Health & Hygiene

- **Opening Ceremony**
  - Steam Off or Name Game
- **Hand Washing and Germs**
  - Discussion about germs and how our immune system helps fight them off
  - Glitter Hand Washing Demonstration (If you don't have access to a sink, you can bring a handwashing station to the park.
  - Aerosol spread and why it's important to cover our mouths when we cough or sneeze and wear a mask if we have a cold.
- **Eating Healthy**
  - Water
    - Water should be your number one drink
    - Life can not exist without water
    - People can survive without food for weeks, but dehydration is deadly after just a couple of days.
    - Drinking water helps your joints stay healthy, is good for your teeth, helps your blood circulation, and helps maintain concentration and focus
    - Kids generally need to drink around 5 cups of water per day, and kids need around 7 cups of water per day from all sources
    - If it is very hot or you are doing a lot of physical activity you will need more water
  - Variety
    - Eating a variety of foods helps you get all the nutrients you need
    - This is especially important for fruits and veggies
  - Balanced Meals & Snacks
    - Protein
      - Important building block for growing bodies!
      - Found in dairy, meat, fish, poultry, eggs, nuts, seeds, and legumes
    - Fat
      - Helps us feel full, slow the absorption of carbs, concentrated energy, makes our brains work, allow us to absorb fat-soluble vitamins
      - Found in avocados, eggs, oils, nuts, seeds, & whole milk dairy
    - Carbohydrates
      - Give us energy
      - Found in cereals & grains, fruits, vegetables, dairy products and more!
      - 3 types: fiber, starch, & sugars
        - Fiber is non-digestible but helps your digestive system work.
        - Starch is a complex carbohydrate that is a good source of energy. They take longer to break down so provide more energy for longer than simple carbs.
          - Many foods that are high in starch are also high in fiber.
        - Sugars are simple carbohydrates that break down quickly to be used as energy.
    - Micronutrients
      - These are molecules like vitamins, calcium, and iron that we don’t need a lot of, but they are really important to have enough of! They help our bodies do a

variety of things. Most people get enough of these nutrients through a balanced diet, but sometimes people take a supplement.
        - Fruits and Veggies are great to get these in your diet
    - Reduce Added Sugar
        - Reduce sugars when possible, but it’s ok to have sweets and treats on occasion!
    - Be Intentional
        - Think about what you’re eating and make healthy choices
        - Pay attention to your body and know when you are hungry and when you are full
- **Rainbow Snack Activity**
    - Ask the kids which are their favorite foods and which foods they don't like so much.
    - Have they ever tried something new even though it felt a little scary?
- **Healthy Habits**
    - All bodies are good bodies! It's important to take care of yours and treat it with kindness.
    - Get enough sleep - Otters need about 10.5 hours a day
    - Limit screen time
    - Take care of your mental health as well as your physical health
    - Eat healthy foods (like the ones you just tried!)
    - Stay hydrated
    - Stay active during the day through playing, sports, or activities
- **Physical fitness activity**
    - Do some activities like jumping rope, running around, doing hula hoop, skipping, or stretching/yoga
    - Have the kids feel their pulse before and after doing the exercises
    - Do different kinds of exercises make you feel different?
- **Mindfulness**
    - Do a mindfulness exercise (like the ones in the book Breathe Like a Bear)
- **Closing Ceremony**

Related Activites:

- Glitter Hand Washing Demonstration

Items Needed:

- Glitter
- Handwashing Station with Warm Water and Soap
- Fruits and Veggies for Rainbow Snacks
- Jump Rope and/or Hula Hoop
- Breathe Like a Bear or other mindfulness book

Badge Requirements Covered:

Safety Badge

- Health & Hygiene

Blue Activity Paw

- Physical Fitness

otter, health and hygiene, physical fitness

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