



# 4-H Healthy Living

Encouraging youth to make healthy choices

**UP FOR THE CHALLENGE**

**LESSON 8**

**4-H HEALTHY LIVING CELEBRATION**

**LEVEL: Elementary School (K-5)**

<b>GOAL:</b> Children will identify ways they can promote wellness, health, fitness and safety in their own community.
<b>KEY QUESTION:</b> What are wise choices we have to make to stay healthy and active? How can we be beneficial to our own community?
<b>MATERIALS NEEDED:</b> <ul style="list-style-type: none"> <li>• Supplies Identified in the Plan (week 7)</li> <li>• Camera to Record Event</li> <li>• Certificates</li> <li>• Healthy Snacks</li> </ul>
<b>TEACHING TIP:</b> Include water breaks!!!

Agenda	Topic	Source
3:30	<b>Greeting</b>  <b>Preparations:</b> Set up room, prepare healthy snacks, hang posters and banners, review / rehearse presentations	
4:00	<b>Welcome Guests</b> <b>4-H Pledge</b>	
4:15	<b>Planned Activities –</b> <ul style="list-style-type: none"> <li>• What is 5210</li> <li>• How we make healthy choices</li> <li>• Setting new goals (i.e. walking club, healthy snacks)</li> <li>• Demonstrations of games and activities to stay active</li> </ul>	
4:30	<b>Presentations –</b> awards, recognition, appreciation, photographs	
4:45	<b>Refreshments –</b> healthy snacks	
5:00	<b>Good-bye</b>	