

## Instructor Resource Guide: Physical Health / Healthy Habits

The following activities and resources were selected to support classroom instruction and family literacy engagement. In addition to these instructor resources, each book in the collection has three short engagement activities for adults and families.

### Suggestions for Using the Collection and Activities

- ◆ Explore the books in the *Physical Health / Healthy Habits* collection by clicking on the book titles in the table below.
- ◆ Notice that the books in the collection provide text across a span of reading levels for adults and include books that are engaging for children and families to read together.
- ◆ Access the short, guided activities for each book that offer suggestions for both instructors and families. You may access the activities by clicking on the book titles in the table below. The activities are attached to each book.
- ◆ Allow learners individual time to access the application and explore the collection and guided activities.
- ◆ If using the reading collection for the first time, model how the age and language filters work in the application, and how to locate the search function, so books can be easily found.
- ◆ Decide how you will interact with the topic and curated text collection. This resource guide has suggestions to support in-person instruction and offers online resources for instructors and family engagement. Consider using the materials as starting points for larger units or creative activities to engage with topics and texts.
- ◆ Use this collection and guide to help develop and foster a reading life for your learners and their families!

Engaging Books for Adults		
Book Title	Author	Lexile Reading Level
<i>News for You: Hey, Everybody: Get Up and Move</i>	New Readers Press (ProLiteracy)	410-600
<i>News for You: ¡Oigan, todos! ¡A levantarse y a moverse!</i>	New Readers Press (ProLiteracy)	410-600

<u><i>10 Healthy Habits</i></u>	Marial Calderón Álvarez	610-800
<u><i>10 hábitos saludables</i></u>	Mariel Calderón Álvarez	610-800
<b>Engaging Books for Adults and Children</b>		
<u><i>The Great Race</i></u>	Barbara Bush Foundation for Family Literacy	210-400
<u><i>Brave Bora</i></u>	Edna Gicovi	410-600
<u><i>Valiente Bora</i></u>	Edna Gicovi	410-600
<u><i>Level Up / Paso de nivel</i></u>	Gwendolyn Zepeda	490
<u><i>I Care About My Body</i></u>	Liz Lennon	550
<u><i>Cuido mi cuerpo</i></u>	Liz Lennon	610-800

### Activities to Support Instruction

To explore this topic, consider how you will build anticipation, background knowledge, and schema for your learners about topics related to health. To do this, consider addressing the following questions with your learners:

- What does the term “healthy” mean to you?
- What is a healthy habit? How do you form healthy habits?
- Why is it important to take care of our physical health?
- What are some health related topics that you are familiar with?

There are many ways to get your learners thinking, collaborating, and actively engaging with each other. Consider any of the following activities:

- **Hexagonal Thinking:** This activity from Edutopia will foster collaboration among learners and build critical thinking skills. It will also foster collaborative discussions and may be used with any topic within the learning environment.
- **Philosophical Chairs:** “*Philosophical Chairs is a versatile way to get students speaking and listening to one another. It’s a student-centered strategy that can be used in any content area around a multitude of topics*” (Edutopia).
- **Pyramid Discussions:** This activity provides learners the opportunity to begin a discussion by processing their own thinking first. The discussions then become more complex as learners form pairs, then groups, then work towards a whole group discussion. This activity will

help learners reflect on their own thinking, gain new perspectives, and provide everyone an equal voice and opportunity to participate in the discussions.

- **QFT:** “*Question Formulation Technique, or QFT, is a structured method for generating and improving questions*” (Right Question Institute). This activity will build and foster critical thinking skills and speaking and listening skills for all learners.

While you read the texts, you will want to support your learners with literacy strategies to foster their learning growth. Consider comprehension skills that learners will need to access the texts within the collection. It will also be important for learners to continue building background knowledge. For example, if learners are reading the text, [Ten Healthy Habits](#), or [News for You: Everybody Get Up and Move](#), consider having them gather information about health related topics, healthy habits, or scientific information on the impact physical health (or lack thereof) can have on the human body. It will also be important for them to have informational context, so consider having them watch short clips of television shows or movies or read short stories to better understand the reading for deeper comprehension. The following resources and templates will help learners build literacy skills and comprehension as they read:

- **Boxing Method Note-Taking:** This strategy of note-taking helps learners conceptualize and organize their thinking by creating visual representations of their thinking. Learners do this by compartmentalizing information such as “*key concepts, supporting details, examples, and other relevant information*” within their notes. (University Librarian).
- **Vocabulary Paint Chips:** This activity will reinforce important vocabulary words as learners progress through texts. It also helps to support differentiation by making the text more meaningful based on the individual learner’s vocabulary skills and abilities.
- **Charting Note-Taking Method:** This note-taking activity helps learners organize their notes by turning them into a visual spreadsheet to distinguish between topics, subtopics, and key information.

## Online Resources to Support Instructors

---

The following resources will help instructors gather more ideas and insights for teaching texts within the *Physical Health / Healthy Habits* collection:

- **Education World:** This free resource will provide educators with a variety of lesson plans, activities, and resources that support health related lessons for learners of all skills and abilities.

- [PTA.org](https://www.pta.org): This resource provides a plethora of health-related resources for both educators and families on different ways for children and their families to stay healthy all year long.
- [PBS Learning Media](https://www.pbslearningmedia.org): This site provides educators with a multitude of resources for educators and families to teach learners and their families the importance of healthy habits and good physical health. These resources are engaging, informative, and can be used with learners of all age levels.
- [CommonLit](https://www.commonlit.org): This resource provides free fiction and nonfiction texts through various forms such as poetry, short stories, news articles, text sets, and more. There are a number of resources on this site related to health and healthy habits.

### Suggestions for Using the Collection and Activities with Families

These suggestions may be shared directly with adult learners and their families, so they can explore this theme and books together.

- ◆ Choose a book to explore from the *Physical Health / Healthy Habits* collection.
- ◆ Read and discuss the book with your child. Use *before, during, and after reading* questions to help your child make connections to themselves and to other parts of their life. The following are some examples:
  - **Before Reading**

Look at the front cover with your child. Explore the pictures and text, and ask them:

    - Does this book remind you of anything?
    - What do we already know about \_\_\_\_\_?
    - Do you have a favorite exercise?
    - Why do you think it is important to read books about health? Would you like to write a book about being healthy or exercising?
  - **During Reading**
    - If you were in this book, what do you think you would be hearing? Seeing? Tasting? Smelling? Feeling?
    - What has happened to the character(s) so far?
    - Have you been in a situation that is similar, or like, the situation the character in the story is in? What was the same for both of you? What was different?
    - What is the problem this character is experiencing? How do you think it will turn out?
    - What evidence do we know so far from the book?

### □ After Reading

- Tell me about the story in your own words.
  - What would you like to ask the author (or characters) of the book?
  - What did you like most about the story? Why?
  - Would you have done things in a different way than the character in the book did? If so, what would you have done differently?
  - Do you think it was a good ending? What would you have changed?
- ◆ After reading the book, you will notice activities at the bottom of the screen. Explore these activities with your child!

## Expanded Lesson for Educators

---

The following is an example of an expanded lesson that instructors may find helpful for teaching texts within the *Physical Health / Healthy Habits* collection. This lesson is an example based off the text, [Ten Healthy Habits](#), or, [News for You: Everybody Get Up and Move](#).

### □ Before Reading

- Explore the text features with your learners. Be sure they understand the features and how they can enhance the reading of the text.
- Ask your learners, “What do we already know about \_\_\_\_\_?” keeping in mind the topics the books will touch upon.
- Choose some key vocabulary learners will come across in the text. Consider teaching vocabulary to learners by asking them to interact with words through any one of the engaging games listed in [this article](#) from Edutopia. Begin by modeling one or two of the words and then ask learners to do the same with other words you have identified.
- Guide learners through the process of critical thinking by asking them to use [anticipation guides](#) to reflect on their learning and the connections they found it had to their own lives.

### □ During Reading

- Ask learners to use the [Sticky Note Storm](#) strategy to deepen their comprehension and engagement with the text.
- Set up a [Today's Meet](#) for learners to engage with each other on similar topics from their texts.
- Encourage learners to use [Triple Entry Journals](#) to organize their thoughts and reflections while reading texts.

### □ After Reading

- Ask learners to reflect on their learning from the beginning of the text to the end of the text. Consider having them share one key takeaway from the text.
- Consider having readers go beyond the text and explore a topic or idea more in-depth from the reading.
- Learners could consider writing a summary or having thoughtful and reflective discussions, using the [Learn to Listen, Listen to Learn](#) strategy. This allows them to share their learning and improve writing skills at the same time.