

# SCRUBBADUBBAVEGGETHINKERCISING

3rd 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 Competencies:**

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

**Sub-Competencies:**

- Recognize and describe the relationship between personal health behaviors and individual well-being.

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

**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 and discuss hazardous products.

**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:**

- Apply ways to properly communicate care, consideration, and respect for self and others.

(continued)

**HealthWorks!**

**219 S. Industrial Road, Tupelo MS 38801**

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### **Mississippi State Health Competencies (continued)**

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

**Sub-Competencies:**

- Communicate information that promotes positive health choices (e.g., nutrition, physical activity, drug use, peer choices).

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

**Sub-Competencies:**

- Demonstrate ways to avoid and reduce threatening or stressful situations.

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

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*Personal Health and Consumer Health (PH) (CH)*

*Mental Health (M)*

*Family/Social Health (F)*

*Human Growth and Development (H)*

*Disease Prevention and Control (D)*

*Nutrition and Fitness (N)*

*Substance Abuse Prevention (SA)*

*Community and Environmental Health (C)*

*Safety and First Aid (S)*

*National Health Education Standards (NHES)*