

HEALTH HAPPENS HERE PRE-VISIT LESSON

OBJECTIVES:

Students will form an opinion on a series of statements relating to the health of their school. Students will work together to support their opinions and will each explain their reasoning. Students will apply the classroom activity to their own neighborhoods. They will investigate the health of their neighborhood and brainstorm ways to improve their surroundings.

STANDARDS:

CCSS.ELA-Literacy.CCRA.SL.1

CCSS.ELA-Literacy.CCRA.SL.4

HECS.1

HECS.2

TIME:

60-90 Minutes

MATERIALS PROVIDED:

Four Corners Worksheets

Four Corners Teacher Worksheet

Neighborhood Investigation Handout

Four Corners Signs

ADDITIONAL MATERIALS NEEDED:

Pencils/Pens

Binder paper

PROCEDURE:

1. Label each corner of the classroom with one of four signs reading: Strongly Agree, Agree, Disagree, and Strongly Disagree.
2. Review the Health Happens Here background information with your class provided on the **Four Corners Teacher Worksheet**.
3. Read each of the provided statements to the class. Students must decide if they strongly agree, agree, disagree, or strongly disagree with the statement. Give students 20-30 minutes total to think about each statement and choose their responses on the **Four Corners Worksheet**. They should use the space provided to write one or two sentences supporting each of their opinions.
4. Once all students have selected their responses and written their explanations, reread the first statement. Have students walk to the corner labeled with the response they chose.
5. Choose one student in each corner to be the note-taker. Each corner should come up with 3 reasons/examples supporting their decision. They should record their reasons on a piece of binder paper.
6. Once each group finishes recording their reasons, begin the classroom discussion. Choose one or two students from each group to share their group's reasons for choosing their corner. These students should be different than the note-taker.
7. After each group has shared, ask if anyone has changed their mind after listening to the other groups' reasoning. If so, give students the opportunity to move to another corner. Ask the students who moved to share their reasons for doing so.
8. Repeat this activity for each of the provided statements.
9. Now that you have discussed the health of your school, have students apply similar questions to determine the health of their neighborhoods. In class or at home, have students complete the **Neighborhood Investigation Handout** to determine the health of their neighborhood.

HEALTH HAPPENS HERE BACKGROUND INFORMATION

INTRODUCTION

The Health Happens Here Exhibit at the California Museum explores how the neighborhoods we live in and the schools we attend affect our health. Bring this conversation into your classroom and encourage your students to analyze the health of their school and their neighborhood.

The places where we work, play, and live can dramatically impact our health. Share some of the following facts with your class to get them thinking about health in their communities before you begin the Four Corners Activity.

HEALTH HAPPENS HERE FACTS

- People who live in places with good schools, nutritious food, and space to be active tend to live healthier, longer lives.
- California produces more agricultural products than all other states in the U.S. However, we are also home to “food deserts,” neighborhoods without grocery stores, farmers markets, or other places to buy fresh fruit and vegetables.
- The way that cities, towns, and neighborhoods are designed can affect people’s health. By making communities pedestrian- and bike- friendly we can cut down on pollution, traffic accidents, and weight-related health problems.
- When there are safe and inviting places to play, kids are more likely to grow up strong and healthy. Staying active is a great way to stay healthy.

FOUR CORNERS STATEMENTS

After handing out the **Four Corners Worksheet**, read the statements below out loud to students, allowing them time to respond on their worksheets (20 min.).

Grades 4-6

- There is a lot of healthy, tasty food at our school.
- The people at our school are very friendly.
- Our school has many places where students can be active.
- Our school is a very healthy place to be.

Grades 7-12

- There is a lot of appealing, healthy food available on our campus.
- There is a positive atmosphere on campus – people enjoy being here and are nice to one another.
- There are many places on campus where students can be active.
- Overall, our school helps us to be healthier people.

FOUR CORNERS WORKSHEET

Grades 4-6

Instructions: Under each sentence below, circle the word or words that best show how you feel about that statement. Do you: strongly agree, agree, disagree, or strongly disagree with the sentences below? Next, write one or two sentences explaining why you chose that corner.

1. There is a lot of healthy, tasty food at our school.

Strongly Agree

Agree

Disagree

Strongly Disagree

2. The people at our school are very friendly.

Strongly Agree

Agree

Disagree

Strongly Disagree

3. Our school has many places where students can be active.

Strongly Agree

Agree

Disagree

Strongly Disagree

4. Our school is a very healthy place to be.

Strongly Agree

Agree

Disagree

Strongly Disagree

FOUR CORNERS WORKSHEET

Grades 7-12

Instructions: For each of the statements below, circle the most appropriate response. Do you strongly agree, agree, disagree, or strongly disagree with the statement? Next, use the space provided to write 1-2 sentences supporting your opinion.

1. There is a lot of appealing, healthy food available on our campus.

Strongly Agree

Agree

Disagree

Strongly Disagree

2. There is a positive atmosphere on campus; people enjoy being here and are nice to one another.

Strongly Agree

Agree

Disagree

Strongly Disagree

3. There are many places on campus where students can be active.

Strongly Agree

Agree

Disagree

Strongly Disagree

4. Overall, our school helps us to be healthier people.

Strongly Agree

Agree

Disagree

Strongly Disagree

STRONGLY AGREE



AGREE



DISAGREE



STRONGLY DISAGREE



INVESTIGATE YOUR NEIGHBORHOOD

INTRODUCTION

Our health as individuals is often affected by where we live. Is healthy food available? Is it safe to walk or bike, or do we need to drive everywhere? These are some examples of the way our neighborhood can impact our health. In this activity you will use Google Maps to investigate your neighborhood. Your neighborhood will earn or lose points depending on your answers to each of the questions below.

INSTRUCTIONS

1. To answer the questions on the **Neighborhood Investigation Chart**, go to Google Maps (www.google.com/maps). Type your address into the search bar and hit "enter."
2. Give your neighborhood 20 points to start with. For each question on the chart, add or subtract points depending on your answer to the question. At the end, total all of your points to answer the questions below.
3. For questions 1-8 on the **Neighborhood Investigation Chart**, use the scale in the bottom right hand corner of the website to answer the questions. You may want to use the zoom function.
4. For questions 9-10 on the **Neighborhood Investigation Chart**, use the street view function on Google Maps. Drag the yellow figure in the bottom right hand corner over the red dot that marks your address. This will bring up a picture of your home.
5. Once the chart is completed, circle your score and answer the corresponding question below.

CONCLUSION

Answer the questions below based on the total number of points your neighborhood earned.

0-15 Points: There are many ways to improve the health of your neighborhood. Write one way that you can make your neighborhood a healthier place to live.

15-30 Points: Your neighborhood is a fairly healthy place to live, but there is still a lot of room for improvement. Write one way that you can make your neighborhood a healthier place to live.

30-45 Points: Your neighborhood is a very healthy place to live, but there is always room for improvement! Write one way that you can make your neighborhood an even healthier place to live.

NEIGHBORHOOD INVESTIGATION CHART

QUESTION	POINTS	TOTAL (20 to start)
1. Is your house within one mile of a park?	Yes- add 2 points No- subtract 2 points	
2. How many grocery stores are within one mile of your house?	2 or more- add 3 points 1- add 1 point 0- subtract 1 point	
3. How many fast food restaurants are within 2 miles of your house?	2 or more- subtract 3 points 1- subtract 1 point 0- add 3 points	
4. Is your house within one mile of a bike or hiking trail?	Yes- add 2 points No- subtract 1 point	
5. Is there a community center, gym, climbing wall, or other indoor activity center within 3 miles of your house?	Yes- add 2 points No- subtract 1 point	
6. Is your school within 1 mile of your home?	Yes- add 2 points No- subtract 2 points	
7. How many forms of public transportation are within 1 mile of your house? (Ex. bus, train, tram)	2 or more- add 2 points 1- add 1 point 0- subtract 1 point	
8. Is there a public pool within 1 mile of your house?	Yes- add 3 points No- subtract 1 point	
9. Are there sidewalks in front of your home?	Yes- add 2 points No- subtract 2 points	
10. Are there street lights in front of your home?	Yes- add 2 points No- subtract 2 points	
	TOTAL:	