



How Many?

THIS IS A: ✓ Student Assignment Classroom Activity

SYNOPSIS:

Students will keep track of the healthy things they do each day/week.

OBJECTIVES:

- Students will be able to count and keep track of 3 items over a 3 day time period

RECOMMENDED GRADE LEVEL: K, 1ST, 2ND

NATIONAL ENGLISH LANGUAGE ARTS STANDARDS MET:

- NL-ENG.K-12.11 Participating in Society: Students participate as knowledgeable, reflective, creative, and critical members of a variety of literacy communities.
- NL-ENG.K-12.12 Applying Language Skills: Students use spoken, written, and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion, and the exchange of information).

REQUIRED MATERIALS:

- **How Many?** handout

AT-HOME TIME: 30 minutes over several days

TEACHING STEPS:

1. Distribute the **How Many?** Handout and explain to students what they will be doing at home over the next several days.
2. Instruct students to keep track of how many hours of sleep they get each night, how many fruits they eat, and what kinds of physical activity they do over the next 3 days. At the end of 3 days, bring in their completed sheet and share with others.



How Many?

Name:

How many hours of sleep did you get each night?

Day #1:

Day #2:

Day #3:

How many fruits did you eat each day?

Day #1:

Day #2:

Day #3:

What kinds of physical activity did you do each day?

Day #1:

Day #2:

Day #3: