



Activity Packet

A collection of resources aligned to the theme of Wellness



People who work in wellness help others take care of their bodies and minds. Wellness means eating healthy foods, staying active, and making time to rest and relax. It also includes taking care of your feelings through things like deep breathing, mindfulness, and talking about emotions.

This packet includes a:

- Wellness classroom activity
- Wellness home activity
- Wellness recommended booklist

We recommend you print and copy the home activity and recommended book list to send home with your students.

For more reading fun, visit RallytoRead.org.



Theme: Wellness | Classroom Activity

Common Core Standard: CCRA.R.2, CCRA.W.7 | Next Generation Science Standard: LS1-1

Careers in Wellness

- This activity is right for independent work, pairs, or small group work collaboration.
- Adjust the activity according to the needs of your individual students by assigning specific roles for pair or group work.

Steps

Whole Group

1. Begin by asking students, "What do people need to stay healthy?" Record answers on a chart. Look for themes such as food, water, sleep, exercise, fresh air, feelings support, etc.
2. Ask, "Who helps us with those things?"

Introduce careers one by one using picture cards (pages 3–4):

- Nutritionist – "Helps people make healthy food choices."
- Fitness Coach – "Teaches people how to move and exercise."
- Doctor – "Helps people stay healthy or when they are sick or hurt."
- Yoga Teacher – "Teaches people how to relax and breathe."
- Counselor – "Helps people talk about their feelings."
- Health Teacher – "Teaches people about healthy habits like drinking water."
- Dentist – "Helps keep people's teeth clean and healthy."

Small Group/Individual

1. Have students choose one wellness career.
2. On the attached handout (page 6), have them:
 - a. Draw a person performing that career (for example, a coach teaching kids to run).
 - b. Write a label with the name of the chosen career next to the drawing.

Wellness Career Cards



nutritionist



**fitness
coach**



doctor



**yoga
teacher**

Wellness Career Cards



counselor



**health
teacher**



dentist



Theme: Wellness | Classroom Activity

Wellness Career

Name: _____

Date: _____

This helper helps people by: _____

Our class is learning about careers in wellness with literacy resources from Reading Is Fundamental (RIF). To deepen their understanding of this concept, here is a suggested activity you can complete with your child at home.

My Wellness Helpers

Steps

1. Talk with your child about the people who help them stay healthy—both in their body and feelings. Ask, “What do people need to stay healthy?” Then, name some jobs that help people stay healthy, like doctors, nurses, therapists, or fitness coaches.
2. Fold a few pieces of paper in half horizontally and staple them to make a small book. On each page, encourage your child to:
 - a. Draw a helper (real or imagined).
 - b. Write or dictate a sentence about the helper, such as:
“A dentist helps keep people’s teeth clean and healthy.”
 - c. Encourage the child to make a connection to the helper, such as:
“The dentist cleaned my teeth.”

Reading
Is Fundamental
until every child reads

Reading Is Fundamental has curated a list of books to help children further explore the theme of wellness. Use this recommended book list to help your students/children continue their discovery about this topic in school and at home. For additional activities for the books listed, please visit RIF.org/Literacy-Central/Collections/Rally-Read-Wellness-Collection. **View read-alouds of titles in blue on RallytoRead.org this month.**



Good Night Thoughts
Author: Max Greenfield
Illustrator: James Serafino
Grades: PK-3



**A Day with Paramedics
(Welcome Books—Hard Work)**
Author: Jan Kottke
Grades: PK-1



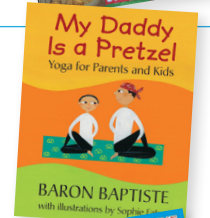
**I Want to Be a Doctor
(I Can Read!™ Level 1)**
Author: Laura Driscoll
Illustrator: Catalina Echeverri
Grades: PK-2



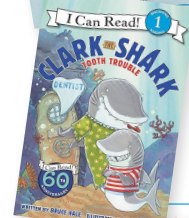
**At the Farmer's Market /
En el mercado**
Author: Anna W. Bardaus
Illustrator: Steffane McClary
Grades: PK-1



**Madeline Finn and
the Therapy Dog**
Author & Illustrator: Lisa Papp
Grades: PK-3



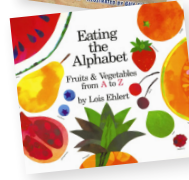
My Daddy Is a Pretzel
Author: Baron Baptiste
Illustrator: Sophie Fatus
Grades: K-2



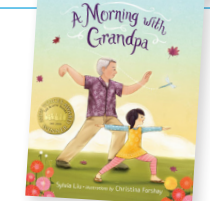
Tooth Trouble (Clark the Shark)
Author: Bruce Hale
Illustrator: Guy Francis
Grades: PK-3



**Staying Healthy
(TIME FOR KIDS®)**
Author: Dona Herweck Rice
Grades: PK-2



**Eating the Alphabet: Fruits
and Vegetables from A to Z**
Author & Illustrator: Lois Ehlert
Grades: PK-3



A Morning with Grandpa
Author: Sylvia Liu
Illustrator: Christina Forshay
Grades: K-3

BARNES & NOBLE

Storytime Pick



My Path
Author & Illustrator: Jana Curll
Grades: PK-3

Discussion questions for any recommend book listed above:

1. What are some different jobs that help people stay healthy?
2. What does each person in these jobs do to help others feel good inside of their body or mind?
3. Which wellness job would you like to try for a day? Why?
4. How do these helpers teach people about healthy habits?
5. Can you think of a time when someone like a doctor, dentist, or counselor helped you or someone you know? What did they do? How did they help?