

Family Life Education (K-5)

~Materials and Visual Aids~

[illegible]

3-5 K-1		Germey Worm Germ Smart for Kids (Germey Wormy, LLC) Toothbrush & Toothpaste (Crest) My Dentist, My Friend (Ideals Children's Books) Berenstain Bears Visit the Dentist- Book <i>*A community dentist will visit for this lesson or the school nurse will teach it.</i> Why Should I Eat Well? (Barron's) The Adventures of Wiggly Tooth (Colgate) <u>Sorting Healthy Food</u>: Seesaw Activity <u>Healthy Habits for Kids</u>: Video <u>EverFI</u> : • Healthier Me <u>Sneezing</u>: Video • Discuss what being "well" means and how if we follow these protocols it helps us to stay well. <u>EverFI</u> : • Healthier Me <u>How Your Immune System Works</u> • Students will watch the video on the immune system. Students will discuss actions that individuals can take to help prevent diseases and stay healthy, as well as, identifies conditions that may keep the human body from working properly, and the ways in which the body responds • Students will complete the	– 2005
K-3			
1			
4			

		immune system quiz and activity that corresponds with video.	
K	P.E./Health ~Personal Safety: Medicine & Poisoning	<u>Safe kids: Medication Safety</u> www.pillsvscandy.com - an interactive site to differentiate between medication and candy www.poisoncentertampa.org - scenarios of unsafe situations with medications <u>Medicine: BrainPOP JR. Video</u> • Identify that medicines can be harmful if not used correctly • Identify over the counter/prescription	
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2		<u>Safely Using Medicine: Seesaw Activity</u> • Identify that medicines can be harmful if not used correctly • Identify over the counter/prescription	
3		<u>Kids Sharing Anxiety, Depression Video</u> • Describe how to prevent the spread of communicable and infectious diseases and conditions • Identify that mental health can affect one's wellness	
K-3	P.E./Health ~Personal Safety~	Smart, Healthy, and Fit DVD (Disney Educational Productions)	—

2		<u>Bike Safety: Video</u> <u>Bicycle Rules of the Road:</u> Read Aloud Students can write about their favorite activity and how they can do it safely (bike, scooter, electric scooter, skateboard)	
3		<u>Internet Safety-BrainPop Jr.: Video</u> <u>First Aid-BrainPOP Jr: Video</u> Choking ,Bleeding, Stroke & Seizure	
2	P.E./Health ~Emotional Safety~	<u>Inside Out Read Aloud and Emotions Reflection: Seesaw Activity</u> - Students draw how their faces look when happy, sad, angry, excited, silly, surprised. <u>Harrison P. Spader Personal Space Invader: Read Aloud</u> by Christianne C. Jones and Cale Atkinson- Harrison P. Spader - Bodily Autonomy Discuss that your body belongs to you and only you. You can make decisions about your body. You can decide how you want to greet people. What are some different ways we can say hello with our bodies that make us comfortable? Fist bump, high five, hug, etc. <i>*This lesson will be co-taught with school counselor.</i>	

3		<u>Resilience Video</u> <u>Coping Strategies</u> • Dealing with Difficult Situations • Define: Rejection, Loss, Difficult Learning Situations, Separation from Family • Discuss the importance of trusted adults during difficult situations	
4		<u>Stress and Coping Nemours Health</u> Choose Love Curriculum <u>Stress-BrainPop.</u> <u>Getting Help-BrainPOP Jr.: Video</u> • Is there anything you would like some help with? Write about it along with whom you might ask for help and how you'll do it.	
5		<u>Advocates for Youth, 3Rs*</u> • Respect for All <i>*Note: This site contains a variety of lessons. Haddon Township Teachers will only be utilizing this lesson for this topic.</i> <u>Let's Talk About Body Boundaries: Read Aloud</u> by Jayneen Sanders and Sarah Jennings <u>CDC Youth Violence Prevention</u> <u>Advocates for Youth, 3Rs</u> • Figuring out Friendships <i>*This lesson is co-taught with the school counselor.</i>	

1	P.E./Health ~Community Helpers & Safety~	<u>Fire Safety: Video</u>	
2		<u>Safety Signs- BrainPOP.: Video</u>	
5		<u>Safety Sign Activity: Seesaw</u> <u>BrainPOP Jr. Video.: Community Helpers</u> - Students identify governmental services in the community such as police and fire protection, libraries, schools, and parks, and explain their value to the community. <u>Companies Leading the Fights of Climate Change</u> - Thomas Concrete - Unilever - Patagonia - Nestle - IKEA - Tesla <u>EverFi :</u> - Sustainability Foundations	
1	P.E./Health ~Compassion~	<u>The Compassion Project</u> Introduce core SEL competencies to teach students how to practice compassion and empathy, identify emotions, and exercise growth mindset.	
3		<u>Advocates for Youth, 3Rs*</u> <u>Friendship Lesson~</u> <i>Note: This site contains a variety of lessons. Haddon Township Teachers will only be utilizing this lesson for this topic.</i> Choose Love Curriculum <u>This is how we do it. By Matt LaMothe</u> Students create an “All About Me” poster or informational book	

		describing their individual qualities, likes, dislikes, identity, family, etc. <u>My Friends and Me by Stephanie Stansbie</u>: Read Aloud Choose Love Curriculum	
1	P.E./Health ~Character~	<u>Speak Up</u>: Read Aloud by Miranda Paul Choose Love Curriculum	
2		<u>Bullying- BrainPOP Jr.</u>: Video <u>Conflict-BrainPOP Jr.</u>: Video Students will learn how to use an “I message” and have them practice using them with one another. The teacher can create scenarios for the students to act out. Choose Love Curriculum	
4		<u>Cyberbullying-BrainPop</u>: Video <u>Online Safety-BrainPop</u>: Video	
5		<u>Social Media-BrainPop</u>: Video <u>Advocates for Youth, 3Rs*</u> Teasing, Harassment, Bullying <i>*Note: This site contains a variety of lessons. Haddon Township Teachers will only be utilizing this lesson for this topic.</i>	

1	P.E./Health ~Families~	• We Are A Family~Jack Hartman • Same/Different~Lesson Plan	
2		<u>The Family Book- Todd Parr: Read Aloud</u> • Students will identify the roles that certain family members assume and the responsibilities that accompany that role. • Assessment Activity: Students will draw an illustration of their own family that identifies different family roles and the responsibilities that accompany them. <u>Advocates for Youth, 3Rs</u> • Different kinds of Families <i>Note: This site contains a variety of lessons. Haddon Township Teachers will only be utilizing this lesson for this topic.</i> <u>Trees of Caring: Roots and Wings</u> • Common Values • Emotional Support • Students write a thank you note to someone in their family that has provided emotional support	
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1	P.E./Health ~Parents & Children~	<u>Raising Babies: What Animal Parents Do: Read Aloud</u> • Writing Activity: How do parents (humans and animals) take care of their young?	
3-5	P.E./Health ~Fitness~	Just Jump (American Heart Association)	—
K	P.E./Health ~Books and	Taking Food Allergies to School (JayJo Books)	—

	Pamphlets~		
K-5		Try It, You'll Like It (An Actions for Health Book–ETR Assoc.) Eat Right (Katie Bagleyn–Capstone Press) <u>Serving My Plate: A Yummy Curriculum</u> <u>My Plate</u>	
K-1		Germes Are Not for Sharing (Elizabeth Verdick–Free Spirit Publishing) <u>Kids Health: Germes</u>	
		Allie the Allergic Elephant (Nicole Smith–Allergic Child Publishing Group) Brushwell (Katie Bagley–Bridgestone Book) Bernstein Bear and Too Much Junk Food (Stan and Jan Bernstein–Random House) Jenny's in the Hospital (Little Golden Book) Going to the Hospital (G.P. Putnam's Sons) Try a Little Kindness (Scholastic) One Winter's Night (Tiger Tales) The BugaBees Friends with Food Allergies (Beaver's Pond Press)	
K-3		Taking Diabetes to School (JayJo Books) Gorgonzola: A Very Stinkysaurus (Scholastic) Gregory, the Terrible Eater by Mitchell	

4		Sharmat (Scholastic) The School Nurse from the Black Lagoon by Mike Thaier (Spotlight) This is My Body by Mercer Mayer (Little Golden Book) Oh, the Things You Can Do That Are Good for You: All About Staying Healthy (Cat in the Hat's Learning Library, Random House, Inc.) Menstruation Facts (ETR Associates) Poison Prevention (NJ State Department of Health)	
4-5		Growing Up and Liking It (Personal Products) Always Changing: Guidebook for Girls (Procter & Gamble)	
1-2	P.E./Health ~Kits~	Hearts Power (American Heart Association)	—
4-5		Always Changing & Growing Up—Educator's Kit (Procter & Gamble)	
5		Always Changing (Procter & Gamble) LEAD Program (Drugs & Alcohol)) <i>*These standards are reviewed through our LEAD program run by the Haddon Township Police Dept.</i>	

4-5	P.E./Health ~Magazines & Newspapers~	Time, Newsweek, etc. Philadelphia Inquirer Courier Post	—
K-5 1-5 4-5	P.E./Health ~Websites~	www.teamnutrition.usda.gov www.choosemyplate.gov www.cdc.gov www.chop.edu www.cooperhealth.org www.kidshealth.org www.pecentral.com www.peuniverse.com www.brainpop.com	—