

# BEING HEALTHY

## AN INSTANT MEETING FOR SPARKS FROM THE BC PROGRAM COMMITTEE

This will take one meeting and can be done inside your regular meeting place. If the weather is nice, you may wish to go outside for the RibbonDancing portion. You may want to ask for parent helpers to assist you at this meeting.

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### Meeting Plan

Before the meeting: purchase or make ribbon sticks (Attach a piece of ribbon to a chopstick or small dowel. The length of the ribbon should be no longer than a child's arm to avoid any tripping incidents.); choose a story on the theme of being healthy.

- 10 min: Gathering: Being Healthy Maze & Colouring
- 5 min: Spark Opening
- 5-10 min: Opening Discussion
- 10-15 min: Body Outline Craft
- 10-15 min: Ribbon Dancing
- 10-15 min: Snack & Story
- 5 min: Spark Closing

#### Program Connections

Being Healthy Keeper

*60 minute meeting. Approximate activity times shown.*

### Meeting Supplies

- printed mazes & colouring sheets
- pencils, crayons, markers
- large sheets of plain white paper (large enough for the Sparks to lie on and trace a body outline)
- ribbon sticks (buy or make using chopsticks/dowels and ribbon)
- method to play music (CD or MP3 player)
- Arts To Go CD or other music on CD or MP3
- story about being healthy
- healthy snack such as fruits, vegetables, granola bars (be aware of allergies!)

## Gathering: Being Healthy Maze & Colouring

### Directions

Find a maze to go with your theme online:

<https://www.google.ca/#q=healthy+maze+printable&tbm=isch>

Find colouring sheets online:

<https://www.google.ca/#q=healthy+coloring&tbm=isch>

### Supplies

- printed mazes & colouring sheets
- pencils, crayons, markers

## Opening Discussion

Explain what will be happening during the meeting and talk about the importance of eating properly, getting enough sleep and being active.

## Body Outline Craft

### Directions

1. Ask the Sparks to find a buddy and a spot on the floor where they can trace their body outline.
2. Each girl gets a large sheet of paper and a washable marker to share with her buddy.
3. The Sparks can then trace each other's body outline. Some of them may require adult assistance.
4. Once the body outlines have been traced, ask the Sparks to write their name on the paper beside the outline.
5. Then encourage the Sparks to draw a face on the outline and decorate the traced body outline.
6. While the Sparks are busy completing this, you can take this opportunity to discuss healthy foods, healthy lifestyle, etc. This can take as long as your time allows.
7. Once everyone is finished decorating the body tracing, ask the Sparks to find another Spark who has the same coloured eyes. Then ask them to find someone who is born in the same month as they are. Then ask the Sparks to find someone with a brother, sister or pet. The final question could be to find someone who enjoys Sparks. This shows the Sparks that even though we all look different we are also the same in many ways.

### Supplies

- large sheets of plain white paper (large enough for the Sparks to lie on and trace a body outline)
- pencils, crayons, markers

## Ribbon Dancing

If you have an Arts To Go CD, you can use it for this activity. Otherwise, you can use your own music.

### Directions

1. Hand out a ribbon stick to each Spark and show them different ways to dance with the ribbon.
2. Try dancing and singing to "Twinkle, Twinkle Little Spark" and other songs on the Arts To Go CD. (Alternately, use your own music.)
3. Make sure the Sparks spread out so they can move freely.
4. End by doing the "Hokey Pokey" with the ribbon sticks.

### Supplies

- ribbon sticks
- method to play music (CD or MP3 player)

## Snack & Story

Find a story about being healthy in your local library or online.

<https://www.google.ca/#q=being+healthy+story+for+kids>

You could try an action story from this online resource:  
[http://web.wnlsd.ca/student\\_health/Five%20Two%20One%20Campaign/storyhrguide.pdf](http://web.wnlsd.ca/student_health/Five%20Two%20One%20Campaign/storyhrguide.pdf)

### Supplies

- story about being healthy
- healthy snack