

## Wellness: Active Kids!!- Program Highlights



Grade: 2      Length: 2 hours      Number of volunteers requested: 3  
Please refer to [www.tpet.ca](http://www.tpet.ca) for a complete list of SLE's covered in this field trip!

Student Booklet: No

### Activities

#### Whole group

Students are introduced to **Skitter the Alien** and all of his bad habits. He needs the students to help him learn how to be healthy. Students get their bodies going with a fun and active **whole group exercise led by our fitness fanatic.**



#### Station 1: Bones

Volunteer English Language Proficiency: ★★★

- Students learn about Skitter's new friend Bert and his Bad Bones. Students will do some **bone extractions during a fun game.**
- When everyone knows to build strong bones, the students get to **give Bert's better bones back!**



#### Station 2: Heart and Lungs

Volunteer English Language Proficiency: ★★★

- Students discover how blood travels and why our hearts and lungs are so important. **Students become blood droplets and travel through a circulation circuit to get their blood pumping.**
- Students **hear their own heartbeats with real stethoscopes** and learn how movement changes our heart rates.

#### Station 3: Muscles

Volunteer English Language Proficiency: ★★★

- Cards and posters help students understand **where our muscles are and how they work.**
- Students **practice some exercises** at their stations to isolate different muscles.
- Each student gets to **choose and keep their own Healthy Active Kid's Club wrist band.**

#### Station 4: Brain

Volunteer English Language Proficiency: ★★★

- Brains need exercise too! Students test their memories by **playing two different kinds of memory games.**
- Students look at the **parts of the brain** and discuss not only the role of the brain, but how and why we need to keep our brains healthy and active.



#### Closing activity:

- As a whole group, students learn and practice the "**Healthy Active Me**" pledge.