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Healthy Hippo

Joni J. Downey, Jennifer J. Downey

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Healthy Habits Children’s Character Development Resource Book Meet the Award Winning National Promising Practice Recipient Healthy Hippo! In this character development book you’ll find reproducible materials which children will easily relate to, helping them to internalize and understand healthy habits. Be a social worker, a parent, an educator or home school family, you will find ways to teach a child to be of good character with these winning and empowering techniques. Soon this character trait will be referenced in daily language and will fit into any lesson being taught. Healthy Hippo easily engages a child with these reproducible activities on having healthy habits in various ways such as: • Exercising your mind! • Healthy Foods • Exercising • Being healthy on a rainy day • Staying fit at home • Being healthy isn’t about appearance • Being healthy with family and friends This Healthy Hippo Resource Book is filled with reproducible templates, black and white posters, charts, various worksheets, incentives, evaluations, stationary, journal ideas, writing prompts, assessments, suggestions and lessons. There are plenty of activities and ideas to empower a child about persevering like Healthy Hippo. Encourage your child to write a letter to Healthy Hippo using the enclosed stationary to help reinforce this trait, communication skills and literacy. Healthy Hippo has helped to improve the whole school climate and culture in a short period of time. Conversations heard from the students by the staff were a constant reminder that Healthy Hippo was being internalized daily and would last a lifetime to help a child make better choices in their decisions. If you liked Healthy Hippo, be sure to check out his good friends: Warm-Hearted Walrus, Behavior Bear, Do’er Duck, Manners Monkey, Friendship Frog, Respectful Rabbit, Self-Esteem Elephant and Responsible Rabbit.

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