

# Healthy Me, Healthy You

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Mālama Honua Digital Storybook Series  
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# Summary Page

This story is about a 3rd grade girl named Nalani who goes on a scavenger hunt in her classroom and learns about health in school from Ms. Kealoha. She then sets goals to be healthier in school and at home. With all that she learned, she goes home and shares with her family about how to set healthy goals together.



**Hi! My name is  
Nalani! I'm going  
to tell you about  
my healthy  
lifestyle! It all  
started in class!  
We did a fun  
activity!**



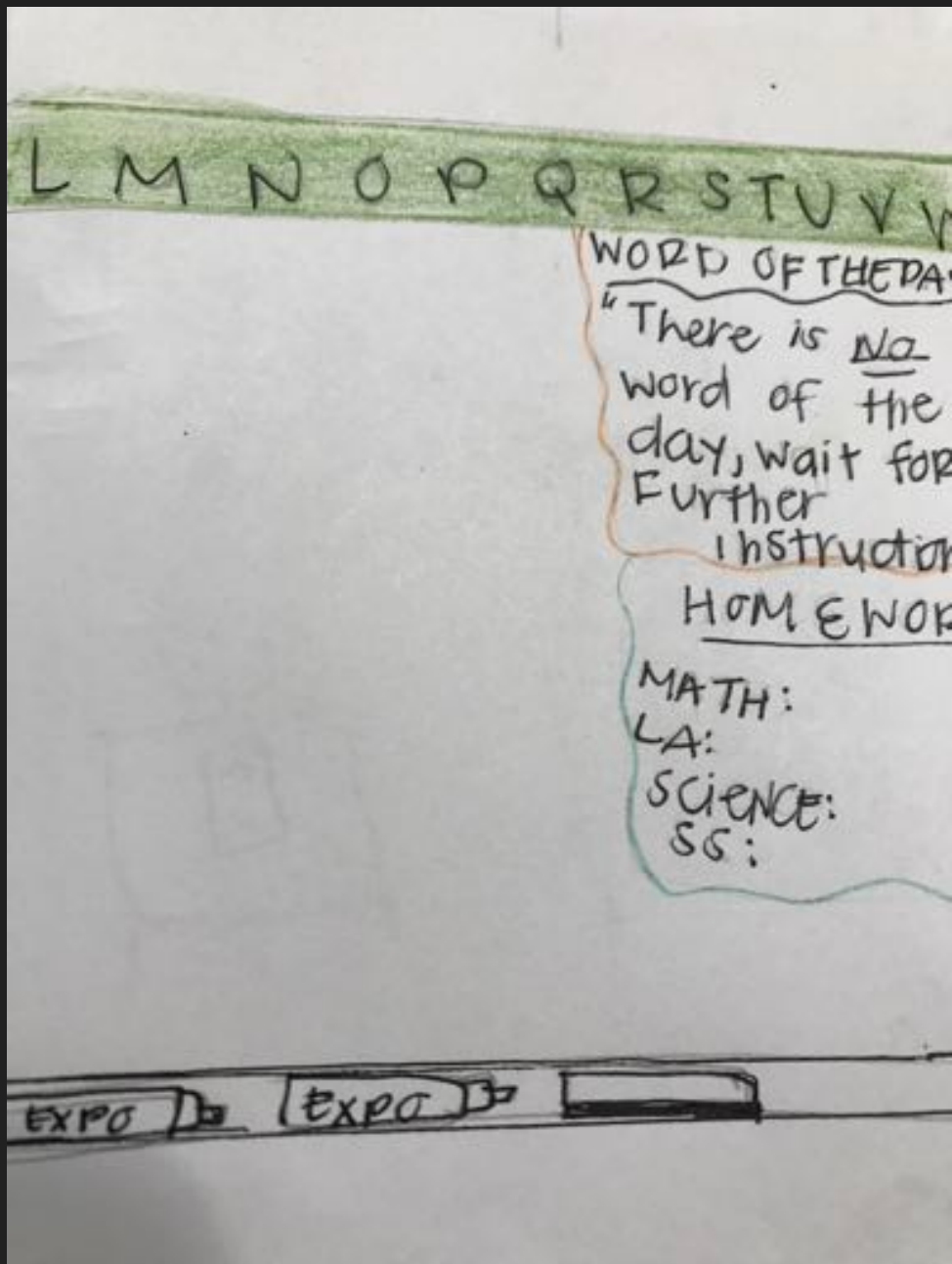


It started out like any other school day. I woke up, got ready, ate breakfast, and off to school we went!



I walked to my seat after getting my things together. I was expecting it to be another ordinary routine day. Then, I noticed something different!





Normally, we start our day with a word of the day. But when I looked in the box where the word was, there was no word! Instead, there was a note that read: "There is no word of the day, wait for further instructions." I didn't know how to feel. "Are we in trouble?" I thought.



Ms. Kealoha said, "There is no word of the day today because instead of a word, we were going to do an activity!" She said, "We're going on a hunt!"



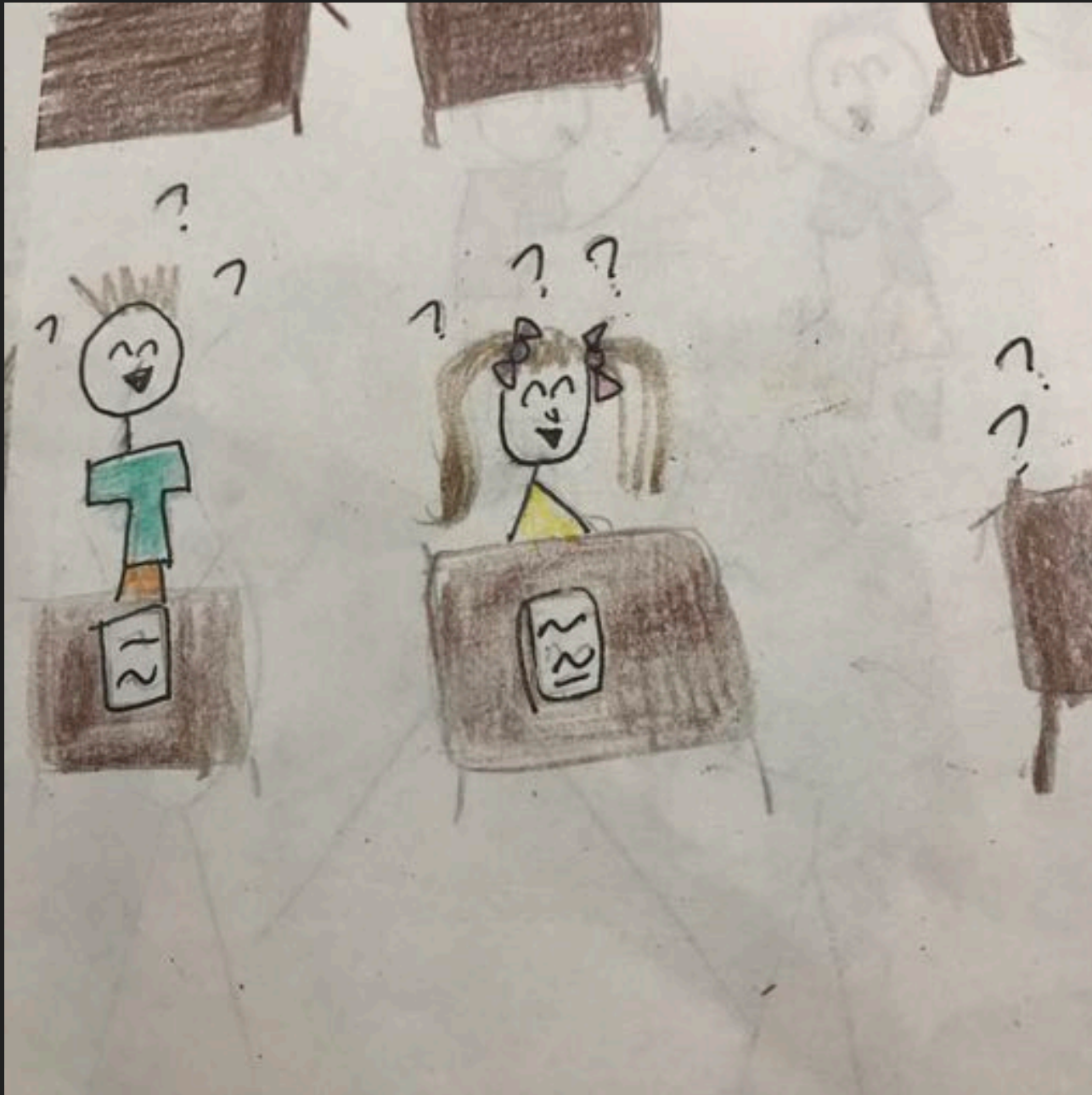


**“A SCAVENGER HUNT!”** The whole class cheered! Then, Ms. Kealoha told us there are hidden pictures around the room of adults who could help us in our community and school.



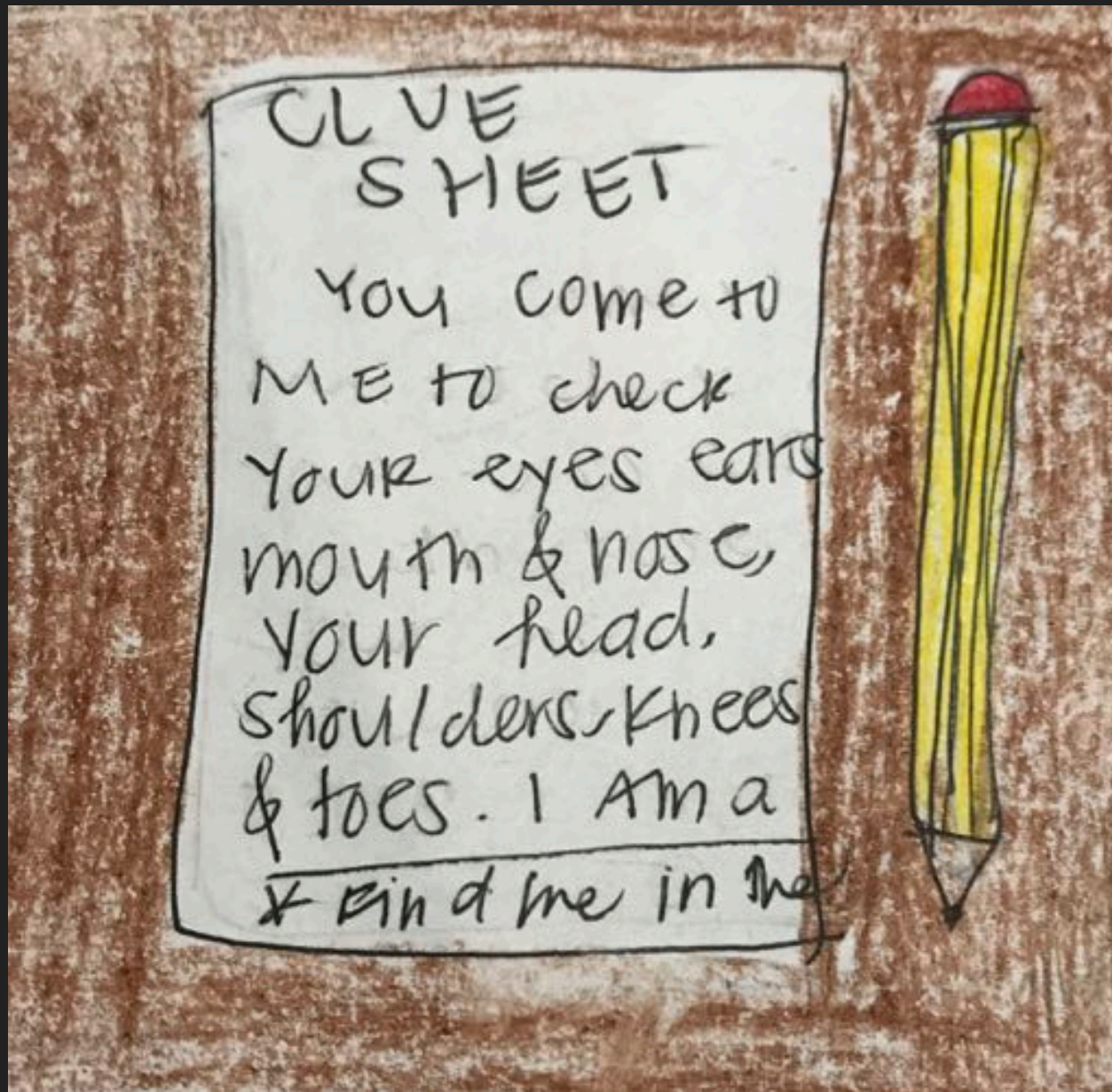


She said these people are usually people we talk to, to keep our bodies healthy. Then, she gave us a worksheet. She told us this worksheet was our “clue sheet”.



The worksheet had sentences that gave us clues to who we were to look for and where in the class they were hidden.





I got excited reading the worksheet. Ms. Kealoha let us know that there weren't any numbers. She wanted us to try and figure it out the way we wanted to.





My best friend Zack  
and I decided to  
work together and  
help one another.  
Everyone was  
scattered, looking  
around trying to  
follow all the clues to  
the "Clue sheet".



**We found all 6 adults in 20 minutes! Ms. Kealoha was so surprised at how fast we found them all! I think its because Zack and I helped each other out.**

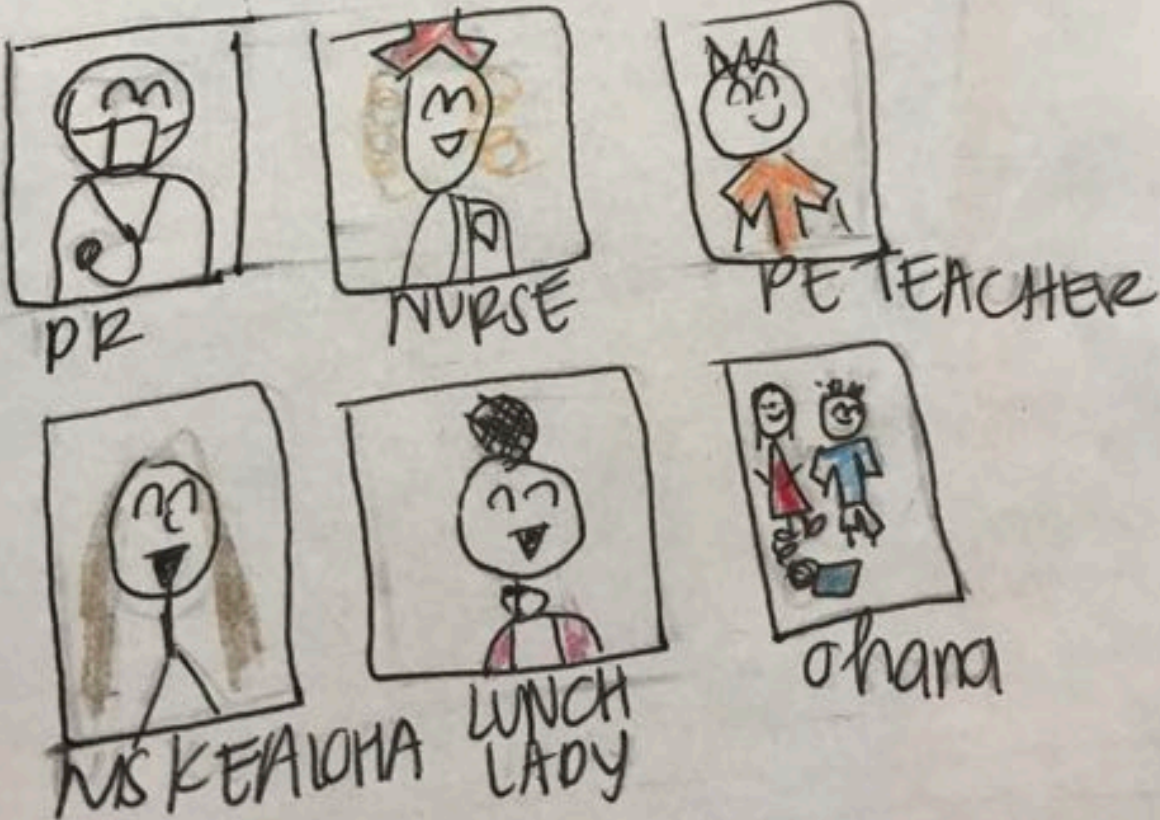




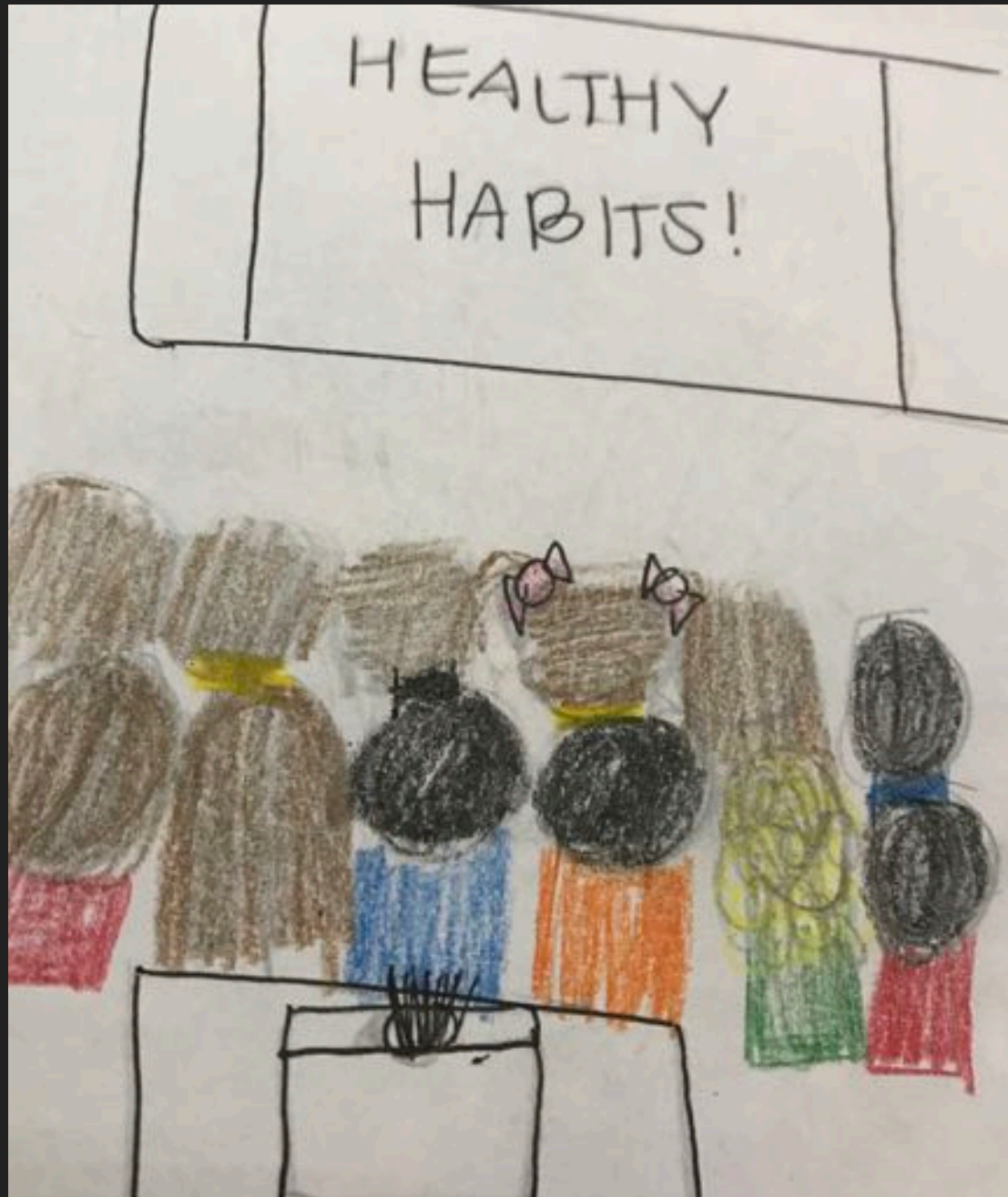
We all gathered on the carpet when we finished. Ms. Kealoha let everyone choose a sticker for doing such a great job! We talked about all of the people who help keep our bodies healthy.



6 People for  
"Health Help"



The 6 people were a doctor, school nurse, P.E teacher, the lunch lady, Ms. Kealoha, and our parents. Ms. Kealoha told us that if we needed help to be healthy or had any questions we could go to any of these people.



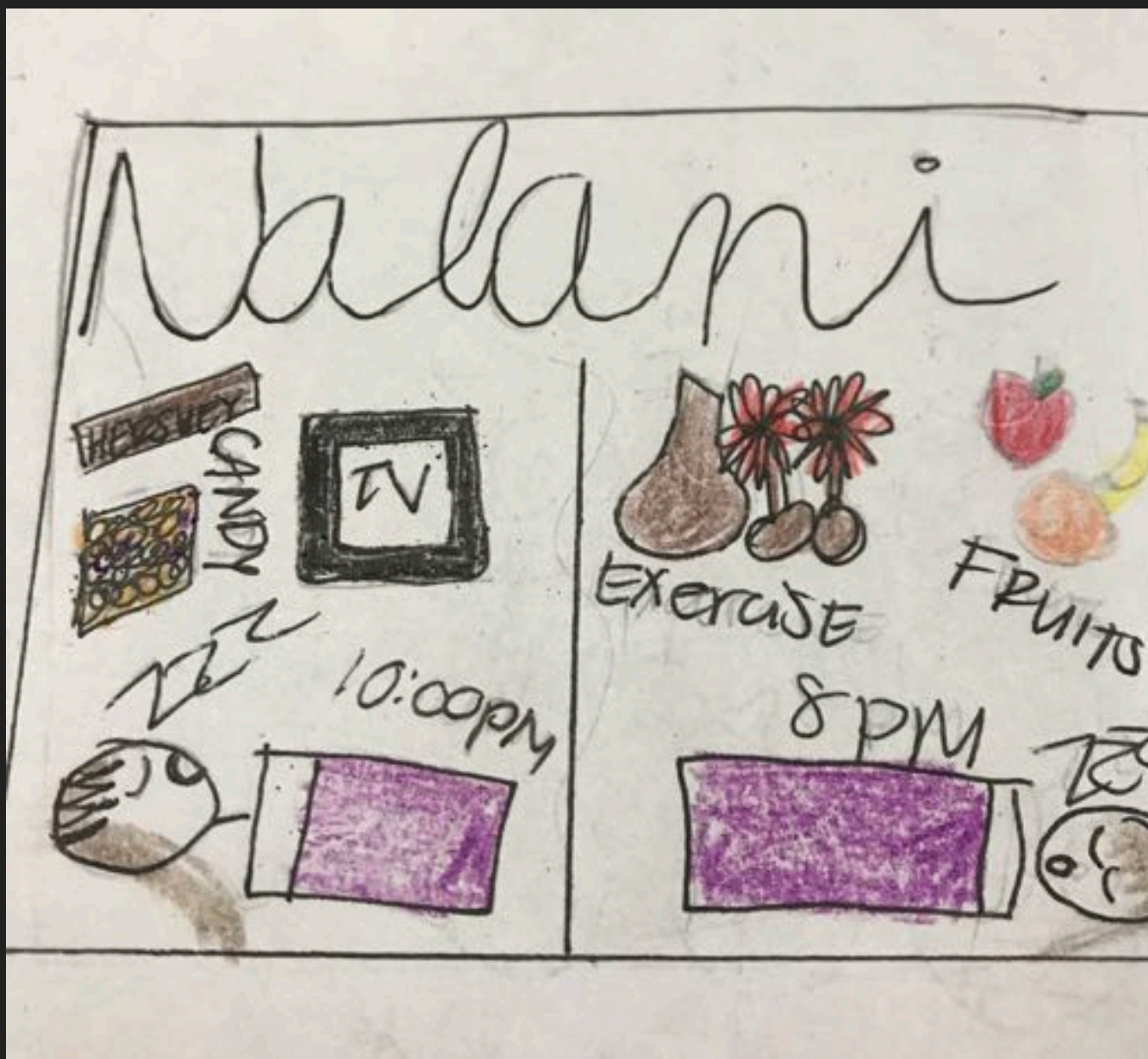
Then, Ms. Kealoha showed us a video. It was a sing-along! My favorite! It talked about how much sleep we need, the foods we should eat, and exercises to make us feel good and stay healthy." We got to watch it twice so we could sing along too!



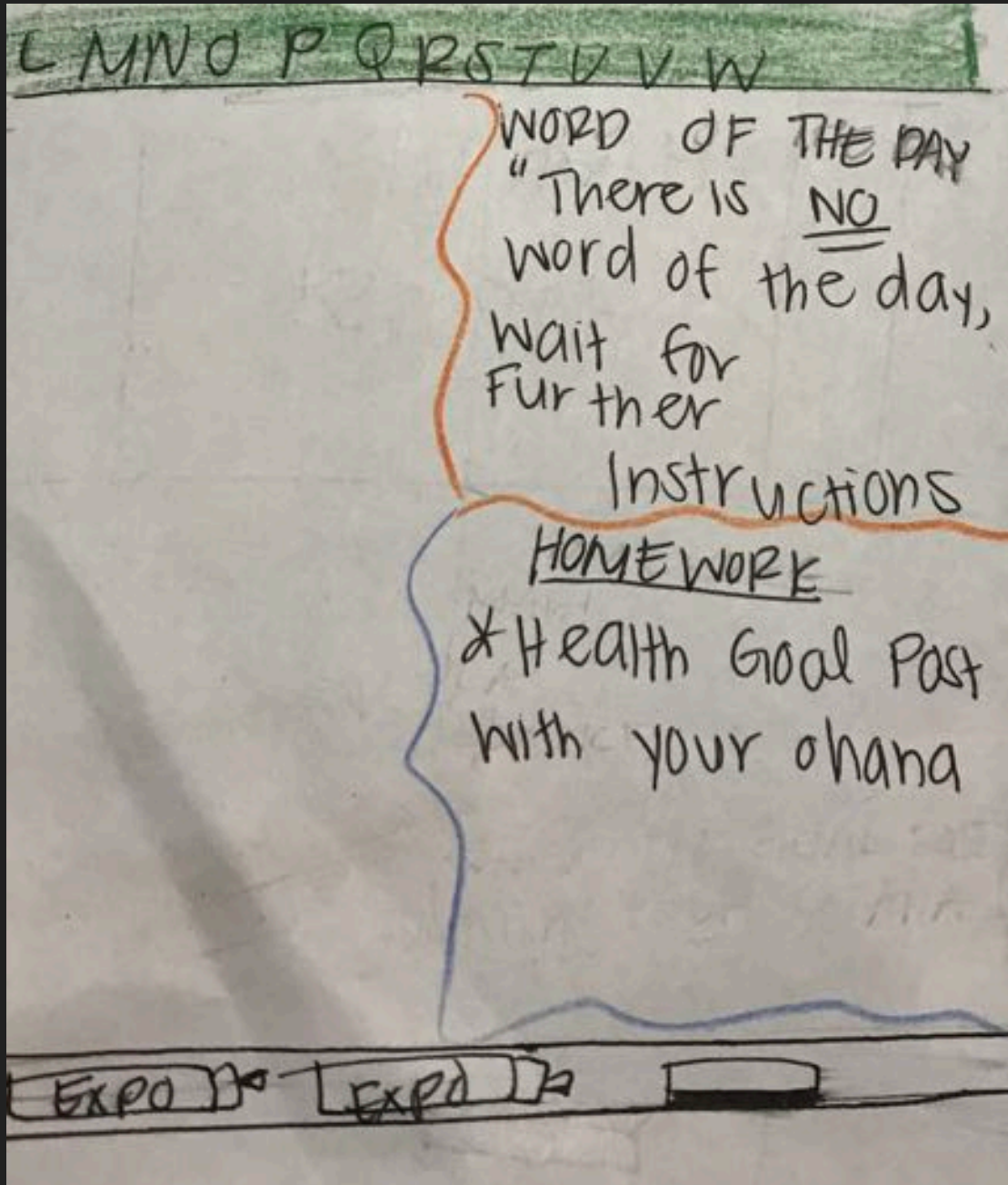


After the video, she gave each of us a poster paper. We wrote our name at the top and titled our poster “Healthy Goal Post!” and on half of it we were told to write our favorite foods, the sports we play, and what time we go to sleep at night.





Ms. Kealoha said on the other half of our paper we are to write or draw pictures and words of goals to be healthy. We also add the time we should be going to bed and the exercises we were interested in. She called this our "goal post" side.



Once we finished our poster we shared it with our groups. Then, our teacher gave us another poster board and our homework was to make a "Healthy Goal Post" with our families!





Finally, it was time to go home. I waited for my mom at pick up and jumped into the car. I said, "Quick! We have to get home!" I have to show you what I did at school!



As soon as we got home I ran to the kitchen. I quickly opened up my poster to show my mom. As I opened it though, it ripped! I couldn't stop crying.





Mom quickly came to hug and comfort me. She wiped away my tears and said that we could get some tape and tape it up. Then, she asked me what it was that I wanted to show her.



We taped up my poster and I got to show it to mom. She was so excited she said she wanted to make one too! I started to laugh, then I told her," That's our homework!" She was so excited!





I rummaged through the drawer to get all of the arts and crafts “goodies” (as mom calls them). We were working on our family “Health Goal Post” when mom came up with a great idea!





That night we went grocery shopping! I love to go grocery shopping because they have samples to try the food! We bought healthy snacks like carrots and raisins and celery. We bought healthy food for our main meals too!





When we got home, we made a healthy dinner together. I was so excited to get to help mom in the kitchen! I asked mom at dinner if I could dance hula and she said yes! She said she would even join me and dance hula too!



This was how I got healthy and helped my family get healthy too! We always eat healthy now and we even go to the park after school when I don't have hula practice! I'm glad I get to stay healthy!



# Activity #1-Scavenger Hunt Challenge

Now, It's your turn! I have hidden different people that can help us with our health and fitness around the room. Use the clue sheet that has been given to you to find them. You will be working with a partner. The first ones to find all 6 people will win the grand prize! Have fun!

# Activity #2 – Group Research Poster!

You will all be put into groups. Each group will have a specific health topic. The topics include: sleep schedule, eating, drinking water, exercising, and screen time. You will research the amount of time you should be doing each activity. You will then create a poster with your group and present it to the class to be hung up in the room.



# HCPS III Topic, Standards, Grade-Level Benchmarks, & GLO's Shown

## Health Information, Products, and Services Across Topic Areas

### Standards:

- Standard 2: ACCESSING INFORMATION: Access valid health information and health: promoting products and services
- Standard 6: DECISION MAKING AND GOAL: SETTING: using decision: making and goal: setting skills to enhance health
- Standard 7: ADVOCACY: Advocate for Personal, Family and Community

### Grade Level Benchmarks

- HE.3-5.2.1: Explain where health information can be found in the home, school, and community
- HE.3-5.7.1 : Name people or groups that advocate for healthy individuals, families, and communities

### GLO:

- #1: Self-Directed Learner
- #3: Complex thinker
- #5: Effective Communicator
- #7: Effective and Ethical user of technology

# Ha Framework

## **1. Strengthened sense of Belonging-**

"I stand firm in my space with a strong foundation of relationships. I am able to interact respectfully for the betterment of self and others."

## **2. Strengthened sense of Responsibility**

"I willingly carry my responsibility for self, family, community and the larger society. A sense of Responsibility is demonstrated by a commitment and concern for others. I am mindful of the values, needs and welfare of others."

## **3. Strengthened sense of Excellence**

"I believe I can succeed in school and life and am inspired to care about the quality of my work. A sense of Excellence is demonstrated by a love of learning and the pursuit of skills, knowledge and behaviors to reach my potential."

## **4. Strengthened sense of Aloha**

"I show care and respect for myself, families, and communities. am able to build trust and lead for the good of the whole."

## **5. Strengthened Sense of Total Well-Being**

"I learn about and practice a healthy lifestyle. A sense of Total Well-being is demonstrated by making choices that improve the mind, body, heart and spirit."

## **6. Strengthened sense of Hawaii**

"I am enriched by the uniqueness of this prized place. A sense of Hawai'i is demonstrated through an appreciation for its rich history, diversity and indigenous language and culture."



# Credits

- Written and Illustrated By: Kellie Oshiro
- Targeted Grades: 3-5
- Reading level: 3-4
- Websites: [http://www.hawaii5210.com/pages/about-the-program,](http://www.hawaii5210.com/pages/about-the-program)  
<http://www.hawaiipublicschools.org/DOE%20Forms/NaHopenaAoE3.pdf>