

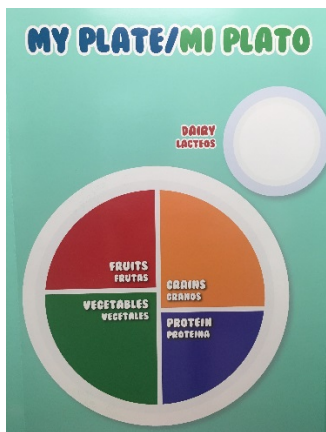
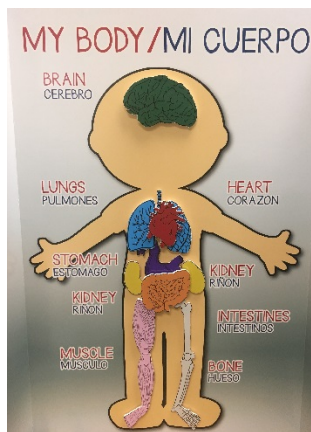
## A Message for Teachers

Congratulations on completing the HC<sup>2</sup> curriculum training! Now that you have finished the training, you may be wondering how you can begin implementing the HC<sup>2</sup> curriculum in your classroom. This is all up to you! Every classroom is

different, so please make accommodations and schedule lesson plans in a way that is convenient for you and your children. However, the following are some recommendations to help get you started:



- **Review the “My Body” and “My Plate” lesson plans weekly with your class and your “Healthy Howie” puppet (repetition is key).**



- **Themed months: you can dedicate an entire month to one policy and its lesson plans. Example #1:** October can be “Beverage Policy Month”. As many children celebrate Halloween, teachers can review how to keep our bones and teeth healthy with children and do the optional “Look at my Bones” lesson for children to do an “x-ray” of their hand. **Example #2:** November could be “Snack Policy Month” because many families celebrate Thanksgiving. Teachers could take advantage of this holiday to teach children about different Thanksgiving foods and review which foods are healthier to eat for their growing bodies.