

Wellness Classroom Activity

Here is a writing activity that will get your class writing poetry.

1. Write a word on the board vertically and discuss the meaning of the word. For example:

G
E
R
M

2. Beginning with the first letter, ask class to think of an adjective that begins with that letter and describes or relates to the concept of the word. For example:

G – grimy

3. Continue in this fashion until the word is complete. The final letter of each word should be a naming word, or **noun**, so the list presents a complete picture. Thus, the ideal string of words is a series of adjectives concluding in a noun, such as:

G – grimy

E – ever-growing

R – rude

M – menace

4. Brainstorm as a group and have the class come up with a list of health-related words. Have each student choose a word and write their own acrostics.

5. Share the poems with the class.

Examples:

B – bad

A – airborne

C – collecting

T – tiny

E – evil

R – rabid

I – irritating

A – ailment

S – safe

A – antiseptic

N – neat

I – important

T – tested

I – interactive

Z – zero germs

E – excellent

R – remedy

Extensions

- Collect the poems and assemble into a book and distribute to the class. Feature some of the poems on a decorative background on the classroom bulletin board.
- Ask students to write a paragraph, essay or story about health and personal hygiene that uses at least 5 of the words the class came up with during this activity.
- See how many other words students can create out of some of the health-related words that have been discussed. Print each letter of the word on a 3" X 5" card so that the students can manipulate the letters. For example: SANITIZE would be on 8 different cards. Award a prize to the student who creates the most words. Some of the words that can be formed from sanitize are:
 1. tan
 2. zit
 3. sane
 4. tin
 5. eaten
 6. ants
 7. sit
 8. seat
 9. size