

## Healthy Habits and STEAM Planning Chart

Educators can integrate hands-on learning about healthy habits into STEAM activities. This document is meant to be printed out and used as a tool for integrating movement and/or nutrition into a STEAM curriculum. For a sampling of STEAM activities around nutrition and exercise, read “Nurturing Healthy Habits Within the STEAM Curriculum: A Guide for Teacher Planning” by Sydney Yance, Chelsea Pansé-Barone, Julie C. Parker, and Lori Elmore-Staton in the Summer 2026 issue of *Educating Young Children*.

STEAM Element	Activity	Adaptations	Family Partnership Opportunities
Science			
Technology			
Engineering			
Arts			
Mathematics			