



Healthy Habit: EXERCISE

EXERCISE – an activity that requires physical or mental exertion, especially when performed to develop or maintain fitness

LEARNING OBJECTIVES

Students will learn how exercise is something important that everyone can and should do.

MATERIALS

- Stopwatch
- Operation Smile Final Mile Mileage Tracker
- Chart paper

FITNESS EXPERIENCE

INTRODUCTION

Ask students why exercising is important, and what types of exercise they like most.

ACTIVITY

1. Explain that children with cleft lips and palates are just like any other child; they want to be active and exercise too! While such children may have difficulties eating, drinking, and sometimes even socializing, activities like running or playing sports is a great way to build their confidence and allow them to make friends their own age.
2. Have students imagine that they each were born with a cleft lip. Ask them to explain how they would feel and act if they knew one of the only things they could always do well was their favorite type of exercise.
3. Now tell students that today they are going to complete a mile so that it goes towards their Final Mile log. Tell them they can run, skip, jump, or walk, whichever is their favorite. *Tip: Have younger students run a shorter distance.*



4. As students run, ask them to stay motivated as they complete their mile by continuing to imagine they have a cleft, and exercising is one of the things that makes them happiest. Tell them you will keep track of the time it takes to complete the mile.
5. Log each student's time on their Operation Smile Final Mile Mileage Tracker.

EVALUATION

1. Determine whether students completed their mile with all their effort. Use one or all of the following measures: students' time was faster than a previous time, students kept up with their pace rather than slowing down, students did not complain.

EXTENSION

1. Brainstorm different exercises students can do to replace less energetic activities. Ideas may include walking up stairs rather than riding an elevator, riding a bike instead of playing video games, etc. Title the list, "Exercise Goals," and write ideas on chart paper to post in the classroom.