



## Educator Guide: Healthy Minds Lesson

### **Recommended for Grades:**

7<sup>th</sup> grade

### **Time:**

7 minutes

### **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 2: Analyze influences that affect health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

### **Learning Objectives:**

After completing this lesson students will be able to:

1. Describe at least three healthy behaviors (including one that specifically helps keep the mind healthy) they can do each day.
2. Define body image.
3. List internal and external factors that can affect a person's body image.
4. Examine how the media can influence a person's health behaviors.

### **Lesson Description:**

In this lesson, students will learn what they can do to keep a healthy mind. Students will also explore body image and some influences around them. There is an optional worksheet for students to complete as they work through the lesson included later in this guide or on the activity page in the E-Learning Center.



## Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct (or ideal) answer choices are bolded.

1. What is the most amount of time per day you should spend watching TV, playing video games and using your phone, tablet or computer, outside of school?
  - a. **2 hours**
  - b. 3 hours
  - c. 4 hours
  
2. Which of the following will help you get better sleep? Choose all that apply.
  - a. Sleep in on the weekends.
  - b. Keep your phone next to your bed.
  - c. **Turn off electronics at least 30 minutes before bed.**
  - d. **Keep your room cool and dark.**
  
3. What is body image?
  - a. How others see you
  - b. **How you see yourself**
  - c. How big or small your body is
  
4. Which of the following can affect a person's body image? Choose all that apply.
  - a. **Puberty**
  - b. **Media**
  - c. **Family**
  - d. **Friends**
  
5. Spending less than two hours in front of a screen is a healthy behavior I could commit to each day.
  - a. **Strongly agree**
  - b. Agree
  - c. Disagree
  - d. Strongly disagree

## Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Healthy Minds Lesson. You may choose to use this list in any way that fits your needs.

- Brain – the organ inside the head that controls thought, memory, feelings and activity
- Body image – how you see yourself when you look in the mirror or picture yourself in your mind
- Down time – time spent where a person is not focused on anything in particular and just lets the mind wander, or simply relaxes, helping the brain recharge
- Media – communication channels through which news, entertainment, education, data or promotional messages are disseminated, including newspapers, magazines, TV, radio, billboards, direct mail, telephone and internet
- Melatonin – a hormone that controls the sleep/wake cycle
- Puberty – the period of time where the body begins to develop and change from that of a boy or girl to that of an adult
- Screen time – time spent using a device such as a computer, phone, tablet, television or game console
- Sleep – the natural state of rest in which the eyes are closed and the body is inactive, allowing the body and brain to rest and recover

# Healthy Minds Lesson Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Complete this worksheet as you move through the Healthy Minds Lesson.

1. How many hours of sleep does someone your age need?

\_\_\_\_\_

2. List three things you can do to get better sleep.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

3. List the three ways electronics can interfere with sleep.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

4. What is the definition of body image?



5. List three factors that can influence your body image.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

6. What is one thing you learned from watching the video of the model?

# Healthy Minds Lesson Worksheet Answer Key

1. How many hours of sleep does someone your age need?

10 hours

2. List three things you can do to get better sleep.

Keep a regular routine, keep your room cool and dark, use your bed only for sleep and reading, turn electronics off at least 30 minutes before bedtime, keep electronics outside of the bedroom while sleeping

3. List the three ways electronics can interfere with sleep.

a. The blue light emitted by screens limits the body's production of melatonin, which is the hormone that controls your sleep/wake cycle. Less melatonin makes it harder to fall and stay asleep.

b. Electronic devices keep your mind alert.

c. Electronic devices can wake you up.

4. What is the definition of body image?

How you see yourself when you look in the mirror or when you picture yourself in your mind

5. List three factors that can influence your body image.

Family, friends, puberty, coaches, media

6. What is one thing you learned from watching the video of the model?

Answers will vary. Any of the following are acceptable answers:

- Touch-ups are often done after photos are taken.
- Makeup and lighting can change the way a person looks.
- Models don't always look like they do on a billboard or in a magazine.
- Much of what we see in the media isn't real.

# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Nutrition and Physical Activity Resources for Parents, Caregivers and Educators

- American Academy of Pediatrics, [healthychildren.org](https://www.healthychildren.org)
- American Heart Association, [heart.org](https://www.heart.org)
- Centers for Disease Control and Prevention (CDC), [cdc.gov](https://www.cdc.gov)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, [kidshealth.org](https://www.kidshealth.org)
- Mental Health America, [mhanational.org](https://www.mhanational.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- Society of Clinical Child & Adolescent Psychology, [effectivechildtherapy.org](https://www.effectivechildtherapy.org)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, [dpi.wi.gov/sspw](https://dpi.wi.gov/sspw)



# Transcript

## Slide 1 (video)

Taylor: In this lesson you'll learn about different things you can do every day to keep your mind and body healthy. We're also going to take a look at body image, which is how we think and feel about our body.

Camara: Don't forget to open the worksheet and either save it or print it. Complete this worksheet as you move through this lesson.

## Slide 2

Sleep is so important for the entire body. Sleeping gives the brain and the body the rest it needs so that you are ready for the next day. Teens need about 10 hours of sleep. Unfortunately, many people don't get enough sleep. Lack of sleep adds up over time too, and can lead to lots of unpleasant things, like short-term memory loss, being less attentive, anger issues, and trouble in school.

## Slide 3

One thing that will help you get a good night's sleep is to try and keep a regular daily routine. That means trying to go to bed and get up around the same time each day. It's ok to sleep in a little later on the weekends, but for the most part, try to go to bed and get up around the same time, even on the weekends.

## Slide 4

The environment you sleep in is important too. Your bed should be a place to sleep, and read before bedtime, not a place to play video games, watch tv, and eat a snack. It's best to keep the room you sleep in cool, dark and quiet while trying to fall asleep.

## Slide 5

Screen time should make up no more than two hours of your day, outside of school. This includes playing video games, being on a computer, tablet or phone, and watching tv. Also, all electronics should be turned off at least 30 minutes before bedtime. This allows your brain time to relax and prepare for sleep.

### Slide 6

Technology affects sleep in three ways. First, the blue light emitted by screens limits the body's production of melatonin, which is the hormone that controls your sleep/wake cycle. Less melatonin makes it harder to fall and stay asleep.

Second, electronic devices keep your brain alert. Watching a movie, sending texts, or spending time online is keeping your brain engaged and excited when it should be winding down and getting ready for sleep.

Lastly, these devices can wake you up. Just because you're not on your device doesn't mean it can't affect your sleep. Even on vibrate incoming texts and emails can wake you up.

For the best sleep, electronics should be kept outside of the bedroom.

### Slide 7

Aside from making sure you're getting good sleep each night, it's also good to be involved in activities that you enjoy. It's important to allow yourself to be creative and enjoy new experiences. This helps make new connections in the brain.

### Slide 8

Down time is really important each day too. Down time is when you are not focused on anything in particular and you just let your mind wander, or you simply relax. This helps the brain recharge.

### Slide 9

Another important factor that influences your health is how you see yourself when you look in the mirror or picture yourself in your mind. This is called body image.

## Slide 10

There are many factors that can influence a person's body image including family, friends, puberty, coaches, and the media, just to name a few.

Sometimes families can influence your body image by being too focused on looking a certain way, or making comments about your hair, or your choice of clothes. Friends can do the same thing, and at this age you probably spend a lot of time with your friends.

Going through puberty can also affect your body image. When your body is going through changes during puberty, it can be tempting to compare yourself with others, and you might feel like you don't measure up.

Coaches can influence how you see yourself too. Some coaches are positive and focus on personal growth, while others may be too focused on having a certain body type or being a certain weight.

The media can also influence how you feel about your body. Many times kids, teens, and even adults, will compare themselves with celebrities and other people they see in the media.

## Slide 11 (video)

Taylor: Let's take a closer look at the media. We need to remember that most media messages are designed to sell products, or to make us feel a certain way. When we flip through a magazine, watch TV, or go to the movies, many of the people we see appear to be perfect. And many people feel that if they don't look perfect, they're somehow not as good.

Camara: Plus, the models and actors we see don't always look that way. It's amazing what makeup and lighting can do. Take a look at this video clip. It shows a woman who comes in for a photo shoot and is transformed to the picture we see on the billboard.

Taylor (after video): Wow...even with professionally done hair and makeup, and perfect lighting, there are still more touch ups that are done to the photos before you see them. And you know what, the same kinds of things are done on male models and actors too. Hopefully seeing this will help you remember how impossible it is to look like these models and actors, because much of what you see in the media is not real.

Camara: Remember, everyone's different, which is a great thing! Try not to compare yourself to anyone else. And don't forget to treat your body well by getting proper sleep and doing things that you enjoy each day.



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