FIVE BEST PRACTICES FOR CREATING ENGAGING AND EFFECTIVE HEALTH LESSONS

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AGENDA

INTRODUCTION: The Who
BACKGROUND: The Why & How
BEST PRACTICES: The What
BREAK OUT SESSION
CLOSING DISCUSSION
WHO WE ARE

➢ Education research firm run by former educators
➢ 200 schools in 32 states
➢ Focus on health-related content

➢ In business since 1980
➢ Create education programs on behalf of gov’t agencies, nonprofits, and corps
➢ Focus on health and wellness, SEL, and other issues that affect youth

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The Why & How

The Why
➢ Engagement → motivation → deeper learning
➢ Engagement → information retention

The How
➢ 1,000+ interviews with teachers and students
➢ Pilot tests w/19 teachers and 494 students

Akey, T. M. (2006). School Context, Student Attitudes and Behavior, and Academic Achievement: An Exploratory Analysis. MDRC.
The 5 Best Practices

1) Consequences
2) Comparisons
3) Alternatives
4) Hands-on/Interactive
5) Relevance

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<th>Grade 6</th>
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BREAK OUT SESSION


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CLOSING DISCUSSION

• Examples
• Challenges
• Questions?

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ADDITIONAL RESOURCES

Discover MyPlate: Nutrition Education for Kindergarteners
Serving Up MyPlate: A Yummy Curriculum
PE Classroom Log It: pedometer step and mile recording program for kids 3rd grade and up
SuperKids Nutrition: Interactive nutrition activities for grades K through 8
Scrub Club: Online activities and videos about washing hands
Making Caring Common: Resources for promoting social emotional development in children of all ages

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