

2nd Grade Health

Student Issue #1 – Let’s Stay Safe

<u>Lesson</u>	<u>Content</u>
Lesson 1: Keep From Getting Hurt on the Street	Knowledge: Identify safe vs. unsafe conditions for certain common hazards on the street. Value: Demonstrate responsibility to “play it safe” to keep your body from harm by designing appropriate role-play. Life Skill: Practice safe habits for avoiding certain common hazards regarding street safety. Thinking Skill: Use Decision Making Skill Steps to decide whether a situation is safe or unsafe.
Lesson 2: Community Harm Prevention Rules and Laws	Knowledge: List community safety rules and laws. Value: Demonstrate acceptance of rules and people in charge who protect your safety. Life Skill: Design a safe environment. Thinking Skill: Use the Decision Making Skill Steps to identify who should take charge and when you should let them.
Lesson 3: Handling Common Emergencies	Knowledge: Name common emergencies and list steps to take in each case. Value: Role-play to build respect for danger signs and for the need to act quickly in emergencies. Life Skill: Practice taking the right action steps for the most threatening and urgent emergencies. Thinking Skill: Determine how to get the right kind of help quickly in simple emergencies.
Lesson 4: I Don’t Hurt You, You Don’t Hurt Me	Knowledge: Name ways that you might hurt others and they might hurt you. Value: Conduct activity that shows how violence hurts you or someone you care about while giving you a chance to avoid or disapprove of violence. Life Skill: Practice good habits for avoiding fights and arguments using conflict resolution. Thinking Skill: Classify sample TV programs as violent or nonviolent and show who is hurt by violence (can also use newspaper cartoons, articles, and books as alternative to TV).

Student Issue #2 – How You Think

<u>Lesson</u>	<u>Content</u>
Lesson 1: How You Think	<p>Knowledge: Explain the major parts of the brain and how the brain works as a control center for your body.</p> <p>Value: Develop respect for the functions of the brain.</p> <p>Life Skill: Practice using different functions controlled by the brain.</p> <p>Thinking Skill: Analyze the different ways the brain handles the needs of the body.</p>
Lesson 2: Using Your Brain	<p>Knowledge: Discover how senses help your brain learn.</p> <p>Value: Develop sensitivity to the many different ways that different people can be smart.</p> <p>Life Skill: Practice learning in different ways.</p> <p>Thinking Skill: Analyze different methods people use to learn and remember.</p>
Lesson 3: Think About Thinking	<p>Knowledge: Investigate and label different influences on the way you think.</p> <p>Value: Respect different perspectives and patterns of thinking.</p> <p>Life Skill: Build basic thinking skills through decision making.</p> <p>Thinking Skill: Use Decision Making Skill Steps to avoid unhealthy influences.</p>
Lesson 4: Take Care of Your Brain	<p>Knowledge: List ways to protect your brain from injury and from damage due to drugs.</p> <p>Value: Increase the desire to protect the brain by realizing it can't be replaced.</p> <p>Life Skill: Practice safety routines, including refusal skills, to protect your brain from harm.</p> <p>Thinking Skill: Use the Predicting Consequences Skill Steps in scenarios to determine the likelihood of head injury.</p>

Student Issue #3 – The Wide World of Food

<u>Lesson</u>	<u>Content</u>
Lesson 1: Eat a Plate	<p>Knowledge: Explain how MyPlate helps you choose healthful food.</p> <p>Value: Demonstrate responsibility for making healthful food choices by eating healthful foods at mealtime.</p> <p>Life Skill: Evaluate menus using MyPlate.</p> <p>Thinking Skill: Classify foods into MyPlate groups.</p>
Lesson 2: Nutrients for Your Body	<p>Knowledge: Define and explain the role of nutrients in the body.</p> <p>Value: Demonstrate how assigning a high priority to eating foods with high nutritional value can increase self-worth.</p> <p>Life Skill: For three days, assume responsibility for eating healthful food which provides nutrients for different parts/functions of the body.</p> <p>Thinking Skill: Analyze the influences upon your food choices.</p>
Lesson 3: Have a Snack!	<p>Knowledge: Explain the effects of healthful and less healthful foods on the body.</p> <p>Value: Explain why guidelines for food handling and storage should be respected.</p> <p>Life Skill: Set goals for eating healthful snacks at least once a day.</p> <p>Thinking Skill: Apply Decision Making Skill Steps to determine healthful snacks.</p>
Lesson 4: The Importance of a Healthful Breakfast!	<p>Knowledge: Explain why a healthful breakfast is such an important meal.</p> <p>Value: Show respect for different cultures by preparing a multicultural breakfast.</p> <p>Life Skill: Prepare a healthful breakfast plan and classify the food choices according to MyPlate.</p> <p>Thinking Skill: Compare and contrast healthful and less healthful breakfasts.</p>

Student Issue #4 – Your Heart – Small but Strong

<u>Lesson</u>	<u>Content</u>
Lesson 1: Your Heart-Small but Strong	<p>Knowledge: Describe what your heart does and explain why it is called “the hardest working machine.”</p> <p>Value: Develop respect for the importance of a healthy working heart.</p> <p>Life Skill: Practice being aware of and recording your pulse at different times.</p> <p>Thinking Skill: Compare and contrast oxygenated blood with deoxygenated blood.</p>
Lesson 2: How to Care for Your Heart	<p>Knowledge: Explain how a healthful diet and exercise help you to have a healthy heart.</p> <p>Value: Develop a sense of responsibility for choosing healthful habits.</p> <p>Life Skill: Practice eating more healthful foods and exercising your heart for one week.</p> <p>Thinking Skill: Compare and contrast the heart healthy value of different foods and forms of exercise.</p>
Lesson 3: Heart Problems and Heart Helpers	<p>Knowledge: Describe some of the problems people can have with their hearts and some of the ways unhealthy hearts can be helped.</p> <p>Value: Develop empathy for people who have heart problems.</p> <p>Life Skill: Practice encouraging others to make choices that will protect their hearts.</p> <p>Thinking Skill: Predict the consequences of not getting daily exercise.</p>
Lesson 4: Have a Heart	<p>Knowledge: Explain why the heart is used as a symbol of love and caring.</p> <p>Value: Show why caring for other people is important in making you feel good about yourself.</p> <p>Life Skill: Practice showing ways to be kind and helpful to others.</p> <p>Thinking Skill: Predict the consequences of being nice to a variety of people in different situations.</p>

Student Issue #5 – When I Feel Afraid

<u>Lesson</u>	<u>Content</u>
Lesson 1: Understanding and Coping with Common Fears	<p>Knowledge: List common causes of being afraid.</p> <p>Value: Role-play tolerance and helpfulness for someone who is afraid.</p> <p>Life Skill: Practice various methods of coping positively with fears.</p> <p>Thinking Skill: Analyze the positive effects of coping with fears.</p>
Lesson 2: How Being Afraid Affects Your Body	<p>Knowledge: Describe the common physical effects of fear on the body.</p> <p>Value: Develop awareness of some of the positive benefits of fear as an emotion by describing how fear helps people stay safe.</p> <p>Life Skill: Recognize the signs of fear in your body.</p> <p>Thinking Skill: Compare and contrast the physical effects of fear and exercise on the body.</p>
Lesson 3: Recognizing Real Dangers-When It's Smart to be Afraid	<p>Knowledge: Describe at least five real dangers you might face under different circumstances and what to do about each of them.</p> <p>Value: Increase sense of responsibility for yourself and others in at-risk situations.</p> <p>Life Skill: Role-play safe responses to various dangerous scenarios and ways to prevent them or increase the chances of returning to safety.</p> <p>Thinking Skill: Predict the consequences of various scenarios to determine real dangers and safe behaviors.</p>
Lesson 4: Your Body is Private!	<p>Knowledge: Define the term private parts and explain the rights you have to keep your body "private."</p> <p>Value: Demonstrate respect for your own body and your rights to privacy by using the Saying "NO!" Skill Steps.</p> <p>Life Skill: Practice personal safety skills in situations that threaten personal safety.</p> <p>Thinking Skill: Distinguish between safe, unsafe, and confusing touches and secrets.</p>

Student Issue #6 – Babies...And How You Grew

<u>Lesson</u>	<u>Content</u>
Lesson 1: Growing and Changing	<p>Knowledge: Discover how a newborn baby grows and changes into an older child, then an adult, and continues changing until old age.</p> <p>Value: Recognize that everyone has different strengths and weaknesses and show why it is important to be patient and respectful of these differences in yourself and others.</p> <p>Life Skill: Collect information from family members of different ages to find out how they have grown and changed since they were babies and how they still are changing.</p> <p>Thinking Skill: Create a drawing or painting that depicts how we grow and change through the different stages of life.</p>
Lesson 2: Families	<p>Knowledge: Define the word family, and describe the role that the family plays in the growth and development of a child.</p> <p>Value: Tell what a special family member does for you and why you think he/she is special.</p> <p>Life Skill: Identify ways to show you respect differences in families.</p> <p>Thinking Skill: Predict the consequences of a family whose members take no responsibility.</p>
Lesson 3: Families Grow and Change Too	<p>Knowledge: Describe some of the changes that can happen in families and some of the effects of those changes.</p> <p>Value: Show ways that you can be responsible in helping yourself and your family at a time when the family is changing.</p> <p>Life Skill: Role-play some major changes that might happen to families and what you can do to help.</p> <p>Thinking Skill: Analyze how a major family change, such as moving to a new town or adding a new baby, would affect each member of the family.</p>
Lesson 4: I Am Special	<p>Knowledge: Define the word unique. Explain why everyone is different, and that each person has special qualities.</p> <p>Value: Show you have respect for the talents and different special qualities of everyone you meet.</p> <p>Life Skill: Practice finding out what makes everyone you know special and unique.</p> <p>Thinking Skill: Imagine what it would be like if everyone was exactly the same.</p>

Student Issue #7 – Drugs Are Dangerous!

<u>Lesson</u>	<u>Content</u>
Lesson 1: Do You Know What Drugs Are?	<p>Knowledge: Identify various types of drugs, including nicotine, alcohol, and street drugs.</p> <p>Value: Show why it is important to make a habit of making healthful choices.</p> <p>Life Skill: Practice changing a habit that you have.</p> <p>Thinking Skill: Compare and contrast drinking alcoholic drinks to drinking non-alcoholic drinks.</p>
Lesson 2: Medicines Are Drugs, Too	<p>Knowledge: Identify what is and is not a medicine.</p> <p>Value: Tell why pharmacists and physicians and nurses are very important people.</p> <p>Life Skill: Through role-play, practice routines to keep you safe when you are sick, including checking to see that you are taking the right medicine.</p> <p>Thinking Skill: Predict what could happen if you took medicine not meant for you.</p>
Lesson 3: Drugs Don't Solve Problems	<p>Knowledge: Explain why drugs do not solve problems when taken for any reason other than medical with the permission of a doctor and parent.</p> <p>Value: Discover the importance of communicating thoughts and feelings.</p> <p>Life Skill: Practice positive ways to solve problems and to make you and others feel good.</p> <p>Thinking Skill: Use Decision Making Skills to avoid unhealthy, risk-taking behaviors.</p>
Lesson 4: Drug-Free and Safe Communities	<p>Knowledge: Describe what constitutes a drug-free and safe community.</p> <p>Value: Tell why you think it is important to be a good citizen.</p> <p>Life Skill: Rehearse different ways to be a good citizen.</p> <p>Thinking Skill: Analyze the effects of drugs on a community.</p>

Student Issue #8 – Germs! They Make You Sick!

<u>Lesson</u>	<u>Content</u>
Lesson 1: Germs: What They Are and What They Do	<p>Knowledge: Explain what germs are, where you find them, and what they can do to you.</p> <p>Value: Set a goal to always care about your “great body” enough to prevent as many germs as possible from entering it.</p> <p>Life Skill: Name at least three ways that germs can enter your body and role-play ways to prevent them.</p> <p>Thinking Skill: Compare and contrast being sick and being well.</p>
Lesson 2: Keeping Germs Out	<p>Knowledge: Name at least two different kinds of germs, tell how they spread, and how they make you sick.</p> <p>Value: Promise to respect the signals your body gives you when you are getting sick.</p> <p>Life Skill: Explain routines for healthy living that make it harder for germs to spread.</p> <p>Thinking Skill: Classify methods by which germs spread.</p>
Lesson 3: Body Battles: Fighting Germs	<p>Knowledge: Identify white blood cells as the body’s germ-fighting soldiers and explain how immunizations and medicines help in fighting disease.</p> <p>Value: Take responsibility for making a family plan to prevent the spread of germs.</p> <p>Life Skill: Make a list of do’s and don’ts for you to follow if you are sick, including who to go to for help, and when you should or should not take medicine.</p> <p>Thinking Skill: Predict the consequences of not doing anything to help your body get well when you are sick.</p>
Lesson 4: Community Health Helpers: Germ Fighters	<p>Knowledge: Identify community health helpers and explain the things they do to help prevent germs from spreading.</p> <p>Value: Choose a health helper’s job you would like to have and tell why you think it is important to the community.</p> <p>Life Skill: Discover rules and laws in the community that help prevent the spread of germs.</p> <p>Thinking Skill: Use decision making skills to follow safety routines.</p>

Student Issue #9 – My Skin and Me

<u>Lesson</u>	<u>Content</u>
Lesson 1: Why Do I Have Skin?	<p>Knowledge: List the different functions of the skin.</p> <p>Value: Respect the important role your skin plays in taking care of you.</p> <p>Life Skill: Practice increasing your skills in using the sense of touch.</p> <p>Thinking Skill: Imagine what it would be like not to have any skin.</p>
Lesson 2: What is Skin and How Does it Grow?	<p>Knowledge: Describe what skin is made of and how it grows.</p> <p>Value: Show how each part of the skin helps the other parts.</p> <p>Life Skill: Practice good health habits that encourage healthy growth of skin and hair.</p> <p>Thinking Skill: Discover reasons why the human body has hair and nails.</p>
Lesson 3: It's the Skin That I'm in	<p>Knowledge: Explain the reasons why there are so many variations in the appearance of skin.</p> <p>Value: Develop respect for people whose skin looks different than yours due to age, color, or other conditions.</p> <p>Life Skill: Practice doing activities that strengthen self-esteem.</p> <p>Thinking Skill: Compare and contrast the people you know and like and analyze what makes them special.</p>
Lesson 4: Skin Problems and Remedies	<p>Knowledge: List injuries and other conditions that harm your skin and remedies for them.</p> <p>Value: Take responsibility for protecting your skin.</p> <p>Life Skill: Practice routines to care for your skin and prevent injury and infection.</p> <p>Thinking Skill: Classify remedies for skin problems into those you can handle yourself and those where you need adult assistance.</p>

Student Issue #10 – Muscles in Motion

<u>Lesson</u>	<u>Content</u>
Lesson 1: A Look at Muscles	Knowledge: Describe how muscles help us move. Value: Show how important it is to be able to control our muscles. Life Skill: Practice moving different muscles. Thinking Skill: Compare and contrast muscles you control and muscles you don't control.
Lesson 2: Getting Exercise	Knowledge: Discover what exercise can do for your body. Value: Tell why you think exercise is important to different people. Life Skill: Practice exercising using safe rules for exercise. Thinking Skill: Create new and fun forms of exercise.
Lesson 3: Muscles Work in Teams	Knowledge: Describe how muscles work together. Value: Explain the value of the relationship between your bones and your muscles. Life Skill: Practice working your muscles and bones. Thinking Skill: Predict what would happen if you didn't have so many muscles.
Lesson 4: Challenges	Knowledge: Describe what can harm muscles. Value: Demonstrate that you appreciate having healthy muscles. Life Skill: Set specific goals to be helpful to people with special needs due to physical impairments. Thinking Skill: Compare and contrast healthy muscles with unhealthy muscles.