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| Health Routines |  |

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|  | **intent:** Participants reflect on their personal experiences and attitudes towards health practices. |
|  | **OUTCOMES:** Participants will reflect on their personal use of health practices and be introduced to module content.  |
|  | **Materials Required:** * Sticky notes for participants
* Signs labeled with common health practices hung around the room (e.g., take a bath, floss teeth, go for a run, go to the gym, cook a healthy meal, get a massage, go for a walk, get a haircut, eat a healthy snack, sanitize hands, etc.)
	+ Label one sign as “other”

 **TIME**: 15 minutes  |
| MPj04384510000[1] | **Process:** * Place the signs high up on the walls with as much space as possible between them to allow participants to have focused conversations without being distracted by other groups.
* Ask participants to think about the health practices that they have performed in the last 24 hours. Instruct them to quickly jot down the first three to five that come to mind on a sticky note.
* Ask participants to walk around the room until they find a sign that matches one of the health practices they have written on their sticky note. If they do not have a match, ask participants to go to the “other” sign.
* Wait for participants to group next to the signs, then have them answer the following questions together:
	+ [Washing hands] is a healthy practice; what other health practices have your participated in today?
	+ How do you feel about these health practices?
	+ Why do you choose to engage in them?
* Ask participants to return to their tables.
* Debrief with the following script:
	+ *The Preschool Learning Foundations (Volume 2) divides the Health domain into three strands: Health Habits, Nutrition, and Safety. Consider the sign you stood by; which strand would that health practice belong to?*
		- *Stand up if you think you think your sign belongs in the Health Habits substrand.*
		- *Stand up if you think you think your sign belongs in the Nutrition substrand.*
		- *Stand up if you think you think your sign belongs in the Safety substrand.*
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