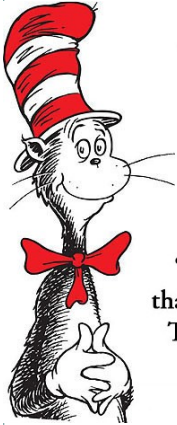


Who We Are

Ihsan Dogramaci Bilkent Erbil College
Ms. Evelyn's Grade 2
www.msevelynsgrade2.weebly.com

August – October



“Today you are You,
that is truer than true.
There is no one alive
who is Youer than
You.” - Dr. Seuss

Throughout this unit we will be learning about the habits of mind from science. Use these engagements at home to help your child develop these attitudes and skills:

- ⇒ Curiosity and Inquiry
- ⇒ Desire for knowledge
- ⇒ Make observations and predictions
- ⇒ Asking questions
- ⇒ Communicating thoughts and ideas

(Contant, Bass & Carin, 2014)

Central Idea: The choices people make affect their health and well-being.

EXPLORING HEALTHY CHOICES

Throughout this unit of inquiry we will be exploring healthy choices while learning about the learner profile attribute of reflection (IBO, 2010). There are many choices we make throughout each and every day that affect our quality of lifestyle and it is important to reflect on how those choices affect our health and well-being. As a class, we will be exploring choices as they relate to our bodies, our friendships and our personal well-being. To explore these issues at home with your child will make these issues more meaningful for us all. How can we make choices that result in a happy, healthy person?

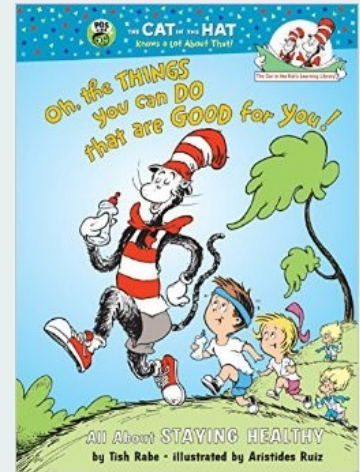
REFLECTING ON CHOICES

Engagements for the home interaction:

Week 1— Write down the groceries you will buy for your family for the week. Sit down with your child and help him/her sort the food into categories: fruits, vegetables, grains, dairy and proteins. Bring your list to school on Thursday to share with the class. Watch for the graphic organizer in your child's folder.

Week 2—Use the graphic organizer sent home to help your child keep a log of what he/she eats every day. Also track how much time is spent in exercise and movement. Send in the sheet on Thursday to share with the class and reflect.

Week 3—Use last week's data to help your child set goals for healthier eating and increasing exercise time if necessary. Guide him/her to decide what is missing in his/her diet and try to set goals for changes. Perhaps he/she is not eating enough vegetables, so a good goal would be to eat more green vegetables this week. Ask your child for the new log and goal sheet reflection!



We will be reading books written by Dr. Seuss as we explore Who We Are.

www.seussville.com

ISSUES TO EXPLORE AT HOME

Healthy Eating

Exercise

Healthy Friendships

Healthy Mind

Healthy Community



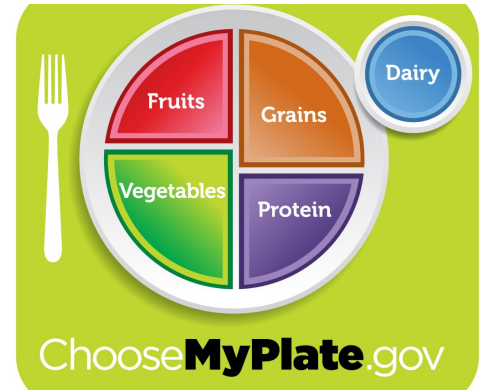


EXPLORE MYPLATE KIDS' PLACE

A fun activity to do with your child is to explore websites about eating healthy. This one has many fun activities to do that will help your child understand how to eat healthy and maintain a healthy weight.

www.choosemyplate.gov/kids/

www.kidshealth.org/kid/stay_healthy/



“I get by with a little help from my friends.” John Lennon, The Beatles



EXPLORE HEALTHY FRIENDSHIPS

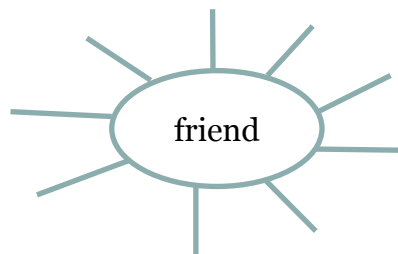
Reflect with your family on friendships. Talk together over dinner or while on a Friday picnic about what makes a good friend. You can make a mind map, discuss it and bring it in to share with the class. Consider these questions:

How would I describe a good friend?

Am I a good friend?

What do I expect from my friends?

Is everyone my friend?





What sport do you play? Do you train every day?

EXPLORE EXERCISE

How much do you move each day? Do you make sure to go outside and play every day? Or is there a lot of time on the X-Box playing games on the television?

Check out this site for ways to get more exercise and movement into your day! Find out why it is good to move and exercise your muscles?

Can you tell me any benefits that you learned at school?

Share what you learned the class!

www.letsmove.gov



REFLECTION

Reading is to the mind as exercise is to the body.

Joseph Addison

What does this statement mean to you?

Interactive Vocabulary Wall

Bring in pictures or things that will help our class understand what these words mean from our unit of inquiry. We will post them in the hallway on our interactive vocabulary wall to share with the other grade 2 classrooms. We hope everyone helps us make meaning of these words!

health
choice
hygiene
informed
balanced
exercise
well-being
mindfulness
conflict
resolution

Contant, T. L., Bass, J. L., & Carin, A. A. (2014). Teaching science through inquiry and investigation, 12th ed. Pearson: Boston.

IBO, Å. International Baccalaureate Organization.(2010). Making the PYP happen: A curriculum framework for international primary education. IBO :Cardiff.

Jackson, J., Tripp, S., & Cox, K. (2013). Interactive word walls. *Science and Children*, 51(1), 42.

(Jackson, Tripp & Cox, 2013)