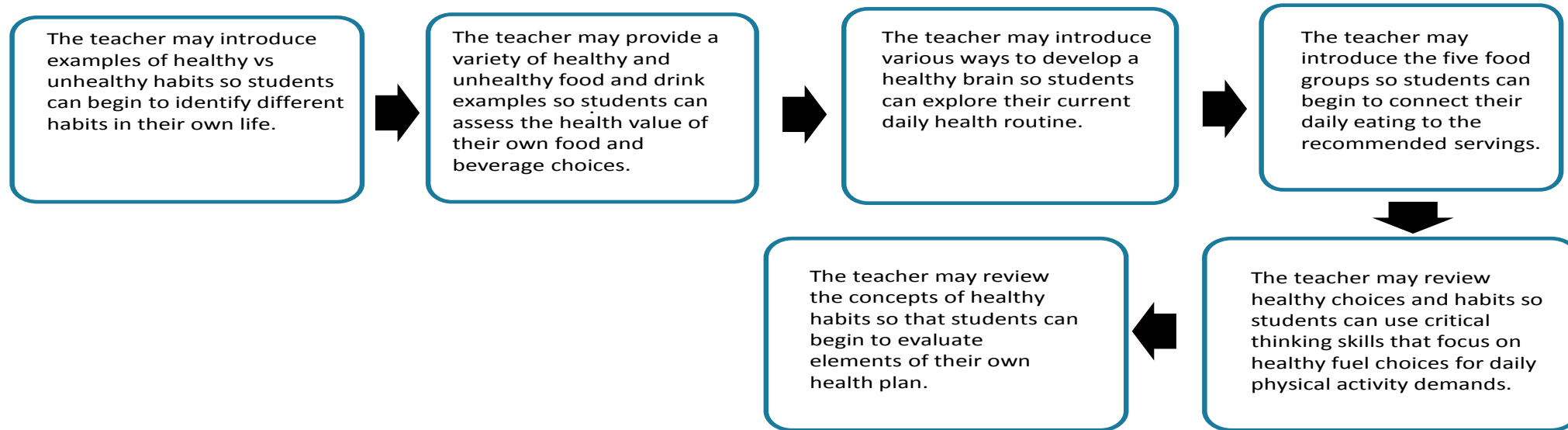


# Instructional Unit Title: Project-Healthy Transformation



Students will design a game that demonstrates knowledge of the cause and effect relationship of healthy habits such as food, water, sleep and exercise. Students will transform into their most powerful self as they move through the levels of the game. Throughout the development of their game they will be creating an instructional manual that illustrates examples of the healthy habits. (e.g. could be a poster, could be cards, could be book form/pamphlet).  
<https://www.eduplace.com/graphicorganizer/pdf/flow.pdf> (Graphic organizer idea for showing flow of your game)  
<https://www.eduplace.com/graphicorganizer/pdf/cluster.pdf> (Graphic organizer for specifics like energizers, depleters, etc.)

This unit was authored by a team of Colorado educators. The unit is intended to support teachers, schools, and districts as they make their own local decisions around the best instructional plans and practices for all students. To see the entire instructional unit sample with possible learning experiences, resources, differentiation, and assessments visit <http://www.cde.state.co.us/standardsandinstruction/instructionalunitsamples>.