HEALTHY AMAZING ME

Design Intent

Fling open the back door and breathe deeply of the fresh spring air. The soft green lawn practically invites you to kick off your shoes and race to the far side. Run to the end of the neighborhood, leap the stones in the creek, jump over the fallen trees, and be amazed by all that your body can do. Visit your doctor to get the a-ok for more tree-climbing adventures. Pile your plate high with fresh fruits and vegetables to fuel up for the next adventure. Being healthy is about learning how to take care of your mind and body in all aspects of life. Get ready to leap into today's adventure in *Healthy Amazing Me*.

Technology Components

Magic Window-Collection of video clips

Mural Features

- Playground-Playgrounds are often found in parks, schools, childcare centers, and many other child-friendly locations. They are important in children's physical, cognitive, and social development.
- Soccer-Soccer is considered the world's most popular sport, with over 250 million players in more than 200 countries. Soccer is thought to have started in ancient China over 2,000 years ago and was known as Cuju.
- Running-Running is known to be one of the oldest sports, dating back to the first Olympic Games in 776 BCE in ancient Greece. Studies show that running can improve memory, focus, and mental health by increasing blood flow to the brain.

Themes to Explore

- Nutrition
- Health Related Professions
- Healthy Routines
- Mindfulness
- Feelings
- Senses
- Anatomy
- All About Me



Mounted Artifacts

- Mouth Model-Humans usually begin teething around 6 months old but can start as early as 3 months or as late as 12 months. The first teeth to appear are typically the bottom front teeth followed by the top front teeth. The average number of teeth in an adult human is 32.
- Operation Table-Based on the classic board game, *Operation*, this activity requires the user to take on the role of a surgeon, removing wacky objects from a patient. The user uses a pair of tweezers to extract the objects, causing a buzzing sound if they touch the edges of the openings.

To Find Out More

- Kids Health in the Classroom
- USDA MyPlate