

HEALTHY HABITS

HIKING ESCAPE LESSON

Get ready to hit the trail! In the Healthy Habits Hiking Escape Lesson, your students will work together to solve puzzles, conquer hiking-themed challenges, and discover the importance of making healthy choices along the way. This engaging adventure is the perfect way to build teamwork, critical thinking, and responsibility skills—while having fun on the “trail” to good habits!

Scroll down to see
what's included!



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COMPREHENSIVE LESSON

MAKING HEALTHY CHOICES



Make Smart Choices:
Students learn to identify and choose healthy options in everyday life!

Practice Problem-Solving:
Teach students how to solve challenges and think critically!

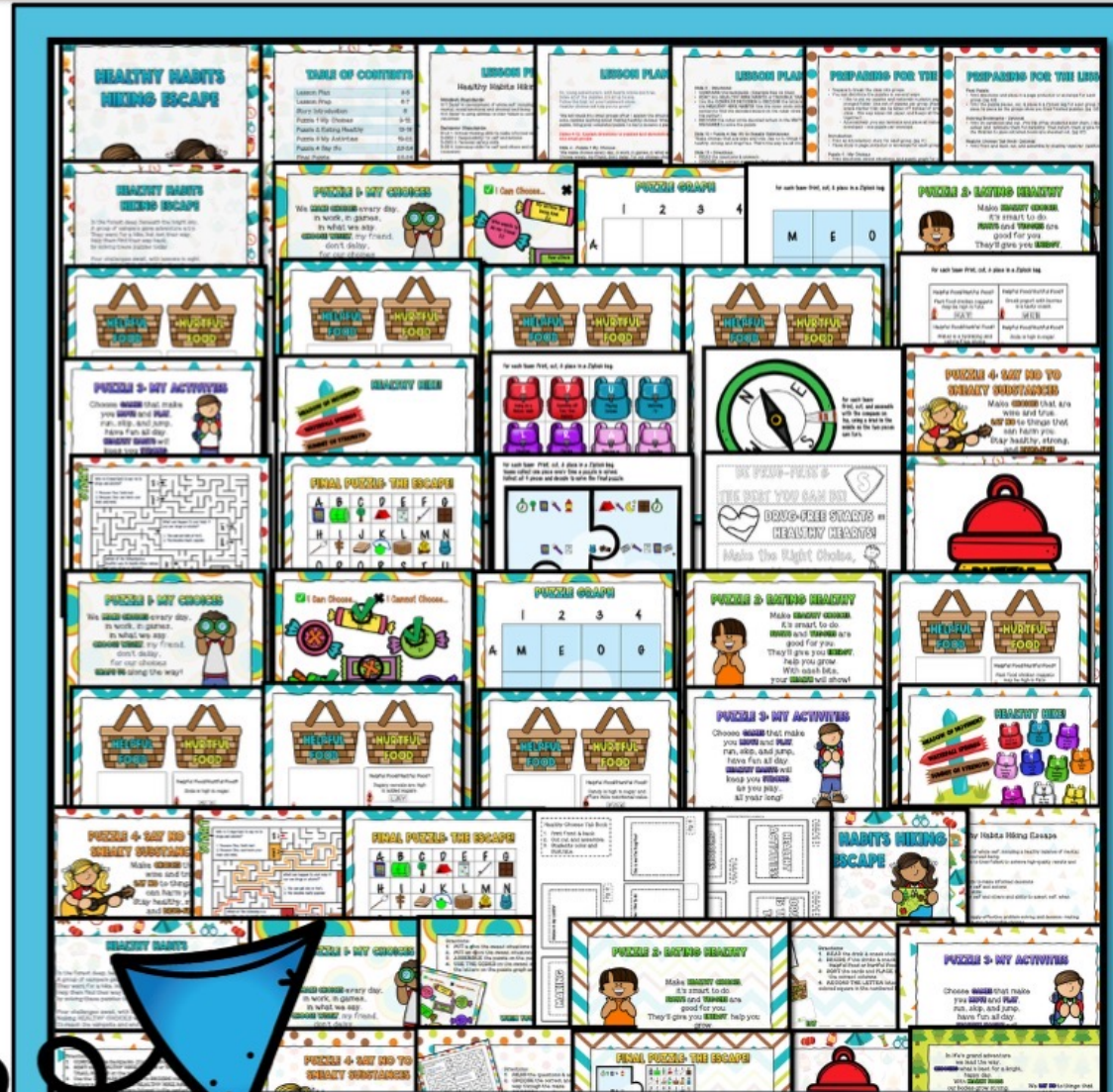
Understand Personal Safety:
Students recognize safe behaviors and how to avoid harmful substances!

Advocate for Themselves:
Students learn how to assert themselves and make responsible decisions!

WHAT'S INCLUDED?

A SNAPSHOT OF EVERYTHING!

- ★ Introduction
- ★ Lesson Plan
- ★ Preparing for the Lesson
- ★ Spider Gypher Decoder
- ★ Student Introduction
- ★ Puzzle 1: My Choices
- ★ Puzzle 2: Eating Healthy
- ★ Puzzle 3: My Activities
- ★ Puzzle 4: Say No
- ★ Final Puzzle
- ★ Puzzle Collectibles
- ★ Coloring Bookmarks
- ★ Healthy Choice Tab Book
- ★ Puzzle Solutions
- ★ Slideshow Presentation



WHAT'S INCLUDED?

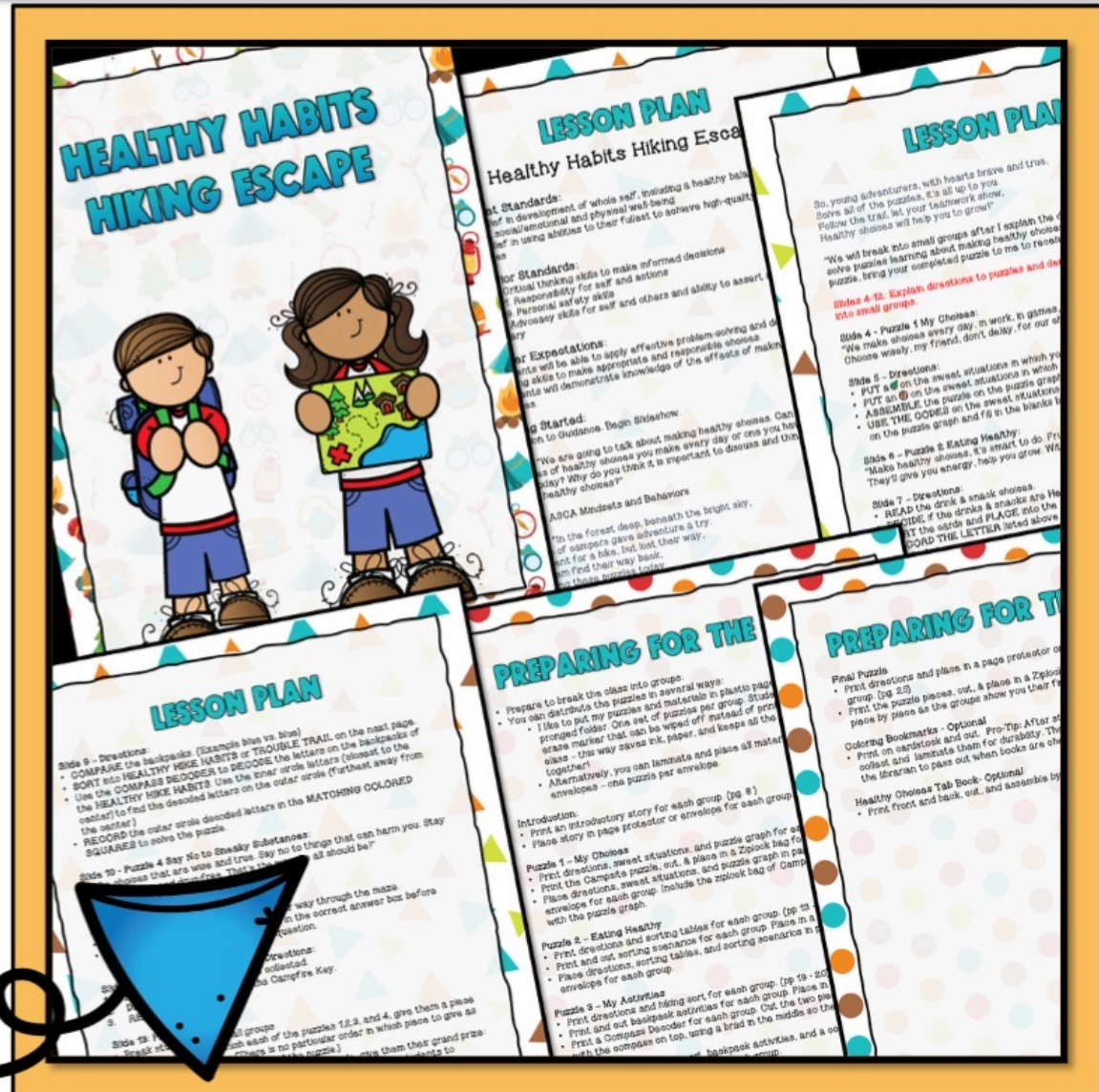
DETAILED LESSON PLAN

★ Scripted Lesson Plan!

★ Introduce making healthy choices in a fun and exciting way!

★ Begin by asking students to share examples of healthy choices we make every day or ones already made today!

★ Discuss importance about making smart, healthy choices!

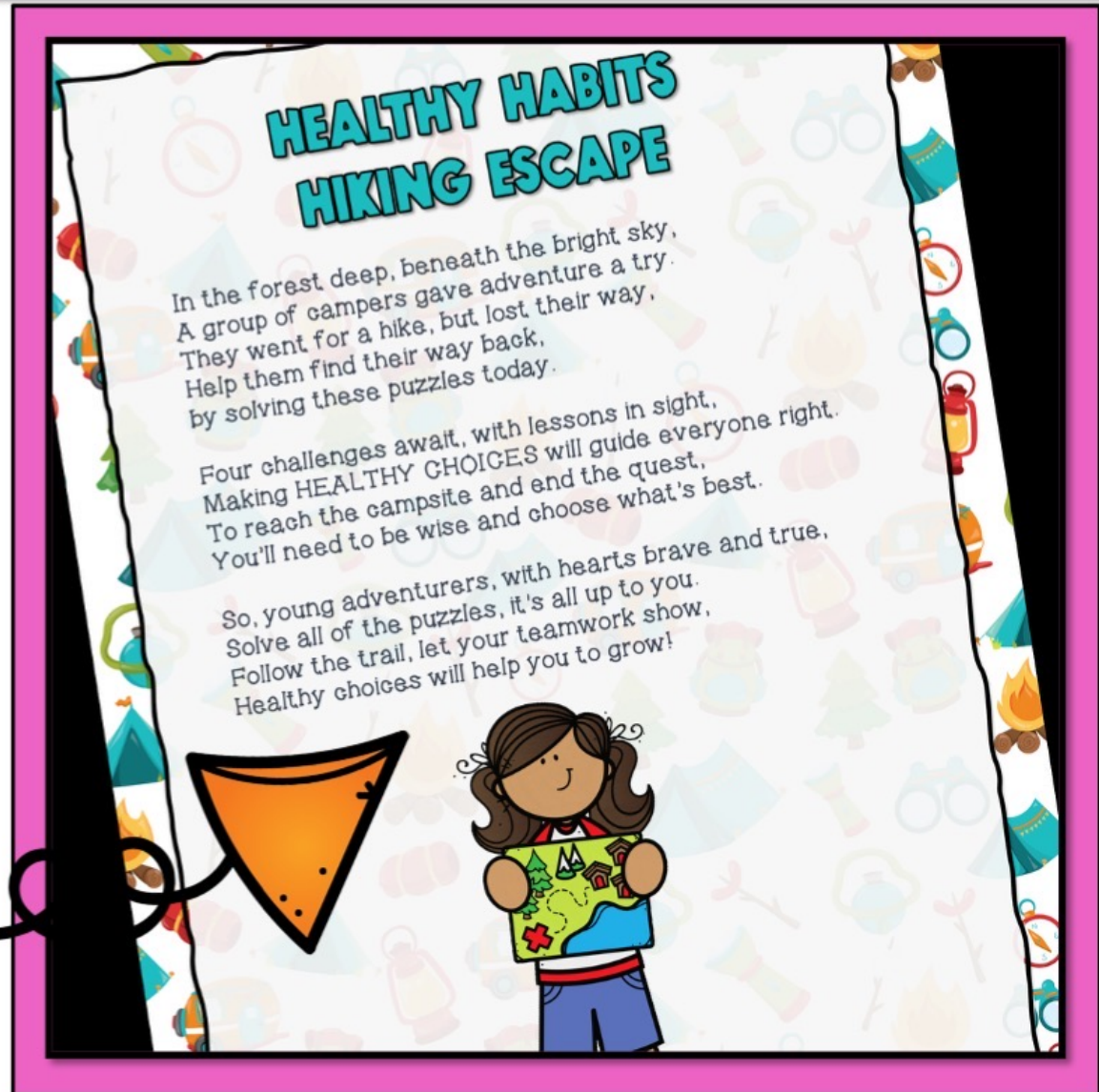


WHAT'S INCLUDED?

STORY INTRODUCTION



A fun start grabs kids' attention, getting them excited and involved in the lesson right away!



WHAT'S INCLUDED?

PUZZLE 1 – MY CHOICES



★ PUT a ✓ on the sweet situations in which you can choose!

★ PUT an ✗ on the sweet situations in which you have no choice!

★ ASSEMBLE the puzzle on the puzzle graph!

★ USE THE CODES on the sweet situations that have a ✓ to find the letters on the puzzle graph and fill in the blanks below!

★ Write the letters in corresponding numbered blanks!

WHAT'S INCLUDED?

PUZZLE 2 – EATING HEALTHY



READ the drink & snack choices!



DECIDE if the drinks & snacks are Helpful Food or Hurtful Food!



SORT the cards and PLACE into the correct columns!



RECORD THE LETTER listed above the colored square in the corresponding numbered blanks!

PUZZLE 2: EATING HEALTHY

Make **HEALTHY CHOICES**. It's smart to do. **FRUITS** and **VEGGIES** are good for you. They'll give you **ENERGY**, help you grow. With each bite, your **HEALTH** will show!

Directions:

1. READ the drink & snack choices.
2. DECIDE if the drinks & snacks are a Helpful Food or Hurtful Food.
3. SORT the cards and PLACE into the correct columns.
4. RECORD THE LETTER listed above the colored square in the numbered blanks below.

HEALTHY
1 2 3 4 5 6 7

FOODS
8 9 10 11 12

EVERYDAY.
FOR LOTS OF ENERGY TO RUN AND PLAY!

HELPFUL FOOD **HURTFUL FOOD**

Helpful Food/Hurtful Food?
Greek yogurt with berries is a tasty snack.
W

Helpful Food/Hurtful Food?
Water is a hydrating and calorie-free choice.
T

Helpful Food/Hurtful Food?
Fast food chicken nuggets may be high in fats.
H

Helpful Food/Hurtful Food?
Soda is high in sugar.
O

Helpful Food/Hurtful Food?
Potato chips are salty and so are sodas.
S

Helpful Food/Hurtful Food?
Low-fat string cheese is a protein-rich snack.
C

Helpful Food/Hurtful Food?
Sugary cereals are high in added sugars.
C

Helpful Food/Hurtful Food?
A peanut butter sandwich provides protein.
P

Helpful Food/Hurtful Food?
Candy is high in sugar and offers little nutrition.
C

WHAT'S INCLUDED?

PUZZLE 3 – MY ACTIVITIES



★ COMPARE the backpacks.
(Example blue vs. blue)

★ SORT into going on a
Healthy Hike Or down
Trouble Trail!

★ Use the COMPASS
DECODER to DECODE the
letters on the
BACKPACKS of the
Healthy Hike Habits!

★ Write the letter in the
matching, colored shape!

WHAT'S INCLUDED?

PUZZLE 4 – SAY NO TO SNEAKY SUBSTANCES



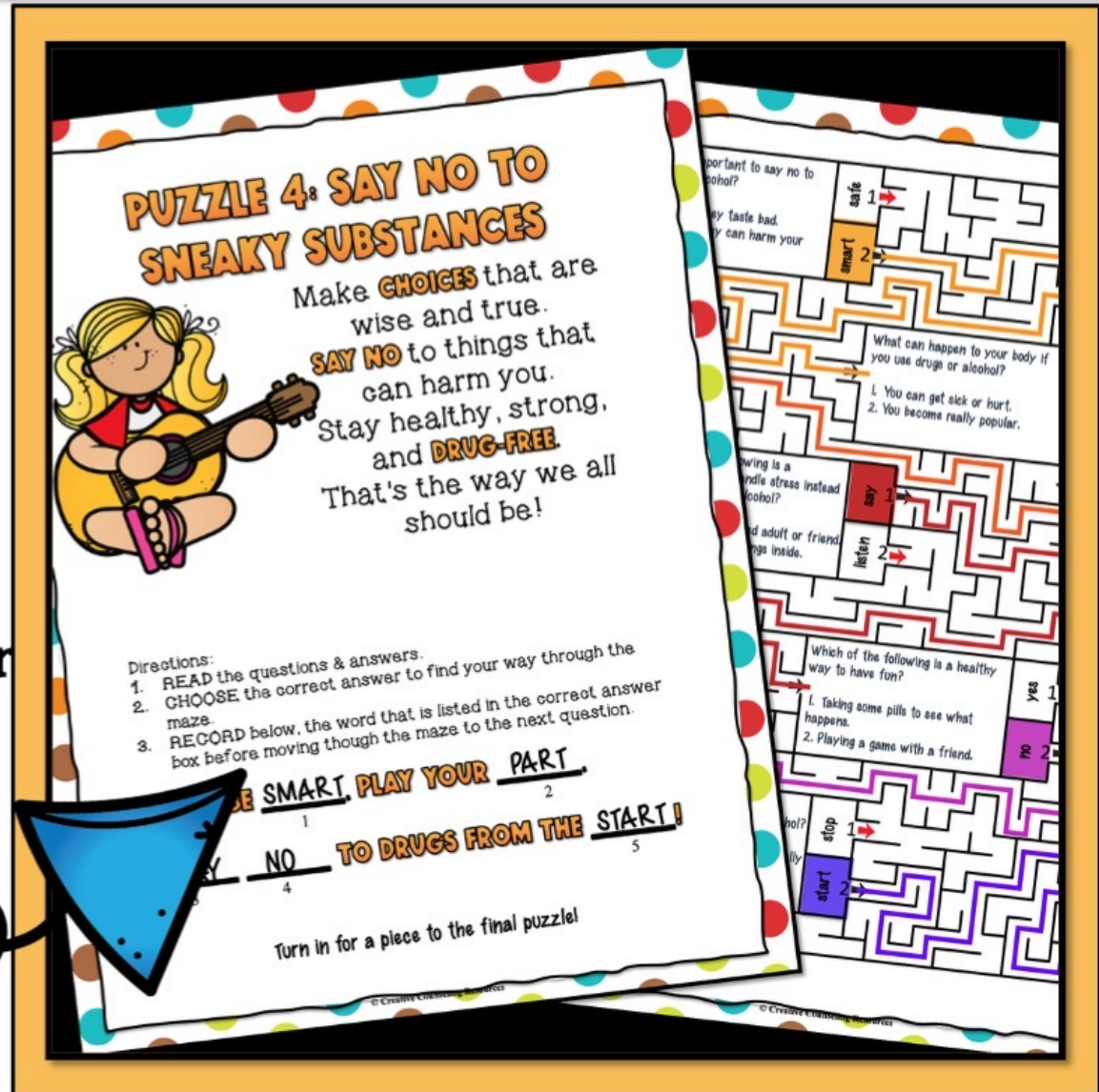
READ the questions & answers!



CHOOSE the correct answer to find your way through the maze!



RECORD the word that is listed in the correct answer box before moving through the maze to the next question!



WHAT'S INCLUDED?

FINAL PUZZLE – THE ESCAPE



★ ASSEMBLE the puzzle pieces collected!

★ DECODE the letters using the Campfire Key!

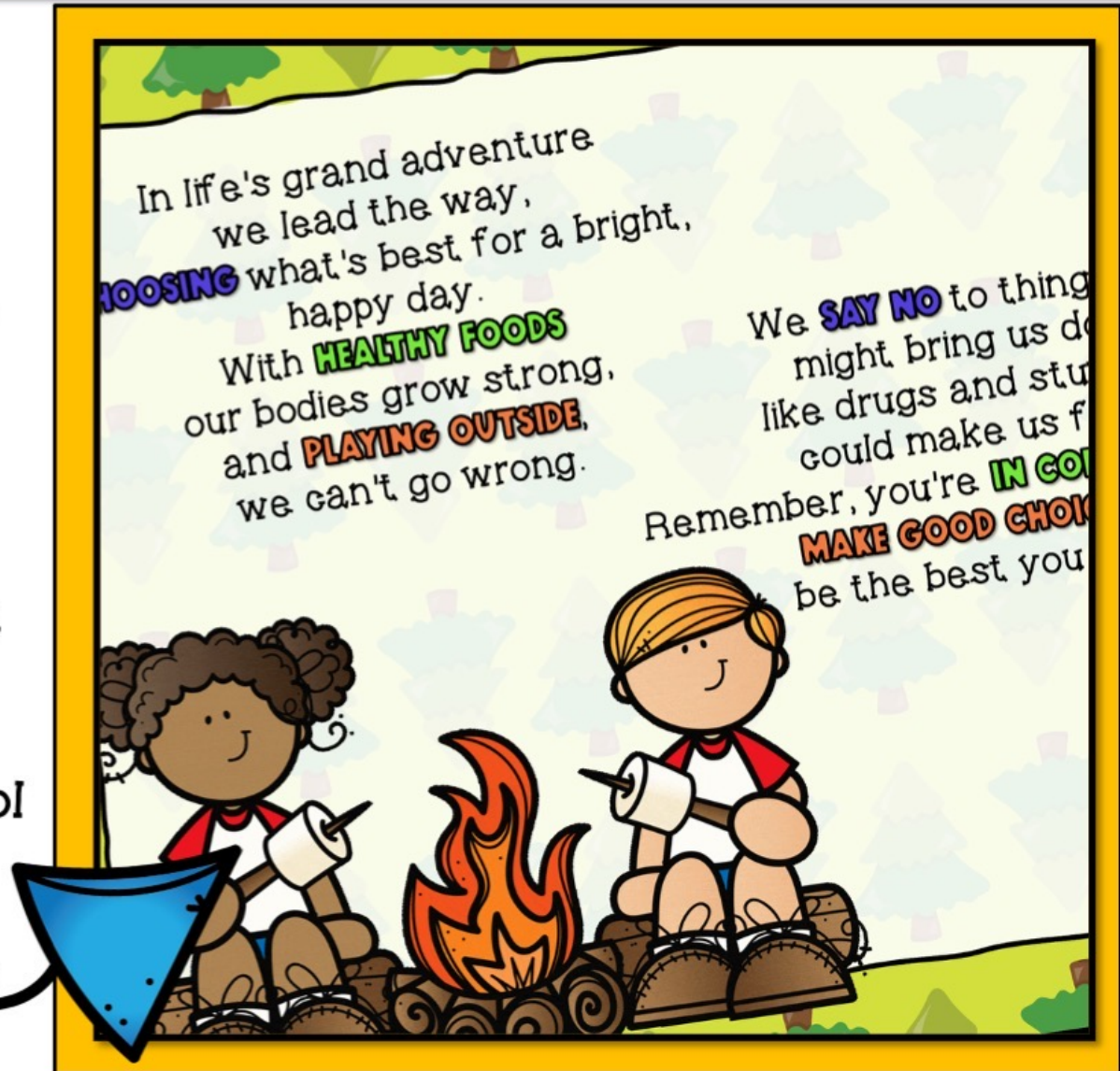
★ Write the words in the blanks!

★ The Escape Phrase:
"Scary drugs are no treat! Healthy choices can't be beat!"

WHAT'S INCLUDED?

FINAL DISCUSSION

- ★ End the lesson with a reflection on the importance of healthy choices - eating right, staying active, & avoiding harmful substances!
- ★ Allows students to seek clarification on any questions they may have!
- ★ Final Message: Remind students they're in control of their choices and their health!



WHAT'S INCLUDED?

EXTENSION ACTIVITIES



As groups finish, give each student a TAB BOOK or Bookmark to color!

Students write strategies for handling peer pressure!

WHAT'S INCLUDED?

SLIDESHOW



14 slides!



Captivate students' attention in a clear, easy-to-understand format!

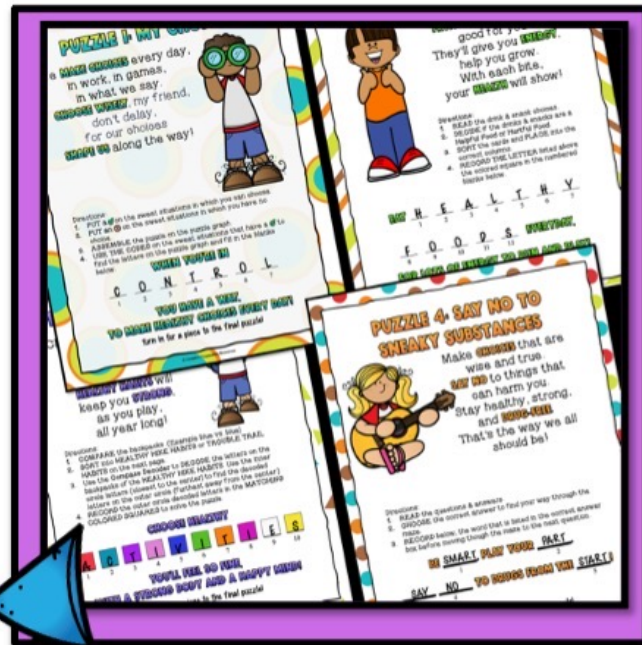


Use to explain directions for each of the puzzles!



HEALTHY HABITS

HIKING ESCAPE LESSON



Equips students with actionable knowledge!

Detailed Lesson Plan and Slideshow!



Encourages collaboration among students!

WHY YOU WILL LOVE IT...



- ★ **Engaging theme:** The Hiking escape room adds excitement and keeps students motivated!
- ★ **Teaches life skills:** Students learn healthy choices, responsibility, and self-advocacy!
- ★ **Hands-on learning:** Interactive puzzles make learning active and fun for all students!
- ★ **Teamwork focus:** Students work together, building cooperation and communication skills!
- ★ **Promotes self-reflection:** Encourages students to think about their choices and their impact!
- ★ **Minimal prep:** Some printing, cutting, & assembling the team packets. Once assembled, use this Escape Room Lesson year after year!