



Hands On
NETWORK

Project: Healthy Living Reminders

Good health and wellness are important to adults and children alike. Get a group together to learn more about promoting good health and wellness while you help support those who need it most.

This project will allow volunteers to

1. Research and present guidelines that are important to living a healthy lifestyle.
2. Discuss the different aspects of living healthy in relation to their own lives and the lives of family and friends.
3. Create Healthy Living Reminders that include holiday cards, reminder magnets and healthy eating placemats.

Service Project Instructions

Materials needed:

- Internet access
- Magnet squares (one side is adhesive)
- Construction paper
- Markers
- Feathers
- Contact paper

Lesson:

- Begin by letting volunteers know that they will be using the internet to research websites and other sources that give information about healthy living. As a group, the information found by

the volunteers will be discussed. Then, the group will make healthy living reminders to be donated to a group that could use the support.

- Before researching, discuss with the volunteers the importance of healthy living to assess their prior knowledge. Suggestions for beginning a group discussion include:

- o What does it mean to you to live healthy?
- o What are some ways that you can improve your lifestyle?
- o How do you benefit from living healthier?

- While researching, instruct the volunteers to write down some guidelines to living a healthy lifestyle. Remind the volunteers to use reputable sources when citing information from the internet.

- Next, volunteers should gather the information they found and use it in a class discussion about healthy living.

- The volunteers will then participate in the project below to create Healthy Living Reminders.

Project:

The project consists of 3 parts:

1. Thanksgiving cards
2. Reminder magnets
3. Healthy eating placemats

Directions:

1. Holiday/Thanksgiving cards

- Fold a piece of construction paper in half
- Use markers, feathers and glue to decorate
- Help to remind others to enjoy the holiday and give thanks!

2. Reminder magnets

- Using a magnet, trace the shape onto construction paper
- Cut out the shape and decorate using markers
- Use a phrase such as:

- o Just a reminder...
 - o Remember...
 - o Make a note of it...
 - o Don't forget...
- Decorate the magnet with warm thoughts (the magnets will be used year-round)
 - Peel off the white side of the magnet and place the decorated message on the “sticky” part

3. Healthy Eating Placemats

- Use a piece of construction paper and markers
- Decorate the placements to remind recipients of the benefits of healthy eating/living
- Use the food guide pyramid as a guide
- Use “contact paper” to help seal the placemat

4. Give the Healthy Living Reminder Package to someone who could use the support to live a healthier lifestyle.

Additional Resources

To get your kids involved in planning and implementing service projects, check out the following resources:

Learn more youth service projects and free service learning curricula by visiting:
<http://www.childrenforchildren.org/index.php?q=node/10>

Start your own Kids Care Club and get access to free projects and other resources to help introduce your kids to lifetime of service:
<http://www.kidscare.org>

Reflection

After your volunteer project, it is important to reflect on the experience – to think about what you did, what you learned from it, and the impact it had. Here are some suggested activities:

- Tell your family and friends about something you learned and if/how you will continue to help others.
- Draw a picture, write a poem, or create a jingle about the service activity.
- Write about your experience on your blog, Facebook, or Twitter.

- If you're working with a group of volunteers to do this project, lead a group discussion with questions such as:

1. Who are some groups of people that could benefit from the project?
2. How have your views changed as a result of participating in the project?
What can you do to improve your lifestyle?
3. Why is it important to start living healthy at a young age?