

Healthy Choices Lesson & Activity

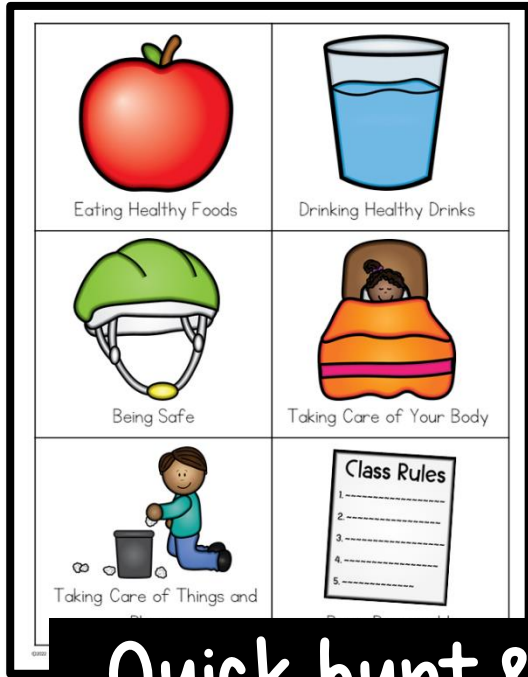


Can you help Drake?

Drake is feeling tired and yucky today. Last night, he stayed up *all night* making ice cream sundaes. This morning, he forgot to brush his teeth. And now, he got in trouble for not listening to his teacher. Can you help Drake learn about healthy choices so he can start to feel better? Sort the healthy choices onto the plate and the unhealthy choices into the garbage can.



Teach healthy choices in 3 parts:

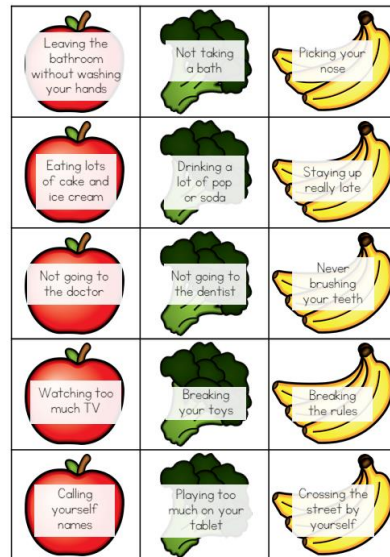
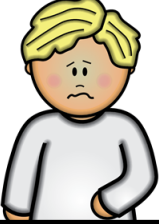


Quick hunt & discussion

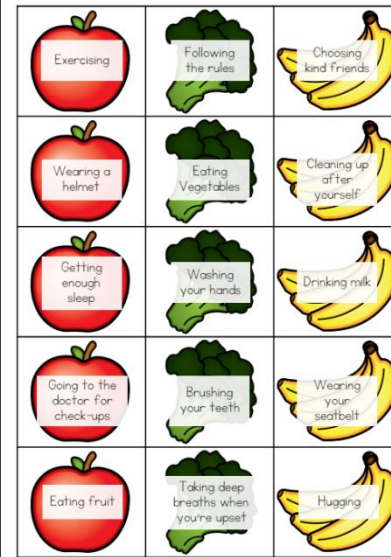
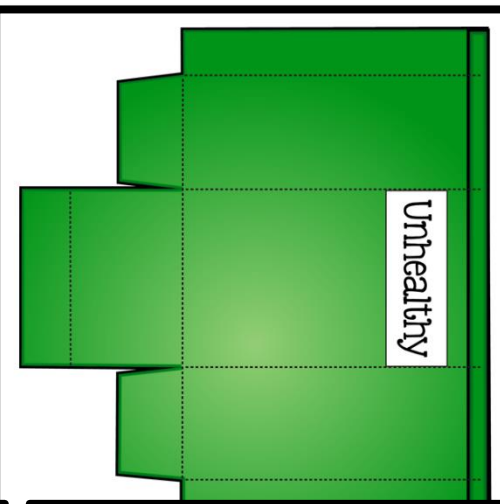
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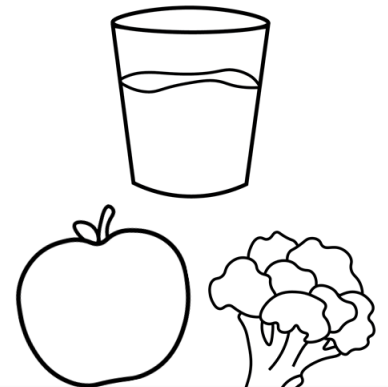
Sort the healthy choices.



Sorting activity



I can make healthy choices!



Review coloring page



This activity:

- ✓ Can be used during drug awareness week in October or any time throughout the year
- ✓ Is great for IEP goals that include objectives for categorization
- ✓ Can be used in individual, small group, or class settings (simply read statements and have students tell you where they should go!)



This resource includes:

- 6 category cards to hunt
- Introduction page
- 50 pieces to sort + 4 blank
- Garbage can template and plate cut-out
- Review coloring page
- Lesson plan
- SEL competencies and ISBE SEL standards met
- All colored materials come in color and black & white

Interested in more of these?

~Interested in more of these?

~Need another topic?

➡ Save money with the bundle!



- ✓ More than 12 activities
- ✓ Topics including roles of a social worker/counselor, self-control, expected & unexpected choices, social skills, and more!



Sorting Activities
Growing Bundle

Prek -2nd

Currently Includes 12 Activities!

Students identify, sort, & interact with each lesson to develop deeper understanding!

The collage includes several activity cards: 'Personal Space Lesson & Sorting Activity' (Prek-K), 'PARTS OF A CONVERSATION SORT' (K-4th), 'Responsibility Sort & Craft' (K-3rd), 'Circle of Control Sorting Activity | Digital & Print' (K-3rd), 'Expected & Unexpected Behaviors Sorting Activity' (PK-3rd), 'SOCIAL SKILLS SORTING ACTIVITY' (K-3rd), and 'Uncool/Good Choices' and 'Cool/Good Choices' cards. A small cartoon character is in the top right corner, and a photo of the creator is in the bottom left corner.