

SCRUBBADUBBAVEGGETHINKERCISING

2nd grade

60 minute Classroom Program \$7 Per Child

Is exercise important? What's a healthy meal? Why should we wash our hands? And what about brushing our teeth? Is smoking really that bad? Kids follow Alex to learn about these health habits and more as they navigate the many choices that could be faced in one day. This program includes a fun interactive video experience and our popular voting buttons as well as lots of hands-on participation.

Your two hour field trip experience includes:

Classroom Program, Fun-tastic Exhibit Floor, and Interactive Brain Theater

SCRUBBADUBBAVEGGETHINKERCISING meets the following Mississippi State Health and ELA Common Core Competencies:

Mississippi State Health Competencies

Competency 1: Comprehend concepts related to health promotion and disease prevention to enhance health. (D, PH, N, H) NHES 1

Sub-Competencies:

- Identify how dietary habits affect health.
- Explore some of the causes of illnesses and chronic disease.

Competency 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (M) NHES 2

Sub-Competencies:

- Appreciate the differences in people and how these differences are related to culture.

Competency 3: Demonstrate the ability to access valid health information and products and services to enhance health. (C, S, CH) NHES 3

Sub-Competencies:

- Identify health products and services for daily use.

(continued)

HealthWorks!
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Mississippi State Health Competencies (continued)

Competency 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (PH, F, M, S) NHES 4

Sub-Competencies:

- Identify ways to communicate care, consideration, and respect of self and others.

Competency 5: Demonstrate the ability to use decision-making skills to enhance health. (N, PH, H, S, SA) NHES 5

Sub-Competencies:

- Explain the potential results of making positive and negative health choices (e.g., accidents, nutrition, physical activity, drug use, smoking, and bullying).

Competency 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (PH, S, SA) NHES 7

Sub-Competencies:

- Identify stress associated with different situations (e.g., recital, leadership role, disagreement with a peer, and visit to the principal's office).
- Identify negative effects of using alcohol, tobacco, and drugs.

Mississippi Department of Education Contemporary Health (K-8) Content Strands/Topics:

Personal Health and Consumer Health (PH) (CH)

Nutrition and Fitness (N)

Mental Health (M)

Substance Abuse Prevention (SA)

Family/Social Health (F)

Community and Environmental Health (C)

Human Growth and Development (H)

Safety and First Aid (S)

Disease Prevention and Control (D)

National Health Education Standards (NHES)

ELA Common Core

Writing Standards

W.2.8 Recall information from experiences or gather information from provided sources to answer a question.