

# HOW TO USE THE HEALTHY HABITS RESOURCES?

## Programs

The activities for students include SMART Notebooks for use on an interactive whiteboard or computer.

If your device does not have SMART Notebook software, you can use SMART Notebook Express by accessing this link <http://smarttech.com/notebookExpress> and either use the “Try it now” button or download the full program.

## Lessons

Happy Hands is for Early Stage 1 (Kindergarten/Prep) and Stage 1 (Years 1 and 2). To access the activities open the folder ‘happy\_hands’ and double click index.htm. Click on the numbered hand images to direct you through the lessons.

### Healthy Eating is for Stage 1 (Years 1 and 2).

To access the activities open the folder ‘healthy\_eating’ and double click index.htm. Click on the numbered hand images to direct you through the lessons.

### Let’s Move is for Stage 2 (Years 3 and 4).

To access the activities open the folder ‘let’s\_move’ and double click index.htm. Click on the numbered hand images to direct you through the lessons.

### Germ Fighters is for Stage 3 (Years 5 and 6).

To access the activities open the folder ‘germ\_fighters’ and double click index.htm. Click on the numbered hand images to direct you through the lessons.

## Teaching Notes

Teaching notes to support all lessons can be accessed through each lessons index page by clicking “Teaching notes.”

## Further Activities

From the index page/s of Happy Hands, Healthy Eating, Let’s Move and Germ Fighters there is a link named ‘Find out more about [healthy habits](#)’ which links to Linked2Health. This page contains useful links for parents, children and teachers. It can also be accessed by opening the folder ‘linked2health’ and double clicking index.htm

Ensure the folders and file names remain unchanged to ensure all links work correctly.