

CL-13C

My Amazing Body

Grades 4–5

Personal Health and Safety

Real Bodies, Real Messages

Students learn that photos can be edited and ads want to sell, use the Message Check to tell health facts from myths, and practice kind body talk.

HOOK
3 min

TEACH
5 min

PRACTICE
9 min

WRAP-UP
3 min

OPTIONAL EXTENSION
+10 min · Ad Detective

BIG IDEA Photos can be edited, and ads want to sell. Real bodies need real care.

1 I CAN

- ☐ explain that photos can be edited and filtered and that ads want to sell something.
- ☐ use the Message Check to tell a health fact from a myth.
- ☐ name what bodies really need and use kind body talk.

KEY WORDS / PALABRAS CLAVE

media message **mensaje de los medios**

ad (advertisement) **anuncio (publicidad)**

edited **editado, editada**

claim **afirmación**

fact **hecho, dato**

myth **mito**

2 MATERIALS

- ☐ Projector page (p. 4) on the document camera
- ☐ Worksheet (p. 5), one per student, and pencils
- ☐ Extension: Ad Detective cards (p. 6), one set, and sticky notes
- ☐ Family letter (p. 7), one per student

PREP · 5 MINUTES

- Copy p. 5 and p. 7, one per student. Print p. 4 and p. 6 once; cut the Ad Detective cards apart.
- Practice the Hook story. Pause after each "Click!" like an app changing the photo.

3 STANDARDS

Texas Model
5th ed., 2018

Personal Health and Safety

ASCA Standards
Mindsets & Behaviors, 2021

M 1 Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being · B-SS 2 Positive, respectful and supportive relationships with students who are similar to and different from them · B-LS 1 Critical thinking skills to make informed decisions

Health TEKS
Gr 4 §115.16(b)(5)(D)

discuss ways to promote a healthy body image

Health TEKS
Gr 4 §115.16(b)(8)(B)

gather data from a variety of credible sources to help make informed nutritional and physical activity choices. Here: checking claims with trusted sources.

Health TEKS
Gr 5 §115.17(b)(2)(B)

identify how to distinguish between myth and fact when accessing information about health

Health TEKS
Gr 4 §115.16(b)(7) · Gr 5 §115.17(b)(8)

identify the physical, mental, and social benefits of physical fitness (Gr 4) / explain the physical, mental, and social benefits of fitness (Gr 5)

Character traits
TEC §29.906(b)(4)

respect and courtesy

4 THE LESSON

HOOK 3 min

SAY "Today we'll talk about story characters, not real people. Use the names in the stories. Ximena used the class tablet to take a photo of Diego shooting a basket at recess. Then she opened a photo app. Listen to what changed."

CLICK 1 "Click! The gray sky turns bright blue."

CLICK 2 "Click! A filter smooths Diego's face and adds sparkles."

CLICK 3 "Click! The playground turns into a giant stadium."

CLICK 4 "Click! The ball moves right into the hoop. Swish!"

ASK "What changed in Ximena's photo? Is it still a real picture of recess?" Take two answers, then say: "Photos can be edited and filtered. A media message is an ad, photo, video or post that someone made to share an idea. Many are made to sell something."

TEACH 5 min

DO Show the projector page. Read the definition and the three cards. Say, "A claim is something a message says is true. Facts can be checked. Myths sound true, but they aren't." Point to each Message Check question; the class echoes: **1. Who made it? What do they want? 2. Real or edited? 3. Fact or myth? 4. What do bodies really need?**

SAY "To check a health claim, ask a trusted source: the school nurse, a doctor or a family grown-up. Bodies really need sleep, moving, water and a variety of foods. Kids ages 6 to 12 need 9 to 12 hours of sleep a night and at least 60 minutes of moving every day. Moving helps hearts, muscles, sleep and mood, and it's a way to play with friends."

SAY "Bodies are different, and that's okay. There is no 'perfect' body or face, and no product or filter can make one. When we talk about bodies, we use kind body talk. Kind body talk means talking about what people do, not how they look."

Keep food talk to "a variety of foods": no food labels, no body-size talk, no comments on real people's bodies. If a student names a real app, brand or person: "Let's keep it to the story."

PRACTICE 9 min

DO · 2 MIN Fact or myth? Read each claim. Students draw a check in the air for fact or an X for myth. For item 2, ask, "Which Message Check questions help Chloe?" (Who made it? What do they want? Fact or myth?)

FACT 1. Adrián reads a poster from the school nurse: "Moving every day helps the heart, sleep and mood."

MYTH 2. Chloe sees an ad: "Crunchaloo bars have everything a body needs all day!"

MYTH 3. Leonardo sees a post: "Wear this lucky bracelet and you'll never get hurt!"

FACT 4. Grace learns in class: "Photos in ads are often edited."

DO · 7 MIN Worksheet. Students write their name and teacher. Parts 1 and 2 on their own. For Part 3, partners talk for one minute first. If they disagree: "I see it differently because ____." Then each student writes.

Answer key. Part 1: Fact 1, 4, 5; Myth 2, 3, 6. Part 2: Fizzaroo wants to sell a drink; the photo is edited; bodies really need sleep, moving, water and a variety of foods. Part 3: any true message about what bodies do or need, with a reason. If a student picks Noah's idea, ask them to run the Message Check on it.

WRAP-UP 3 min

SAY "Ximena used the Message Check on the Fizzaroo ad. The company wants to sell a drink, the photo is edited, and 'never get tired again' is a myth. Bodies are different, and that's okay, so we use kind body talk."

CHECK "A video says, 'Kids only need 5 hours of sleep.' Fact or myth? Who could Ximena ask to check?" (Myth: kids 6 to 12 need 9 to 12 hours. The school nurse, a doctor or a family grown-up.) Give the family letters to the teacher for take-home folders.

Short on time? Use practice items 1 and 2 only, and do worksheet Part 3 as a class discussion before students write.

5 OPTIONAL EXTENSION · 10 MINUTES

Ad Detective. Groups of 3 or 4 each take one Ad Detective card from page 6. Every ad is made up. Rule: talk about the ad, never about a classmate's body or a real person's body.

- 1 Read the card and run the four Message Check questions (3 minutes).
- 2 Rewrite the ad as a real message on a sticky note: a true claim, no edited-photo tricks and kind body talk (4 minutes).
- 3 Each group reads its ad and its real message in 30 seconds. Classmates agree or respectfully disagree: "I see it differently because ____" (3 minutes).

Groups write on sticky notes, so the cards stay clean. Don't swap in real brands or real people. For AD #4, steer to a calm answer: no one looks "perfect," and no one needs to.

6 SUPPORT EVERY LEARNER

EMERGENT BILINGUALS

Point out cognates: *mensaje, editado, filtro, mito, publicidad, variedad*. Use the icons on the projector page. Partners may talk in Spanish first. Frames: "This is a myth because ____" and "I see it differently because ____."

EXTRA SUPPORT

Read the sort items aloud and do items 1–3 with a partner. In Part 3, students may pick a need from the projector page and write one reason.

STRETCH

Ask: "Why might an ad use an edited photo?" Early finishers run the Message Check on one Ad Detective card and write a real message on a sticky note.

7 QUICK CHECK

During practice: listen for reasons, not just "fact" or "myth." If many students call item 2 a fact, model the Message Check on it out loud before the worksheet.

After class: I collect the worksheets and sort Part 2 into "all 3 found" and "not yet." They go home through the teacher the next day.

The worksheet is about story characters and made-up ads, not the child, so it is fine to collect.

9 KEEP IT GOING SCHOOLWIDE · CYCLE 13

MORNING ANNOUNCEMENT

EN "Good morning, Yellow Jackets! Not every photo is real, and every ad wants to sell something. Before you believe a message, use the Message Check. And remember: bodies are different, and that's okay!"

ES "¡Buenos días, Yellow Jackets! No todas las fotos son reales, y todos los anuncios quieren vender algo. Antes de creer un mensaje, revísenlo con las cuatro preguntas. Y recuerden: todos los cuerpos son diferentes, y eso está bien."

8 PICTURE BOOKS (OPTIONAL)

Stand Tall, Molly Lou Melon by Patty Lovell (Putnam, 2001). Molly Lou's grandma tells her to stand tall and be proud. At her new school, she shows a classmate who teases her what she can do. Listed for grades 2–3, younger than this band (no listed book fits 4–5); use it as a quick read-aloud. Preview: he calls her names before he changes.

The lesson works without a book. Preview any book before you read it to a class.

HALLWAY IDEA

Post a "Real Messages" board near the library. Classes add sticky notes with true health messages, such as "Sleep helps brains learn" or "Move at least 60 minutes a day," signed with the class name, such as "Room 12."

TEACHER TIP

Name it when you hear it: "You asked who made that ad. That's a Message Check!" If you hear look talk, swap it calmly: "Let's talk about what he did. Great pass!"

If a student shares something personal: keep the lesson on the characters. "Thanks for telling me. Let's think about what Ximena could do." If what the student said worries me, I follow up after the lesson using district procedures and my reporting guides (LR-01, CS-01).

Real Bodies, Real Messages

A media message is an ad, photo, video or post that someone made to share an idea.



Photos can be edited.

Apps and filters change photos.



Ads want to sell.

An ad is made to get people to buy something.



Claims need checking.

Fact or myth? Ask a trusted source.

Message Check · Ask before you believe it.

1

Who made it?
What do they want?

2

Real or edited?

3

Fact or myth?

4

What do bodies really need?

¿Quién lo hizo y qué quiere? · ¿Real o editado? · ¿Hecho o mito? · ¿Qué necesita de verdad el cuerpo?



Bodies really need



Sleep: 9 to 12 hours a night



Moving: 60+ minutes a day



Water



A variety of foods



Kind body talk

Talk about what people do, not how they look: “Great pass!”

Bodies are different, and that’s okay.

Real Bodies, Real Messages

A media message is an ad, photo, video or post that someone made to share an idea.

Part 1 Fact or myth? Circle FACT or MYTH.

1 Ads are made to get people to buy something.

✓ FACT

✗ MYTH

2 If a photo is online, it has to be real.

✓ FACT

✗ MYTH

3 Healthy bodies all look the same.

✓ FACT

✗ MYTH

4 Sleep helps the brain learn and remember.

✓ FACT

✗ MYTH

5 Kids need at least 60 minutes of moving every day.

✓ FACT

✗ MYTH

6 Filters show exactly what a person looks like.

✓ FACT

✗ MYTH

Part 2 Ad Detective Help Ximena use the Message Check.

Ximena and Gael see an ad at the bus stop. A runner zooms across a glowing finish line: “Drink Fizzaroo and never get tired again!” In tiny letters: “Photo edited.” Gael says, “I need that drink!”



Check ✓ the 3 things Ximena’s Message Check shows.

☐ Fizzaroo wants to sell a drink.

☐ “Never get tired again” is a fact.

☐ The photo is edited.

☐ Everyone who drinks Fizzaroo wins races.

☐ Gael should buy it right away.

☐ Bodies really need sleep, moving, water and a variety of foods.

Part 3 Make a real message Talk with a partner. Then write.

Ximena’s class is making Health Week posters. Noah says, “Let’s use a filter so everyone looks perfect!” Camila says, “Let’s draw kids moving in lots of ways: running, dancing and racing in a wheelchair.”



What should the poster show and say? Give a reason.

The poster could say _____

This is a real message because _____

Ad Detective

✂ Cut on the dashed lines.

1. Read your ad. 2. Run the Message Check. 3. Write a real message on a sticky note. 4. Share in 30 seconds. Every ad here is made up.

AD #1

Boingster Sneakers: a player flies over the hoop. “Jump higher than everyone!”

 Who made it?

 Real or edited?

 Fact or myth?

 What bodies need

AD #2

Berrozoom Juice: a team cheers in a sparkly glow. “Drink it and never get sick!”

 Who made it?

 Real or edited?

 Fact or myth?

 What bodies need

AD #3

Nightzapper Game: a kid plays under the stars. “Champions don’t need sleep!”

 Who made it?

 Real or edited?

 Fact or myth?

 What bodies need

AD #4

Twinklemoo Filter: a face covered in sparkles. “Look perfect in every photo!”

 Who made it?

 Real or edited?

 Fact or myth?

 What bodies need

AD #5

Gulpatron Sports Drink: a star athlete holds a bottle. “Play like a pro!”

 Who made it?

 Real or edited?

 Fact or myth?

 What bodies need

AD #6

Zippitoo Scooter: smiling kids on scooters. “Everyone has one. Get yours!”

 Who made it?

 Real or edited?

 Fact or myth?

 What bodies need

AD #7

Strong-in-2 Video: a kid does jumping jacks. “Get strong in 2 minutes a week!”

 Who made it?

 Real or edited?

 Fact or myth?

 What bodies need

AD #8

Capeflo Water: a superhero sips. “The only water that keeps kids healthy!”

 Who made it?

 Real or edited?

 Fact or myth?

 What bodies need

My Amazing Body

Mi cuerpo increíble

Family letter · Carta para la familia · Grades 4–5 · Grados 4–5



ENGLISH

Dear Family,

This week, your child's class had a lesson about **media messages and healthy bodies** with the school counselor. We learned that photos can be edited and filtered, that ads want to sell something, and how to tell a health fact from a myth. We also talked about what bodies really need, and about kind body talk: talking about what people do, not how they look.

THE MESSAGE CHECK

1. Who made it? What do they want? · 2. Real or edited? · 3. Fact or myth? · 4. What do bodies really need? **Sleep, moving, water and a variety of foods.**

TRY THIS AT HOME

1. When you see an ad together, on a sign, on TV or at the store, play "Ad Detective": ask, "Who made it? What do they want us to buy?"
2. If you hear a health claim that sounds too good to be true, check it together with a trusted source, such as the school nurse or a doctor.

TALK ABOUT IT AT HOME

"How can we tell if a health claim is a fact or a myth?"

Your child may bring home a worksheet about Ximena and an ad for a made-up drink. Ask your child which Message Check questions Ximena used.

You are welcome to see any counseling lesson or handout. Call the school office at **956-262-4741** and ask for me.

Mrs. Handy, School Counselor

ESPAÑOL

Estimada familia:

Esta semana, el grupo de su hijo(a) tuvo una lección sobre **los mensajes de los medios y el cuerpo sano** con la consejera escolar. Aprendimos que las fotos se pueden editar y cambiar con filtros, que los anuncios quieren vender algo y cómo distinguir un hecho de un mito sobre la salud. También hablamos de lo que el cuerpo necesita de verdad y de hablar con amabilidad sobre el cuerpo: de lo que hacen las personas, no de cómo se ven.

CUATRO PREGUNTAS PARA REVISAR UN MENSAJE

1. ¿Quién lo hizo y qué quiere? · 2. ¿Es real o está editado? · 3. ¿Es un hecho o un mito? · 4. ¿Qué necesita de verdad el cuerpo? **Dormir, moverse, tomar agua y comer alimentos variados.** (En clase usamos el nombre en inglés: *Message Check*.)

PARA PRACTICAR EN CASA

1. Cuando vean un anuncio juntos, en un letrero, en la tele o en la tienda, jueguen a "Detectives de anuncios": pregunten "¿Quién lo hizo? ¿Qué quiere que compremos?"
2. Si escuchan algo sobre la salud que suena demasiado bueno para ser cierto, verifiquenlo juntos con una fuente confiable, como la enfermera de la escuela o un médico.

PARA PLATICAR EN FAMILIA

"¿Cómo podemos saber si algo sobre la salud es un hecho o un mito?"

Es posible que su hijo(a) traiga a casa una hoja de trabajo sobre Ximena y el anuncio de una bebida inventada. Pídale que le cuente qué preguntas usó Ximena para revisar el anuncio.

Puede ver cualquier lección o material de consejería cuando guste. Llame a la escuela al **956-262-4741** y pregunte por mí.

Sra. Handy, consejera escolar