



Health Stations

5 stations for students to engage with
the 5 major health areas

Diet

Water

Exercise

Sleep

Stress

Directions

This activity can be assigned in numerous ways:

1. Print this PDF to give to students. They will still need access to the internet and the links.
2. Assign the [PDF digitally](#) and use Peardeck or another pdf annotation program.
3. Give students their own copy of the [Google Slides as an interactive worksheet](#).

This activity can also be done in different ways.

1. In a face to face classroom, put students in groups and allow them to travel in the classroom from computer station to station
2. In an online learning environment, assign digitally for students to complete at home or in virtual groups online. Can be done both synchronously and asynchronously.

**Suggested 15-20 minutes
per station**

STATION 1: Water

Students will read an online article and answer the questions. For the last question, students can use Google drawings or another drawing program or draw it on paper.

STATION 2: Diet

Students will complete an interactive digital worksheet and then answer questions. This can only be done digitally.

STATION 3: Mindfulness

Students will practice some mindful activities and writing exercises.

STATION 4: Sleep

Students will use an internet search to find some information about animals and sleep. They will then use Google Sheets to create a graph with their data and answer some questions. There is a tutorial included.

STATION 5: Exercise

Students choose from a list of indoor physical activities. Some can be done alone while others are group activities.

Station 1: The Importance of Water

Read and Respond

Read about the importance of water to your health



Answer the questions and complete the task

1. What are two reasons water is important for your body?

1.
2.

2. What else can you eat or drink to get water?

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3. Tell about a time when you were dehydrated. What happened?

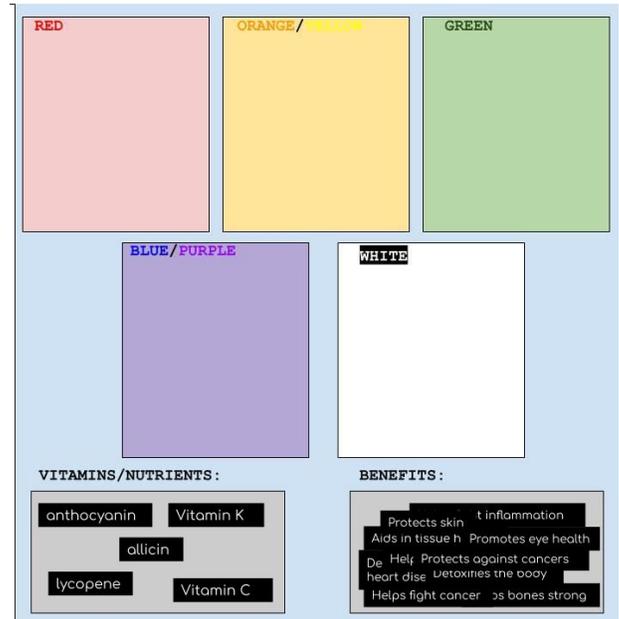
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4. Draw a diagram that shows different colors of urine and what they mean.

Station 2: Colors in Your Diet

Interactive Worksheet

Complete the Interactive Worksheet about the importance of eating different colored fruits and vegetables



The diagram shows five color categories in boxes: RED, ORANGE/YELLOW, GREEN, BLUE/PURPLE, and WHITE. Below these are two columns: VITAMINS/NUTRIENTS and BENEFITS.

VITAMINS/NUTRIENTS :	BENEFITS :
<ul style="list-style-type: none"> anthocyanin Vitamin K allicin lycopene Vitamin C 	<ul style="list-style-type: none"> Protects skin t inflammation Aids in tissue h Promotes eye health De Hel Protects against cancers heart dise Detoxifies the body Helps fight cancer as bones strong

Answer the questions and complete the task

1. What are two different colored foods you should eat to help protect against certain types of cancer?

1.
2.

2. What is a vegetable that you should eat, but don't?

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3. What two colors do you think are the most important to eat?

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Station 3: Mindfulness

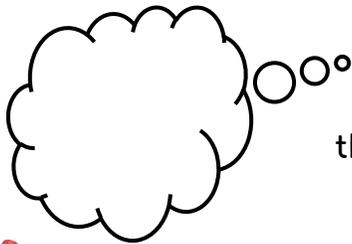
Journal Prompt

Being mindful takes some practice. It's not easy to stay focused on the moment and be present. Let's practice some things that help.

1

BREATHE

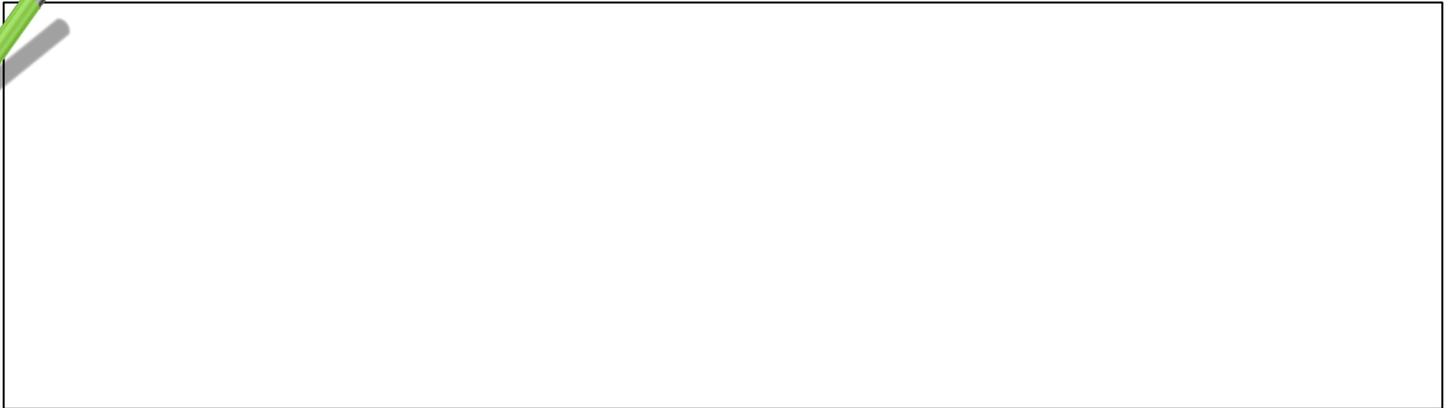
Take a few minutes to focus on just your breathing, nothing else. Breathe in, breathe out. How long can you stay focused on your breathe? Can you count them? Try to make it to 20 in/out breaths without stopping or being interrupted by thoughts. It's harder than you think.



THINK AND WRITE

Just sit quietly for 5 minutes. What thoughts go through your head. Write some of them down when you are done.

2



3

GRATITUDE

No matter what is happening in your life, there are things to be grateful for. How many can you list?



Station 4: Who Sleeps the Most?

Research and Report

Different animals need different amounts of sleep. Take a look at the list of creatures below. Do some research and find out how much sleep each one gets on average.

Creature	Average Sleep
Human (adult)	
Human (infant)	
Mouse	
African Elephant	
House cat	
Giraffe	
Brown bat	
Python	
Duck	
Goat	

Using the data you collected, create a bar graph in Google Sheets that shows your results.

How to create a bar graph in Google Sheets
Video Tutorial



Paste your link here

What are two conclusions that you can make about animals and sleep based on your data?

Station 5: Exercise Time!

Workout

Take a look at these different physical activities you can do indoors. Try one, or two, or as many as you want.

Exercise
UNO

Keep a balloon or ball from touching the floor

Yoga

Trash can or Laundry Basketball

Choreograph a Dance

Play Simon Says

CARDIO

Jumping Jacks 25X

Sit-ups 20X

Push-ups 20X

Run in Place 30S

Burpees 10X

CHALLENGE
REPEAT

Answer Key

STATION 1: Water

1. Any of the following answers work: Without the oxygen in water, your cells would stop working, it helps you fight off illness, keeps your temperature normal, helps remove waste,
2. Milk, fruits and vegetables
3. Stories will vary
4. Diagram should show lighter yellow means you are hydrated and darker yellow means you are dehydrated

STATION 2: Diet

1. Anything white or red
2. Answers will vary
3. Answers will vary

STATION 4: Sleep

Graphs should match this data 

Creature	Average Sleep
Human (adult)	8
Human (infant)	16
Mouse	12
African Elephant	2
House cat	12
Giraffe	2
Brown bat	20
Python	18
Duck	11
Goat	5

Sources

*Images curated from pixabay.com or CANVA



Please feel free to contact me with any questions or comments!
Technology is a real b!t\$# sometimes and does things that even I can't
foresee. I'm happy to help any way that I can.

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