to eat, such as tiny orange carrots, little red and green apples, yellow bananas, miniature green peas and broccoli crowns.
- **Arrange a Bowl or Basket:** Each kid can arrange their clay creations in plastic or paper bowls and bring home a “basket” of fruits and vegetables. Time permitting, they can decorate the basket by painting the bowl. Have them keep track of how many fruits and veggies they make.