

Healthy Lifestyles

Self-Management & Self-Care,
Module 2



AGENDA



1. Brainstorm: What are elements of a healthy lifestyle?



2. Activity: use the SCOPE-IT strategy and select an aspect of the body budget that we wish to improve upon and make a plan for improvement.



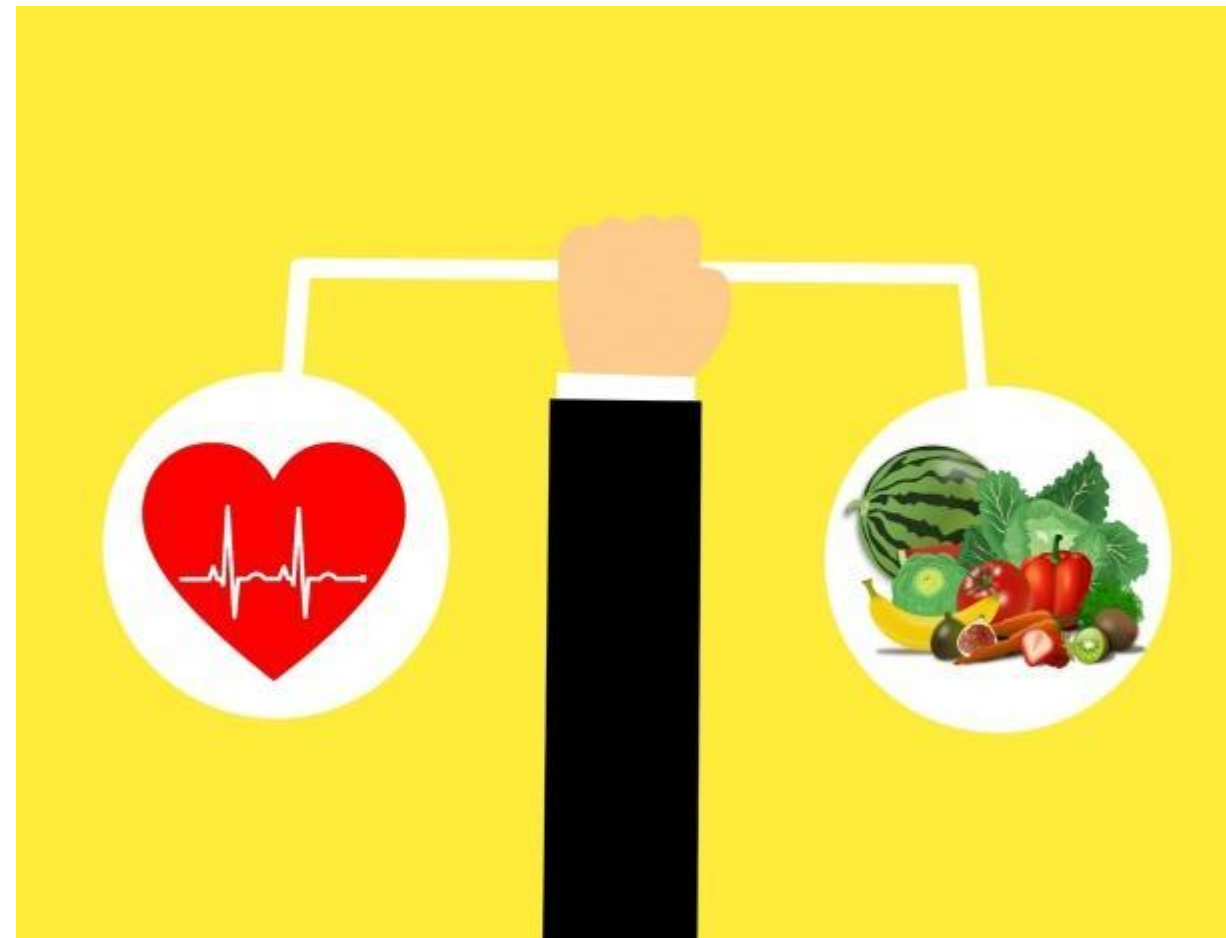
3. Reflect: Why is the body budget so important? Refer back to the goal you set during this activity, how will you feel once you have completed this goal? What in your life will be better?

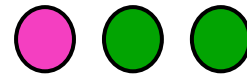
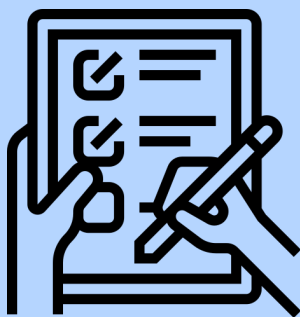
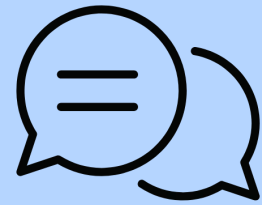


BRAINSTORM



What are elements of a healthy lifestyle?

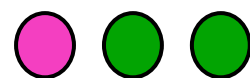
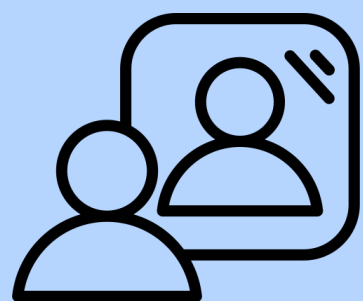
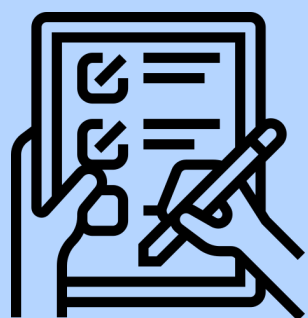
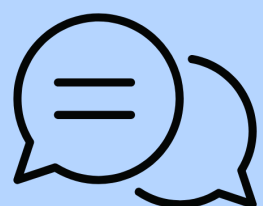




DISCUSS



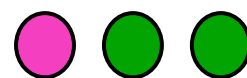
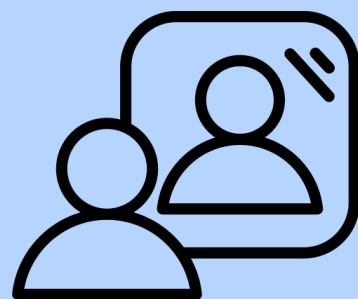
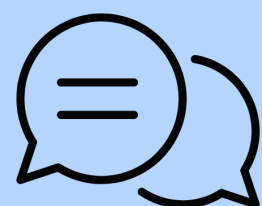
- Nutrition -As learned in previous lessons there are 5 main food groups, dairy, grains, vegetables, proteins, and fruits. Each food group helps to support different things occurring in your body as well! Think back to our comparison of food and gasoline. There are types of gasoline just as there are different forms of foods, carbohydrates, proteins, fats, vitamins and minerals.
- Hydration - It is important to make sure we are hydrating our bodies daily. As much as 60% of the human body is made up of water. If you don't replenish what you lose throughout the day, you can get dehydrated. Aim for 6-8 glasses of water daily.
- Sleep -it is important to get around 8 hours of sleep per night. Sleep is our body's way of recharging and in high school when we are developing, sleep is a necessity for growth.
- Movement -It is recommended to get at least 30 minutes of movement each day. Movement can and is enjoyable, there are many different ways to move your body and it is important to pick a few that you enjoy. Here are some movement ideas that we love: Yoga, walking, jogging, tennis, biking, swimming, playing basketball, playing soccer, playing hockey, playing football, gymnastics, etc.
- Socializing - is so important for feeling apart of your community. Human beings are social creatures and it is natural to feel a certain level of connection with others. Socializing with friends, family, acquaintances, teachers, etc. is a great way to boost your body budget.
- Managing Stress -Managing how your body reacts to stress is an essential part of your body budget. Stress raises your blood pressure and can affect your mood when not handled well.



DIVE IN



Self-monitoring	Self-instruction	Goal Setting	Self-reinforcement
<p>Checking in with yourself to see how it's going</p> 	<p>Using strategies like self-talk as a reminder</p> 	<p>Setting a SMART goal to modify behavior/reactions</p> 	<p>Reward for meeting your goals</p> 
<p>Example: How does this make me feel? Why?</p>	<p>Example: Is this a time when I should be using the SCOPE-IT Strategy?</p>	<p>Example: I'm going to try to use the SCOPE-IT Strategy at least once a day to avoid feeling out of control.</p>	<p>Example: I met all my goals for this week, I'm going to have extra video game time!</p>



ACTIVITY



Activity: use the SCOPE-IT strategy and select an aspect of the body budget that we wish to improve upon and make a plan for improvement.



Worksheet

Name: _____

Date: _____

Healthy Lifestyles

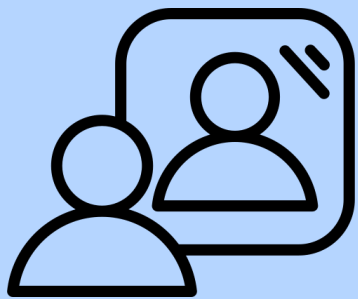
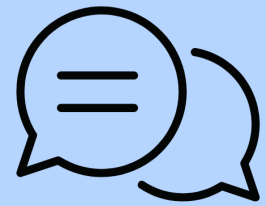
Instructions: Use the SCOPE-IT Strategy and select an aspect of the body budget that you wish to improve and make a concrete plan to improve this part of their body budget.

What area of the body budget are you wanting to focus on?

Think back to what we discussed during our discussion portion of this lesson, what aspects are included in that area of the body budget? For example: nutrition would include eating well, fueling your body with nutrient dense foods, not over or under eating, learning to cook and appreciate foods, trying new foods, etc.

Consult SCOPE-IT for making your plan to improve 1 area of the body budget.





REFLECT



Reflect: Why is the body budget so important? Refer back to the goal you set during this activity, how will you feel once you have completed this goal? What in your life will be better?



Extend & Enrich

How to Teach Children About Healthy Eating, Without Food Shaming - The New York Times

Are You Budgeting for Emotional Intelligence? - International Coaching Federation

How the Body Uses Energy | Rockets Sports Medicine Institute



Home Connection



High School

Home Connection

Healthy Lifestyles

Dear _____,

I wanted to share what your student has been learning about healthy lifestyles and positive habits. Our lesson focused on understanding the elements of a healthy lifestyle that support our "body budget." Students brainstormed and discussed key aspects such as nutrition, hydration, sleep, movement, and socializing. They learned that a balanced body budget helps them function at their best physically and emotionally without the stress of unattainable health standards.

We emphasized that health is about maintaining balance and moderation rather than labeling choices as "good" or "bad." Through group activities, students explored how to create habits that support their body budget, such as setting SMART goals and using self-regulation strategies like the SCOPE-IT method. They also discussed how a well-maintained body budget positively impacts their academic performance and overall well-being.

To continue this important conversation at home, please ask your student: "What are some healthy habits you learned about that can help maintain your body budget, and how can we incorporate them into our daily routine?" This can be a great opportunity for a meaningful discussion about the importance of balance and healthy living.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take a few moments to watch the following
video:





Further Study

[Keeping your "body budget" balanced: How to avoid depleting your resources - Sequence Wiz](#)
[Heart-healthy habits for children and teens lengthen lives - Harvard Health](#)





Lesson Complete!

