



# Educator Guide: Healthy Minds Lesson

## Recommended for Grades:

5<sup>th</sup>

## Time:

10 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 7: Demonstrate practices and behaviors to support 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 at least one that helps keep the mind healthy) they can do each day.

## Lesson Description:

In this lesson students will learn about ways to keep their minds healthy that also help to keep their bodies healthy. Healthy sleep habits, screen time guidelines and other healthy habits will be covered.

## Pre and Post-Test Question:

Use the following question 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 answer choices are bolded.

1. Which of the following will help you get a good night's sleep?
  - a. Keep the room you sleep in warm.
  - b. Turn off all electronics 10 minutes before bedtime.
  - c. **Only use your bed for sleeping and reading.**



## **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
- Melatonin – a hormone that controls the sleep/wake cycle
- Mindfulness – a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations
- Screen time – time spent using a device such as a computer, phone, tablet, television or games console
- Yoga – a mind and body practice that combines physical postures, breathing techniques and meditation or relaxation

# Healthy Minds Lesson Worksheet

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

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

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

1. Name two playtime activities that you enjoy.

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

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

2. Name two people who you would like to connect with soon that you don't normally see or talk to.

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

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

3. What does being mindful mean?

4. What are two things you could do for downtime?

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

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



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

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6. List three healthy sleep habits.

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

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

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

7. What are three ways technology can affect your sleep?

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

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

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



# Healthy Minds Lesson Worksheet Answer Key

1. Name two playtime activities that you enjoy.  
Playing on the playground, drawing, building a snowman, playing games, etc.
2. Name two people who you would like to connect with soon that you don't normally see or talk to.  
Friends, relatives, etc.
3. What does being mindful mean?  
Being mindful means taking time to notice your thoughts, what your body feels like, what your ears are hearing and anything else that is around you and happening right now. It's taking time to be present in the moment.
4. What are two things you could do for downtime?  
Lying in bed staring at the ceiling, laying in the grass looking at the clouds or stars, letting your mind wander, etc.
5. How many hours of sleep does someone your age need?  
Approximately 10 hours
6. List three healthy sleep habits.  
Keep a regular daily routine, get up and go to bed around the same time each day, get physical activity throughout the day, keep your bedroom cool, dark and quiet, turn off all electronics at least 30 minutes before bedtime, limit screen time to 2 hours or less each day, etc.
7. What are three ways technology can affect your sleep?  
Electronics suppress melatonin, electronics keep your brain alert, electronics can wake you up

# 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

In addition to proper nutrition and physical activity there are other important things you can do each day to stay healthy. In this lesson you will learn about some important mental activities that will give your brain what it needs to function at its best. Open the worksheet and print it or save it to your computer. Complete this worksheet as you move through this lesson.

## Slide 2

Play time may sound like something only for younger kids, but it definitely should be a part of each day for everyone. It will mean different things to different people though. For someone your age, it might include hanging with friends at recess, playing basketball after school, painting a picture or playing a video game. It's important to allow yourself to be creative and enjoy new experiences. This helps make new connections in the brain, which is really important.

## Slide 3

Each day we should also take time to connect with other people, ideally in person, rather than through a computer or phone. It's important to spend time with people that you enjoy, including other kids your age and trusted adults. You can even be a leader for younger kids! Think about the people in your life that are most important to you, and plan to spend quality time with them.

It's also good for our mind to take some time to connect with nature. Being in nature can reduce feelings of anger, fear and stress, while increasing pleasant feelings. Getting outdoors can also help you concentrate better when you return indoors. That's one of the reasons recess is so important! Other examples can include going sledding, walking the dog, taking a hike or even just sitting outside staring at the sky.

#### Slide 4

Taking time to be mindful each day means being aware of your thoughts, moods, feelings and sensations that are happening right now. It's taking time to be present in the moment.

You can practice being mindful in many different ways. It could be as simple as turning off the TV and other devices and focusing on petting your dog. Pay attention to how that feels. Or it could be eating a snack without distractions all around you, and actually paying attention to how that snack smells, tastes and makes you feel.

#### Slide 5

Watch this video to hear from some students who practice mindfulness.

Being mindful can help you pay attention, calm down when you're upset and make better decisions. And the more you practice it, the easier it will become! You'll eventually be able to pause when you are frustrated or angry, before making decisions.

#### Slide 6

Having down time each day is important too. Down time is when we are not focused on anything in particular and we let our mind wander, or we just simply relax. This helps our brain recharge.

Some kids though are simply too busy. Sports and other activities are great and can provide many benefits like time with friends, physical activity and great experiences, but not having enough down time is not good. If you are feeling more tired, anxious or down than usual, then you probably need to check in with yourself and decide whether or not you are enjoying all the activities you're involved in.

Trying to do too much can increase your stress, which can cause headaches, stomach aches, trouble sleeping or trouble with schoolwork. It can also take a toll on your family life and friendships. You may need to simply take a break and just be yourself.

If you're feeling overwhelmed, and don't have enough down time each day, talk to a trusted adult. It may be time to say no to some activities and really look at your priorities. Decide what's really important and what you enjoy most, and then choose your activities.



### Slide 7

Of course, we can't forget about sleep! Sleep is so important for the entire body. Sleeping gives the brain and body the rest it needs so that you are ready for the next day. Kids your age need about 10 hours of sleep. If you regularly don't get enough sleep, you may have trouble in school, feel tired or sick and feel irritable or cranky.

### Slide 8

There are some things you can do to help you get enough sleep. The first thing is to try to keep a regular daily routine. Aim to go to bed and get up at 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 9

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 when trying to fall asleep.

### Slide 10

Ideally, screen time should make up less than two hours of your day. This includes playing video games, being on a computer, tablet or phone and watching tv. All electronics should be turned off at least 30 minutes before bedtime. This allows your brain time to relax and prepare for sleep.

## Slide 11

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 12

There's no specific recipe for a healthy mind, and everyone is different, but you've just learned a lot of things you can do to keep your mind healthy. Choose what works best for you. Think of all the things we've talked about as being like nutrients for your brain! Just like we need a variety of nutrients from food so our bodies can work properly, it's important to practice these behaviors for a healthy mind!

## Slide 13

Great job! You've completed this lesson.

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