



Activity #6: Tree of Health

Activity Overview:

In this activity, students collaborate to create a Tree of Health mural to illustrate what they have learned about the external factors and personal decisions that impact their health. Students create leaves out of construction paper and write facts they learned about making choices that support and enhance a healthy lifestyle.

(Teacher Note: If you are planning on doing a closing celebration, consider having students create a tree that can be transported or displayed where visitors will be able to see it.)

Content Areas:

Life Sciences and Health Education

Activity Duration:

45-minute period

Objectives

- Collaborate to create an artistic display that summarizes their learning

Materials

- Chart paper, prepared with the following information:
 - Red—Structures and Functions of the Human Body
 - Orange—Factors that Contribute to Good Health
 - Yellow—Diabetes
 - Green—Processed vs. Local Foods
 - Blue—Eating the Rainbow
 - Indigo (or Gray)—How Sugar Affects the Body
 - Violet—Exercise
- Construction paper for leaves (red, orange, yellow, green, blue, indigo or gray, violet, white)
- Brown construction paper or butcher papers for the tree trunk and branches (must be cut out and placed on wall prior to activity)



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- Leaf template (included) (cut out to use as templates, 1 per pair or group)
- Markers, colored pencils, or crayons
- Optional: Cut out the leaves in advance of the activity. Each student will need 2 each of the following colors: red, orange, yellow, green, blue, indigo or gray, violet, white

Procedure:

1. Say, "We have learned a great deal about the external factors and personal decisions that can impact our health. In this final activity, we're going to create a display to share everything we've learned. We'll be working together to construct a "Tree of Health" out of construction paper. Our Tree of Health will have 7 main branches—one for each topic we have covered. You will add your knowledge to the tree by summarizing main ideas on a leaf and placing it on the branches."
2. Say, "You will be cutting leaves for the tree out of construction paper. Each color of construction paper represents a branch of health we've learned about. I'll explain about the white construction paper shortly." Display the chart paper listing the colors and their matching topics.
3. Direct students to use the leaf template to trace and cut 16 leaves. They should cut out 2 leaves for each color of construction paper, including the white paper.
4. Once students have cut out their leaves, they are to write on each leaf one fact they have learned related to the color-coded topics. When finished writing, they should have 2 leaves for each color of the rainbow.
5. When students have completed their leaves, invite them up to the tree and have them tape them to the appropriate branches/topics.
6. Students will use their 2 white leaves to expand on each other's ideas. For example, if one student writes, "Exercise is important," another student could write, "Walk 30 minutes each day," and attach it to the same branch.
7. Allow time for students to view their Tree of Health. As a class, invite other students/classes in to view the Tree of Health and have students work as Health Ambassadors to answer questions the visitors may have about what the class has learned.

Leaf Template

