

Ector Co

HEALTH

slides

Week 1 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Responsibility for Being Healthy:
Exploring My Health



SPLASH OF HEALTH:

Exploring My Health:
Unlocking The Dimensions



Topic Reflection Questions

- What are the 4 Dimensions of Health?
- How often should you do something from each dimension?
- What is your favorite dimension of health?

First Grade

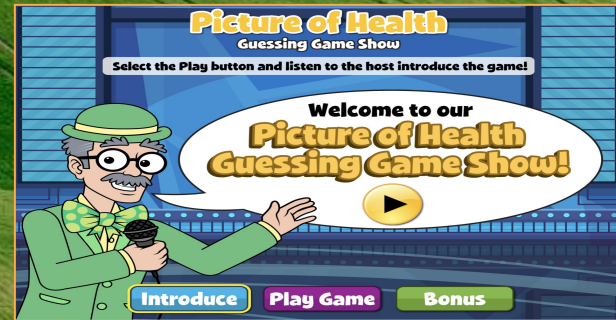
TODAY'S HEALTH LESSON:

Responsibility for Being Healthy:
My Health, My Responsibility



SPLASH OF HEALTH:

My Health, My Responsibility:
Picture of Health



Topic Reflection Questions

- What does it mean to be responsible?
- Why would something be categorized as an unhealthy behavior?
- What are the 4 Dimensions of Health? Can you give examples of each?

Second Grade

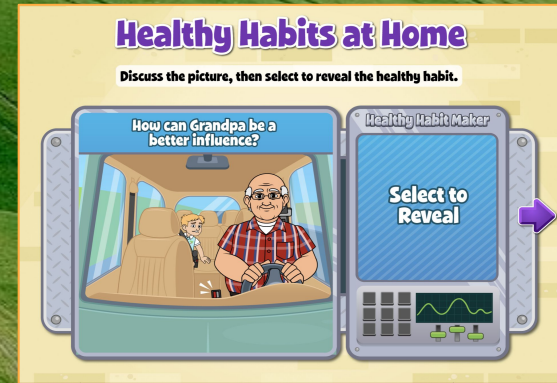
TODAY'S HEALTH LESSON:

Responsibility for Being Healthy:
My Health At Home



SPLASH OF HEALTH:

My Health At Home:
Healthy Habits at Home



Topic Reflection Questions

- What is an activity that could keep you safe at home?
- What activity can help your emotional health at home?
- Can family members influence your choices?

Third Grade

TODAY'S HEALTH LESSON:

Responsibility for Being Healthy:
My Health At School



SPLASH OF HEALTH:

My Health At School:
Health at School Scenarios



Topic Reflection Questions

- What trusted adult(s) can help you while at school?
- How can you keep one another healthy while at school?
- How can you encourage your classmates showing growth at school?

Fourth Grade

TODAY'S HEALTH LESSON:

Responsibility for Being Healthy:
Health in My Community



SPLASH OF HEALTH:

Health in My Community:
Helping Your Community



Topic Reflection Questions

- What makes a community healthy?
- Who are healthy helpers in communities?
- What are healthy habits that protect the planet?

Fifth Grade

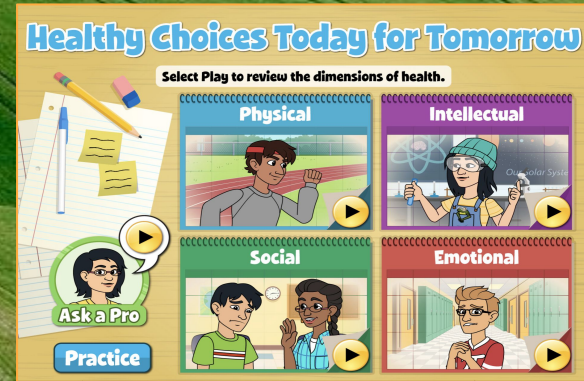
TODAY'S HEALTH LESSON:

Responsibility for Being Healthy:
Planning My Healthy Future



SPLASH OF HEALTH:

Planning My Healthy Future:
Healthy Choices Today for Tomorrow



Topic Reflection Questions

- What healthy habits can positively impact your future?
- What is a positive outcome of stress?
- What long-term effects can bad habits have on your future?

Week 2 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

What Influences Healthy Behavior:
What is a Healthy Behavior?



SPLASH OF HEALTH:

What is a Healthy Behavior:
Do What's Right



Topic Reflection Questions

- Name a healthy and unhealthy behavior.
- Which choice is healthier, playing video games with friends or playing tag with friends?

First Grade

TODAY'S HEALTH LESSON:

What Influences Healthy Behaviors:
What Influences My Health Behaviors?



SPLASH OF HEALTH:

What Influences My Health Behaviors:
Jump To The Healthy Choice



Topic Reflection Questions

- Where is the best place to get health advice?
- Where could you see ads for unhealthy choices?
- Who is in charge of your health choices?

Second Grade

TODAY'S HEALTH LESSON:

What Influences Healthy Behaviors:
Influences at Home and School



SPLASH OF HEALTH:

My Health At Home:
Healthy Habits at Home



Topic Reflection Questions

- Who can you trust with your health?
- What can you say if something is an unhealthy choice?
- Who can you talk to about healthy choices?

Third Grade

TODAY'S HEALTH LESSON:

What Influences Healthy Behaviors:
Cultural Influences on Health



SPLASH OF HEALTH:

Cultural Influences on Health:
Get Together and Move



Topic Reflection Questions

- Why are family and cultural traditions important?
- Name a tradition that is healthy.
- What kinds of celebrations does your family have?

Fourth Grade

TODAY'S HEALTH LESSON:

What Influences Healthy Behaviors:
Technology Influences on Health



SPLASH OF HEALTH:

Technology Influences on Health:
Tech Influences



Topic Reflection Questions

- What's a healthy step to remember when using technology?
- How can technology benefit your health?

Fifth Grade

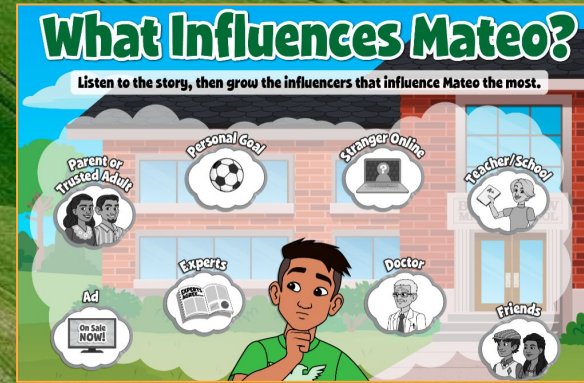
TODAY'S HEALTH LESSON:

What Influences Healthy Behaviors:
Managing My Health Influences



SPLASH OF HEALTH:

Managing My Health Influences:
What Influences Mateo?



Topic Reflection Questions

- What is a characteristic of a positive role model?
- Give an example of a negative influence.
- How can a personal goal influence you?

Week 3 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Healthy Help:
What is Healthy Help?



SPLASH OF HEALTH:

What is Healthy Help:
Tell A Healthy Helper



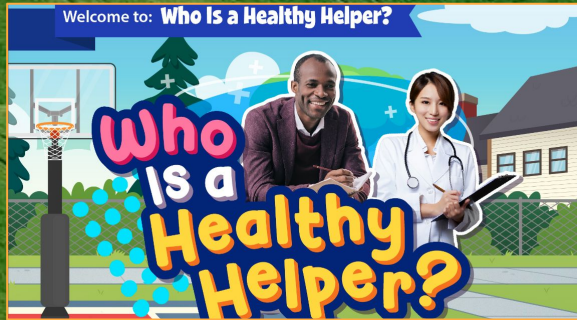
Topic Reflection Questions

- Name a healthy helper at home.
- Name a healthy helper in your community.
- Why are healthy helpers important?

First Grade

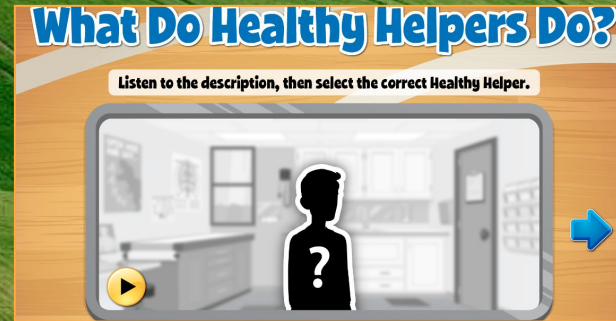
TODAY'S HEALTH LESSON:

Healthy Help:
Who is a Healthy Helper?



SPLASH OF HEALTH:

Who is a Healthy Helper:
What Do Healthy Helpers Do?



Topic Reflection Questions

- Who is a healthy helper at school?
- Who is a healthy helper in your community?
- Why is it important to have healthy helpers?

Second Grade

TODAY'S HEALTH LESSON:

Healthy Help:
Why Do I Need Healthy Help?



SPLASH OF HEALTH:

Why Do I Need Healthy Help:
Healthy Help in My Community



Topic Reflection Questions

- Who can help you with a sports goal?
- When would you help yourself instead of getting an adult?
- What is a situation where you need to seek a healthy helper?

Third Grade

TODAY'S HEALTH LESSON:

Healthy Help:
When Should I Ask for Help?



SPLASH OF HEALTH:

When Should I Ask for Help:
Video Questions



Topic Reflection Questions

- When would you need help from a parent or guardian?
- When would you need to ask a police officer for help?
- When would you need help from a school counselor?

Fourth Grade

TODAY'S HEALTH LESSON:

Healthy Help:
Finding the Right Healthy Helper



SPLASH OF HEALTH:

Finding the Right Healthy Helper:
This or That



Topic Reflection Questions

- Who can help give you advice on how to reach your long-term goals?
- When is a healthy helper not needed?

Fifth Grade

TODAY'S HEALTH LESSON:

Healthy Help:
Finding Healthy Help Online



SPLASH OF HEALTH:

Finding Healthy Help Online:
What is Valid?



Topic Reflection Questions

- How can you tell if information is valid?
- What are signs of an invalid site?
- Why can it be tricky to tell if online information is valid?

Week 4 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

What to do in an Emergency:
What is an Emergency?



SPLASH OF HEALTH:

What is an Emergency:
Emergency Situation Squad



Topic Reflection Questions

- What is an emergency?
- Who should you contact if there is an emergency?
- What is the emergency phone number?

First Grade

TODAY'S HEALTH LESSON:

What to do in an Emergency:
Report an Emergency



SPLASH OF HEALTH:

Report an Emergency:
To Call or Not To Call



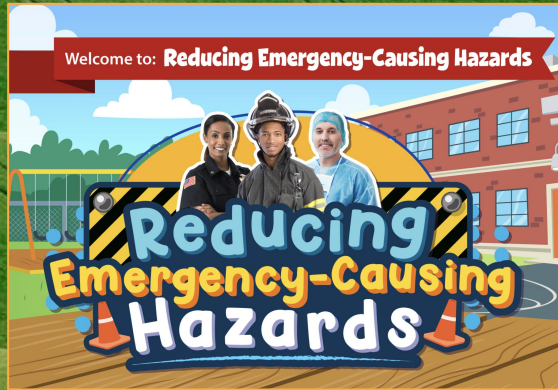
Topic Reflection Questions

- What is an emergency?
- When should you call 9-1-1?
- When should you tell a trusted adult about an emergency?

Second Grade

TODAY'S HEALTH LESSON:

What to do in an Emergency:
Reducing Emergency-Causing Hazards



SPLASH OF HEALTH:

Reducing Emergency-Causing Hazard:
Safety First



Topic Reflection Questions

- How can you stay safe when crossing the street?
- How can you stay safe on the playground?
- How can you stay safe on a school bus?

Third Grade

TODAY'S HEALTH LESSON:

What to do in an Emergency:
Fire Safety



SPLASH OF HEALTH:

Fire Safety:
Fire and Burn Safety



Topic Reflection Questions

- Why should you create an emergency safety plan?
- What should you do if there is not a trusted adult around to help in an emergency?

Fourth Grade

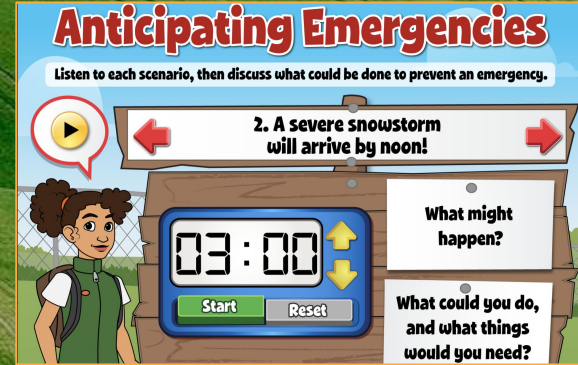
TODAY'S HEALTH LESSON:

What to do in an Emergency:
Preventing an Emergency



SPLASH OF HEALTH:

Preventing an Emergency:
Anticipating Emergencies



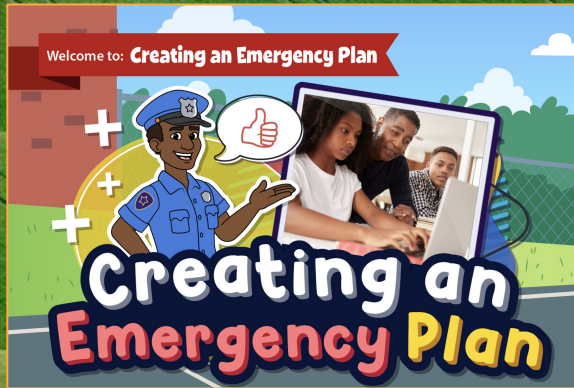
Topic Reflection Questions

- What can you do to prepare for an emergency?
- Why is it important to be prepared for an emergency?

Fifth Grade

TODAY'S HEALTH LESSON:

What to do in an Emergency:
Creating an Emergency Plan



SPLASH OF HEALTH:

Creating an Emergency Plan:
Emergency Action Plan



Topic Reflection Questions

- What is an example of an emergency at home?
- Who is a good person to have on your emergency contact list?
- Where is your designated meeting place at school?

Week 5 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Communicating Effectively:
Learning to Listen



SPLASH OF HEALTH:

Learning to Listen:
Listening Game



Topic Reflection Questions

- Why is it important not to talk over someone else?
- Where do you look when someone is talking to you?

First Grade

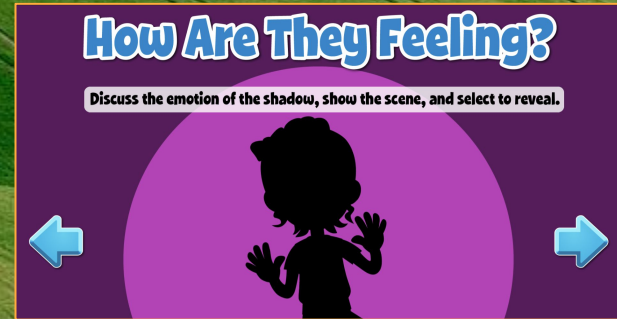
TODAY'S HEALTH LESSON:

Communicating Effectively:
Expressing Your Feelings



SPLASH OF HEALTH:

Expressing Your Feelings:
How Are They Feeling



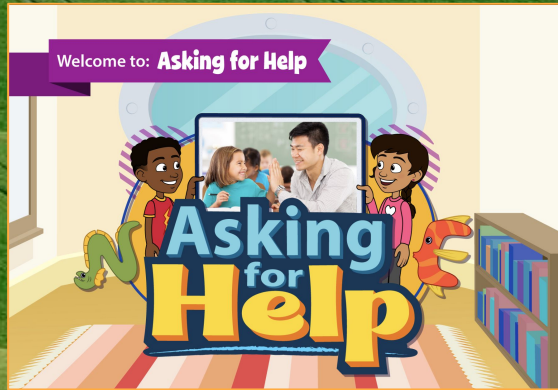
Topic Reflection Questions

- Who can you talk to if you have a strong emotion?
- How does your body show emotions?
- How are you feeling today? Why?

Second Grade

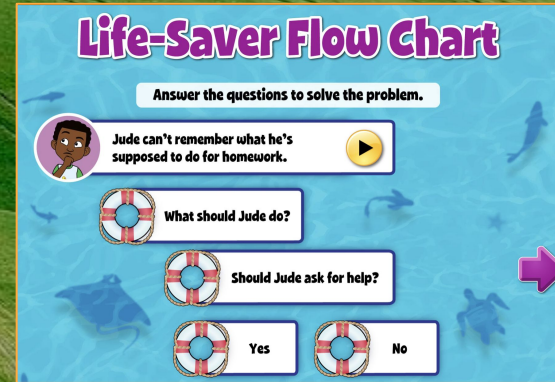
TODAY'S HEALTH LESSON:

Communicating Effectively:
Asking For Help



SPLASH OF HEALTH:

Asking For Help:
Life-Saver Flow Chart



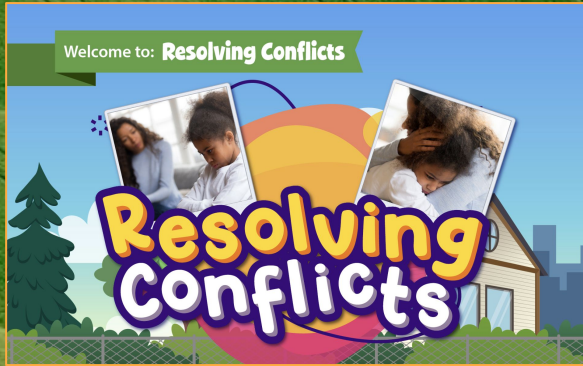
Topic Reflection Questions

- Who can you ask for help?
- What are some things you can do to help yourself?
- What can you say when you need help?

Third Grade

TODAY'S HEALTH LESSON:

Communicating Effectively:
Resolving Conflicts



SPLASH OF HEALTH:

Resolving Conflicts:
Working Through Conflict



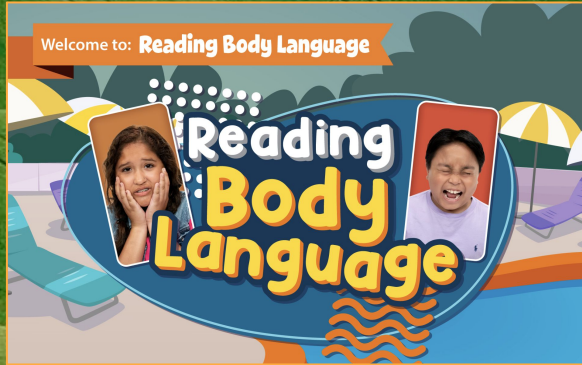
Topic Reflection Questions

- What is a conflict?
- How should you solve a conflict?
- Even if you disagree with someone, what can you do?

Fourth Grade

TODAY'S HEALTH LESSON:

Communicating Effectively:
Reading Body Language



SPLASH OF HEALTH:

Reading Body Language:
Can You See What I Feel?



Topic Reflection Questions

- How do verbal and nonverbal cues help us when we are communicating with others?

Fifth Grade

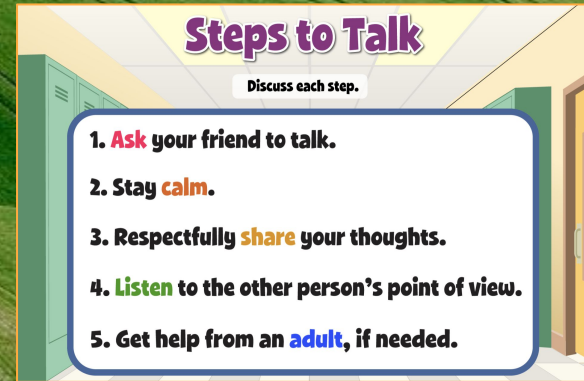
TODAY'S HEALTH LESSON:

Communicating Effectively:
Having Difficult Conversations



SPLASH OF HEALTH:

Having Difficult Conversations:
Steps To Talk



Topic Reflection Questions

- What are steps you can use during a difficult conversation?
- Why is important to listen to the other person's point of view?

Week 6 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Being a Good Friend:
Making New Friends



SPLASH OF HEALTH:

Making New Friends:
We Should Be Friends



Topic Reflection Questions

- What is one way you can be a good friend?
- Is it okay if your friends are different from you?
- What is a question you can ask a new friend?

First Grade

TODAY'S HEALTH LESSON:

Being a Good Friend:
Sharing My Strengths



SPLASH OF HEALTH:

Sharing My Strengths:
What I'm Good At



Topic Reflection Questions

- How can sharing our strengths help us make new friends?
- Why is caring important in a friendship?
- What is a strength you can teach others?

Second Grade

TODAY'S HEALTH LESSON:

Being a Good Friend:
Qualities of a Good Friend



SPLASH OF HEALTH:

Qualities of a Good Friend:
Think Quick - Gym Game



Topic Reflection Questions

- What is a quality of a good friend?
- What is one way to express kindness?
- How do listening skills help relationships?

Third Grade

TODAY'S HEALTH LESSON:

Being a Good Friend:
Healthy and Unhealthy Friendships



SPLASH OF HEALTH:

Healthy and Unhealthy Friendships:
Healthy Friendships



Topic Reflection Questions

- What does the word 'healthy' mean?
- What is an unhealthy quality of a friendship?
- How can you be a good friend to others?

Fourth Grade

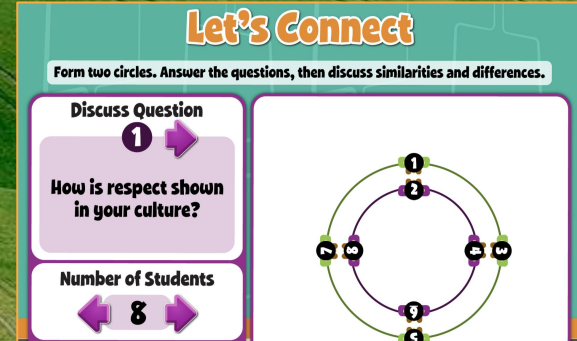
TODAY'S HEALTH LESSON:

Being a Good Friend:
Respecting Individual Differences



SPLASH OF HEALTH:

Respecting Individual Differences:
Let's Connect



Topic Reflection Questions

- What differences do you have from others that make you unique?
- What is an example of respecting others?

Fifth Grade

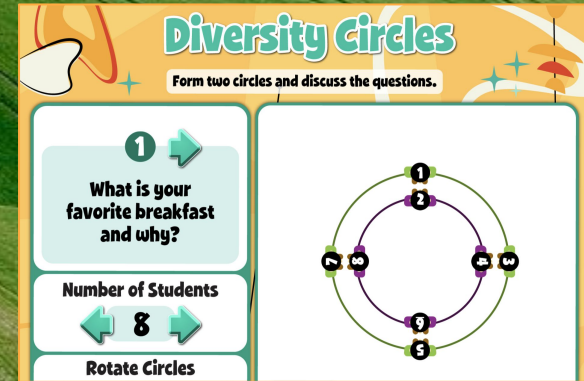
TODAY'S HEALTH LESSON:

Being a Good Friend:
Appreciating Diversity



SPLASH OF HEALTH:

Appreciating Diversity:
Diversity Circles



Topic Reflection Questions

- What is diversity?
- Why is it good to have friends that aren't the same as you?
- How could trying food from different cultures be helpful?

Week 7 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Healthy and Unhealthy Relationships:
What Are Healthy Relationships?



SPLASH OF HEALTH:

What Are Healthy Relationships:
Someone I Can Talk To



Topic Reflection Questions

- How does a healthy relationship make you feel?
- If you argue with a friend what should you do?

First Grade

TODAY'S HEALTH LESSON:

Healthy and Unhealthy Relationships:
Building Relationships with Trusted Adults



SPLASH OF HEALTH:

Building Relationships with Trusted Adults:
Trustful Relationships



Topic Reflection Questions

- What is something to look for in a trusted adult?
- Who can you talk to about big AND small problems?
- Who are some of the trusted adults in your life?

Second Grade

TODAY'S HEALTH LESSON:

Healthy and Unhealthy Relationships:
Unsafe Suggestions By Friends



SPLASH OF HEALTH:

Unsafe Suggestions By Friends:
What Is an Unsafe Suggestion?



Topic Reflection Questions

- What is an example of an unsafe suggestion?
- What is one way to respond to an unsafe request?
- Why should you say no to things that might be unsafe?

Third Grade

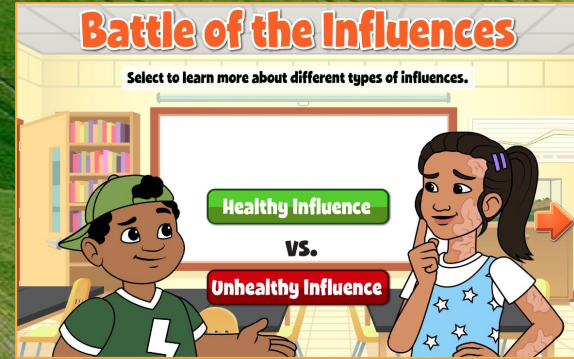
TODAY'S HEALTH LESSON:

Healthy and Unhealthy Relationships:
Healthy and Unhealthy Influences



SPLASH OF HEALTH:

Healthy and Unhealthy Influences:
Battle of the Influences



Topic Reflection Questions

- What is peer pressure?
- What can you do or say to an unhealthy influence?
- Who can you talk to if you feel pressured to do something unsafe?

Fourth Grade

TODAY'S HEALTH LESSON:

Healthy and Unhealthy Relationships:
Resisting Peer Pressure



SPLASH OF HEALTH:

Resisting Peer Pressure:
P.O.P The Pressure



Topic Reflection Questions

- What is peer pressure?
- Is peer pressure always negative?
- What are sources of negative peer pressure?

Week 8 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Bullying and Cyberbullying:
Using Kind Words



SPLASH OF HEALTH:

Using Kind Words:
Kind Words Choreo Video



Topic Reflection Questions

- What is an example of unkind words?
- How does it make you feel when someone is kind?
- What should you do if someone is unkind?

First Grade

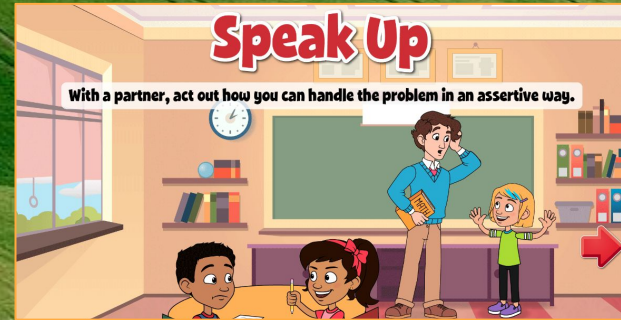
TODAY'S HEALTH LESSON:

Bullying and Cyberbullying:
Standing Up for Myself



SPLASH OF HEALTH:

Standing Up for Myself:
Speak Up



Topic Reflection Questions

- How can you assertively speak up for yourself?
- Why is it important to stand up for yourself?
- What is the difference between playful teasing and harmful bullying?

Second Grade

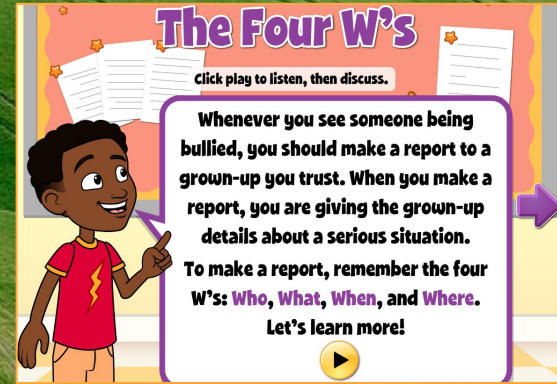
TODAY'S HEALTH LESSON:

Bullying and Cyberbullying:
Bullies, Bystanders, and Victims



SPLASH OF HEALTH:

Bullies, Bystanders, and Victims:
The Four W's



Topic Reflection Questions

- What is bullying?
- What is a bystander?
- What can you do when you see someone being bullied?

Third Grade

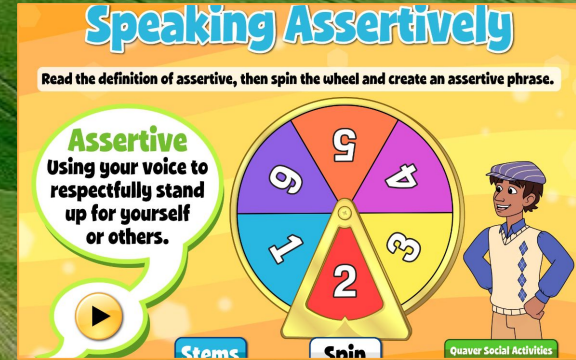
TODAY'S HEALTH LESSON:

Bullying and Cyberbullying:
Assertiveness and Bullying



SPLASH OF HEALTH:

Assertiveness and Bullying:
Speaking Assertively



Topic Reflection Questions

- What does it mean to be passive?
- What does it mean to be aggressive?
- How should you respond if you're being bullied?

Fourth Grade

TODAY'S HEALTH LESSON:

Bullying and Cyberbullying:
Standing Up for Others



SPLASH OF HEALTH:

Standing Up for Others:
Speak Up Choreo Video



Topic Reflection Questions

- Why might someone side with a bullying victim?
- What can you say to a bully to help a victim?

Fifth Grade

TODAY'S HEALTH LESSON:

Bullying and Cyberbullying:
Conflict or Bullying?



SPLASH OF HEALTH:

Conflict or Bullying?:
You Decide (Interactive Story)



Topic Reflection Questions

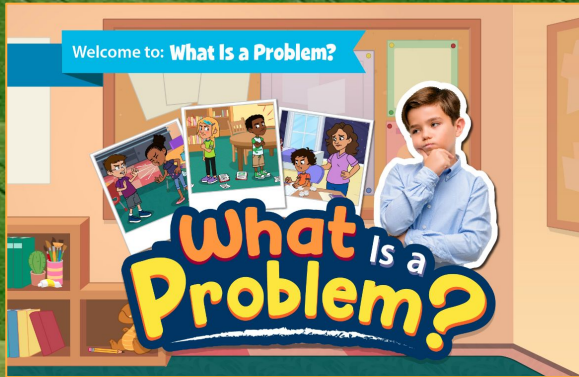
- What does it mean to have a conflict with someone?
- What does it mean to bully someone?
- What are some ways to respond to cyberbullying?

Week 9 Health Lessons

Kindergarten

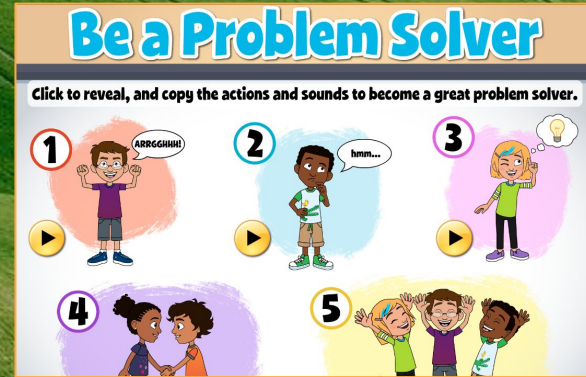
TODAY'S HEALTH LESSON:

Problem Solving:
What is a Problem?



SPLASH OF HEALTH:

What is a Problem:
Be a Problem Solver



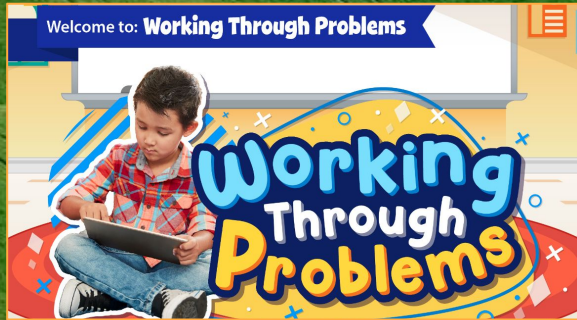
Topic Reflection Questions

- What is a problem?
- How can you be a problem solver?
- Who can help you with your problems?

First Grade

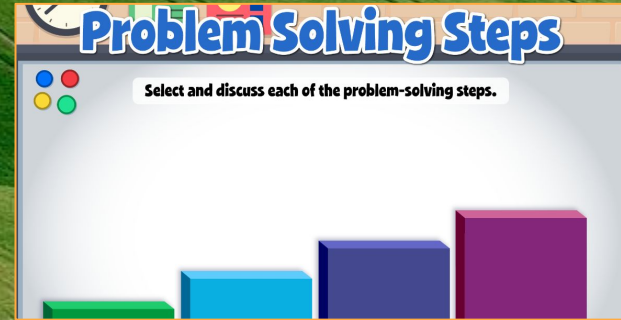
TODAY'S HEALTH LESSON:

Problem Solving:
Working Through Problems



SPLASH OF HEALTH:

Working Through Problems:
Problem Solving Steps



Topic Reflection Questions

- How can you fix a problem with a friend?
- Are all problems big?
- What is one problem solving step?

Second Grade

TODAY'S HEALTH LESSON:

Problem Solving:
Problems Big and Small



SPLASH OF HEALTH:

Problems Big and Small:
Big or Small Choreo Video



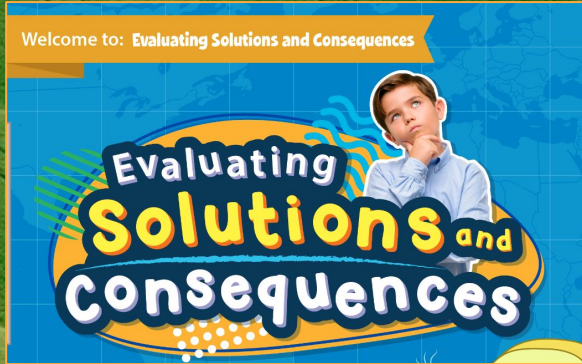
Topic Reflection Questions

- What is the difference between a big and small problems?
- What is a problem you can solve on your own?
- Who can help you with a big problem?

Third Grade

TODAY'S HEALTH LESSON:

Problem Solving:
Evaluating Solutions and Consequences



SPLASH OF HEALTH:

Evaluating Solutions and Consequences:
Breaking News: Situations



Topic Reflection Questions

- Why are facts important when breaking down a situation?
- What is the difference between a major and minor situation?
- Why is it important to take time to assess a situation before reacting?

Fourth Grade

TODAY'S HEALTH LESSON:

Problem Solving:
Learning From Situations



SPLASH OF HEALTH:

Learning From Situations:
Trial Run Gym Game



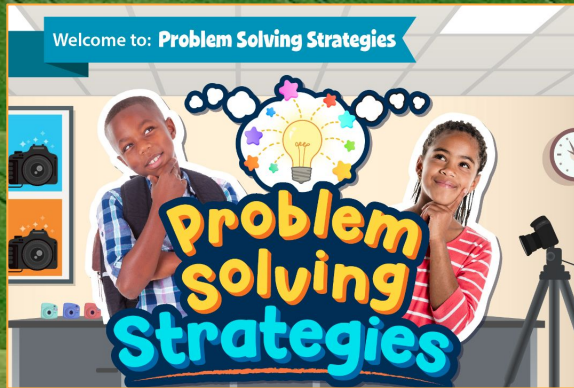
Topic Reflection Questions

- What can you learn from a past situation?
- How do past mistakes help make us better?

Fifth Grade

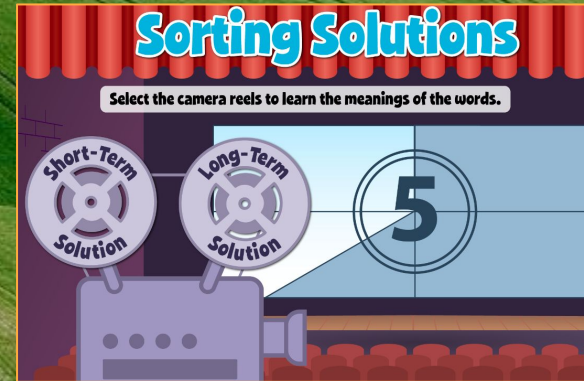
TODAY'S HEALTH LESSON:

Problem Solving:
Problem Solving Strategies



SPLASH OF HEALTH:

Problem Solving Strategies:
Sorting Solutions



Topic Reflection Questions

- What are short-term solutions?
- What is a long-term solution?
- Who can help you come up with a plan to solve a problem?

Week 10 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Decision Making:
I Can Make It Better



SPLASH OF HEALTH:

I Can Make It Better:
Can We Do It Better?



Topic Reflection Questions

- What does it mean to make something better?
- How can you make your homework better?
- What can we do to make our space better?

First Grade

TODAY'S HEALTH LESSON:

Decision Making:
Understanding What Worked



SPLASH OF HEALTH:

Understanding What Worked:
Understanding What Worked Eval



Topic Reflection Questions

- What does it mean to evaluate something?
- Which is good question to ask when evaluating what worked?
- Is it okay to make mistakes?

Second Grade

TODAY'S HEALTH LESSON:

Decision Making:
Making Healthy Decisions



SPLASH OF HEALTH:

Making Healthy Decisions:
Video Questions



Topic Reflection Questions

- How often should you make good health choices?
- What is a healthy choice you can make daily?
- When have you asked a trusted adult for health help?

Third Grade

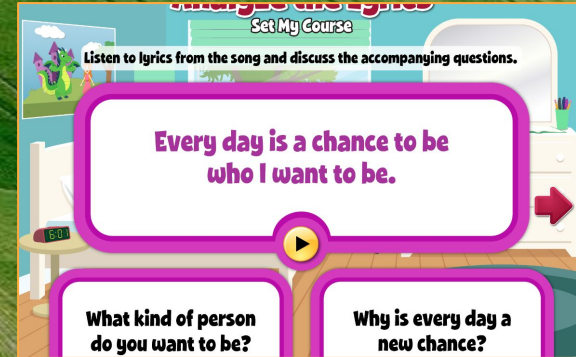
TODAY'S HEALTH LESSON:

Decision Making:
Setting My Intentions



SPLASH OF HEALTH:

Setting My Intentions:
Set My Course



Topic Reflection Questions

- What is another word (or synonym) for intention?
- What could keep you from meeting your intentions for the day?
- Why is it important to take time to reflect?

Fourth Grade

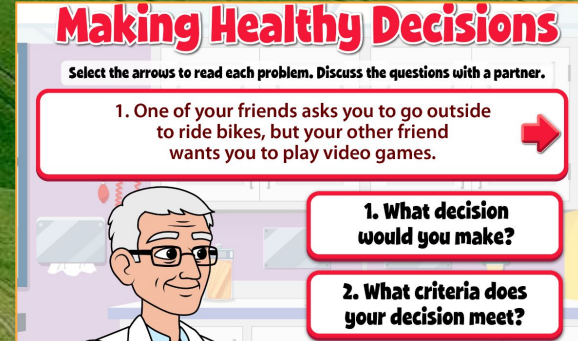
TODAY'S HEALTH LESSON:

Decision Making:
Evaluating My Decisions



SPLASH OF HEALTH:

Evaluating My Decision:
Trial Run Gym Game



Topic Reflection Questions

- What healthy decisions have you made today?
- When making a healthy decision, what are some things you should consider?

Fifth Grade

TODAY'S HEALTH LESSON:

Decision Making:
Using Data to Inform My Decisions



SPLASH OF HEALTH:

Using Data to Inform My Decisions:
Is It Trustworthy?



Topic Reflection Questions

- What does trustworthy mean?
- What are questions you should ask yourself when receiving health information?
- Where do you see untrustworthy information online?

Week 11 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Goal Setting:
My Values and My Health Goals



SPLASH OF HEALTH:

My Values and My Health Goals:
Choosing My Health Goals



Topic Reflection Questions

- What is a goal?
- Who can help you with your goals?
- What can you do when you want to try something new?

First Grade

TODAY'S HEALTH LESSON:

Goal Setting:
Short and Long-Term Goals



SPLASH OF HEALTH:

Short and Long-Term Goals:
My Health Goals



Topic Reflection Questions

- What is a goal?
- What is the difference between a short and long-term goal?
- A goal to run a mile this year falls under which dimension of health?

Second Grade

TODAY'S HEALTH LESSON:

Goal Setting:
Importance of Goal Setting



SPLASH OF HEALTH:

Importance of Goal Setting:
Topic Discussion



Topic Reflection Questions

- How do you stay motivated towards your goals?
- What is a long-term goal you have?
- What might cause you to want to give up on your goals?

Third Grade

TODAY'S HEALTH LESSON:

Goal Setting:
Time Management and Goal Setting



SPLASH OF HEALTH:

Time Management and Goal Setting:
Organize, Prioritize Choreo Video



Topic Reflection Questions

- What are steps for setting and achieving your goals?
- What is it called when you list items in order of importance?
- Why is it important to organize and prioritize when goal setting?

Fourth Grade

TODAY'S HEALTH LESSON:

Goal Setting:
Steps to Achieving My Goal



SPLASH OF HEALTH:

Steps to Achieving My Goal:
Goals Checklist



Topic Reflection Questions

- How can short-term goals help you reach a long-term goal?
- What is time management?

Fifth Grade

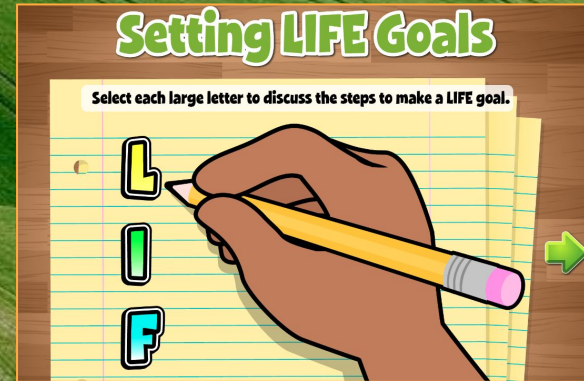
TODAY'S HEALTH LESSON:

Goal Setting:
Tracking My Progress and Perseverance



SPLASH OF HEALTH:

Tracking My Progress and Perseverance:
Setting LIFE Goals



Topic Reflection Questions

- What does LIFE goal stand for?
- What are important things to remember when developing a LIFE goal?
- What does it mean to persevere?



Week 12 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Online Safety:
Basic Online Safety



SPLASH OF HEALTH:

Basic Online Safety:
Move and Talk



Topic Reflection Questions

- What is the internet?
- Who can help if you see something unsafe online?
- How can you stay safe online?

First Grade

TODAY'S HEALTH LESSON:

Online Safety:
Getting Help with Online Safety



SPLASH OF HEALTH:

Getting Help with Online Safety:
Keys to Online Safety



Topic Reflection Questions

- What are keys to online safety?
- Who should you talk to if something online makes you uncomfortable?
- Why is it important to think before you share online?

Second Grade

TODAY'S HEALTH LESSON:

Online Safety:
Unsafe Friend Requests Online



SPLASH OF HEALTH:

Unsafe Friend Requests Online:
Playing Safely Online



Topic Reflection Questions

- How would you handle getting a pop-up while playing online?
- What should you do if you get a friend request online?
- What is a smart tip to stay safe on the internet?

Third Grade

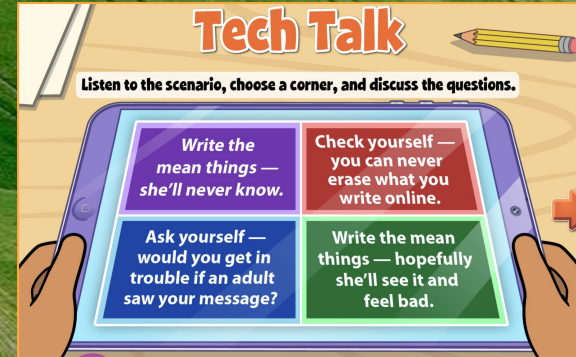
TODAY'S HEALTH LESSON:

Online Safety:
Communicating Online



SPLASH OF HEALTH:

Communicating Online:
Tech Talk



Topic Reflection Questions

- What is an example of information that's safe to share online?
- What is a consequence of posting something mean online?
- Why is it important to think before you post online?

Fourth Grade

TODAY'S HEALTH LESSON:

Online Safety:
Sharing Information Online



SPLASH OF HEALTH:

Sharing Information Online:
Video Questions



Topic Reflection Questions

- What is personal information?
- Why is it important to be careful about what you share online?

Week 13 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Healthy Habits:
Hygiene Skills



SPLASH OF HEALTH:

Hygiene Skills:
Topic Discussion



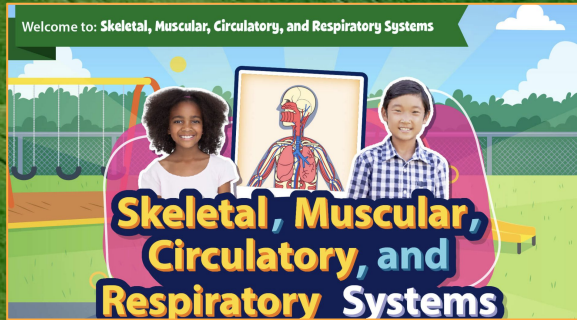
Topic Reflection Questions

- What is personal hygiene?
- How can you keep different parts of your body clean?
- When should you wash your hands?

First Grade

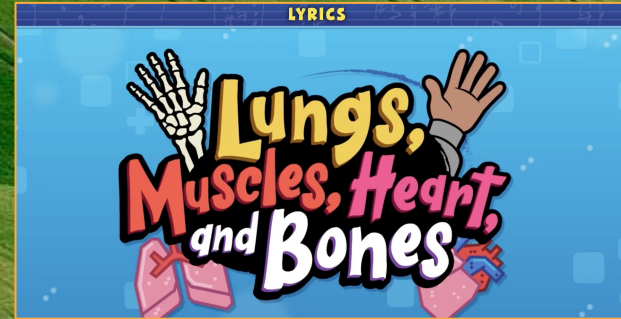
TODAY'S HEALTH LESSON:

Healthy Habits:
Body Systems



SPLASH OF HEALTH:

Body Systems:
Lungs, Muscles, Heart, and Bones



Topic Reflection Questions

- What is a healthy habit you can do at school?
- Which system gives the body its structure?
- Which system supplies oxygen to the body?

Second Grade

TODAY'S HEALTH LESSON:

Healthy Habits:
Hygiene Choices



SPLASH OF HEALTH:

Hygiene Choices:
Hygiene Benefits



Topic Reflection Questions

- How often should you see the dentist for a check-up?
- What is something bad that can happen from poor hygiene?
- When should you see the doctor?

Third Grade

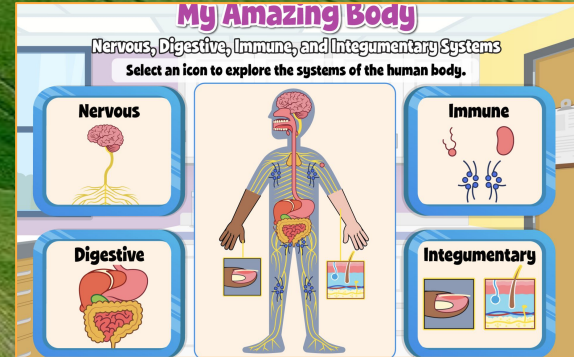
TODAY'S HEALTH LESSON:

Healthy Habits:
Body Systems



SPLASH OF HEALTH:

Body Systems:
My Amazing Body



Topic Reflection Questions

- Which system transmits signals between the brain and body?
- Which system acts as a first line of defense against infection?
- Why system breaks down nutrients to absorb and use for energy?

Fourth Grade

TODAY'S HEALTH LESSON:

Healthy Habits:
Creating Healthy Habits



SPLASH OF HEALTH:

Creating Healthy Habits:
My Healthy Habits



Topic Reflection Questions

- What are healthy habits you do at school?
- If your dentist tells you that you have cavities, what should you do to help your teeth?

Fifth Grade

TODAY'S HEALTH LESSON:

Healthy Habits:
Healthy Habits and My Environment



SPLASH OF HEALTH:

Healthy Habits and My Environment:
Protect Our Planet



Topic Reflection Questions

- What is the whole mass of air surrounding the Earth?
- What are three types of pollution ?
- How can your reduce pollution?

Week 14 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Good Teeth, Good Health:
My Teeth and Mouth



SPLASH OF HEALTH:

My Teeth and Mouth:
Exploring Our Mouth



Topic Reflection Questions

- What can you do to take care of your teeth besides brushing them?
- How long should you brush your teeth each time?

First Grade

TODAY'S HEALTH LESSON:

Good Teeth, Good Health:
How to Brush



SPLASH OF HEALTH:

How to Brush:
Toothbrush Tips



Topic Reflection Questions

- How often should you brush your teeth?
- What is enamel?
- How should you hold your toothbrush when brushing your teeth?

Second Grade

TODAY'S HEALTH LESSON:

Good Teeth, Good Health:
Brushing and Flossing



SPLASH OF HEALTH:

Brushing and Flossing:
Brush Your Teeth Video



Topic Reflection Questions

- What are two things you can do to keep your teeth healthy?
- How can flossing keep your mouth clean?
- What is the difference between brushing and flossing?

Third Grade

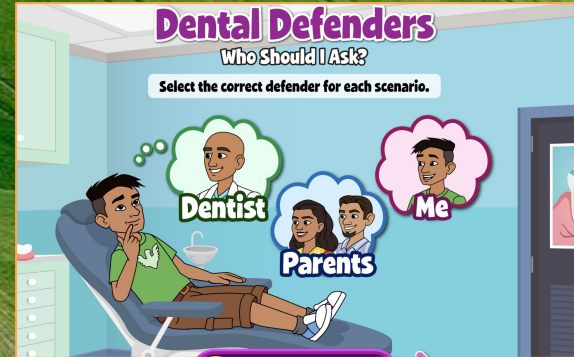
TODAY'S HEALTH LESSON:

Good Teeth, Good Health:
Defending My Teeth



SPLASH OF HEALTH:

Defending My Teeth:
Dental Defenders



Topic Reflection Questions

- How can you keep your teeth healthy?
- When does plaque on your teeth start to build up?
- Who can help if you have a cavity from sugar breaking down your enamel?

Fourth Grade

TODAY'S HEALTH LESSON:

Good Teeth, Good Health:
Exploring Lifetime Benefits of Healthy Teeth



SPLASH OF HEALTH:

Exploring Lifetime Benefits of Healthy Teeth:
Molar Movies



Topic Reflection Questions

- How can we avoid gingivitis?
- Why should you brush your tongue when brushing your teeth?

Fifth Grade

TODAY'S HEALTH LESSON:

Good Teeth, Good Health:
Lifetime Benefits of Healthy Teeth



SPLASH OF HEALTH:

Lifetime Benefits of Healthy Teeth:
Dental Health Tag Gym Game



Topic Reflection Questions

- How can you prevent gingivitis?
- Why is it important to floss once a day?
- How often should you visit the dentist?

Week 15 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Exercise:
What is Exercise?



SPLASH OF HEALTH:

What is Exercise?:
Exercise or Not?



Topic Reflection Questions

- What is exercise?
- Do you use your muscles or your bones when you exercise?
- Why is it important to exercise?

First Grade

TODAY'S HEALTH LESSON:

Exercise:
What Does Exercise Do?



SPLASH OF HEALTH:

What Does Exercise Do?:
How Exercise Affects the Body



Topic Reflection Questions

- What is the hardest working muscle in your body?
- What happens to your heart when you exercise?
- Which exercises can benefit your social health?

Second Grade

TODAY'S HEALTH LESSON:

Exercise:
Enjoying Exercise



SPLASH OF HEALTH:

Enjoying Exercise:
Exercise or Not?



Topic Reflection Questions

- What do you do like to exercise?
- Which parts of your body does playing a sport benefit?
- What is the best way to become more flexible?

Third Grade

TODAY'S HEALTH LESSON:

Exercise:

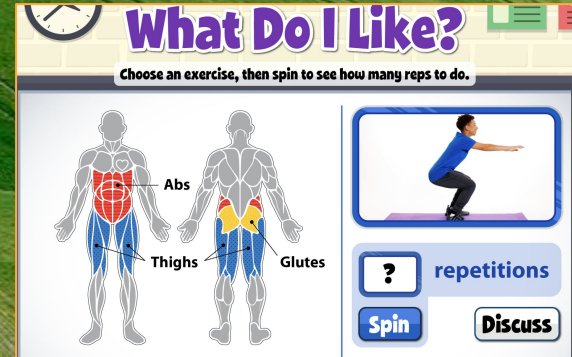
What Exercise is Right for Me?



SPLASH OF HEALTH:

What Exercise is Right for Me?:

What Do I Like?



Topic Reflection Questions

- How often should you exercise?
- Who can you ask to help you find safe and fun exercises you enjoy?
- Can exercise help your mental health?

Fourth Grade

TODAY'S HEALTH LESSON:

Exercise:

Exercise and My Well-Being



SPLASH OF HEALTH:

Exercise and My Well-Being:

Health Benefits of Exercise



Topic Reflection Questions

- How can physical fitness help your mental health?
- How can exercise help prevent illness?

Fifth Grade

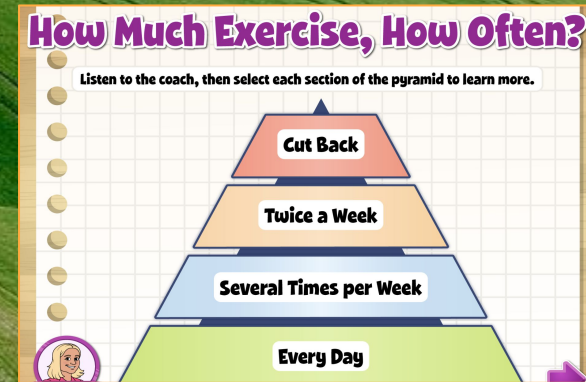
TODAY'S HEALTH LESSON:

Exercise:
Setting Exercise Goals



SPLASH OF HEALTH:

Setting Exercise Goals:
How Much, How Often?



Topic Reflection Questions

- About how many minutes of exercise should you aim to hit per week?
- What is something small you can do everyday to increase the amount you exercise?

Week 17 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Sleep and Rest:
Introducing the Importance of Sleep



SPLASH OF HEALTH:

Introducing the Importance of Sleep:
Sleep is Amazing



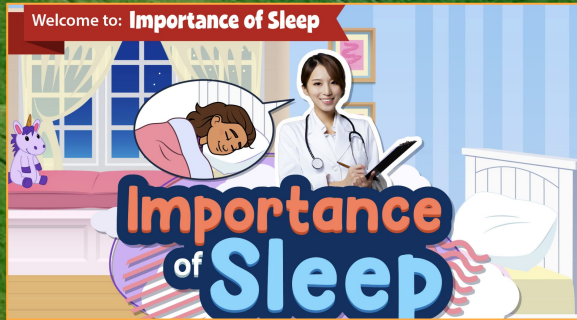
Topic Reflection Questions

- How long should you sleep each night?
- What is your routine before bed?
- Can good sleep help you with sickness?

First Grade

TODAY'S HEALTH LESSON:

Sleep and Rest:
Importance of Sleep



SPLASH OF HEALTH:

Importance of Sleep:
My Bedtime Routine

A worksheet titled 'My Bedtime Routine' with the instruction 'Create your own bedtime routine by rearranging the pictures.' It features a 2x3 grid of boxes numbered 1 through 6 in red circles. The grid is divided by red lines.

Topic Reflection Questions

- How long should you sleep each night?
- What is a part of a good bedtime routine?
- What does a good night's sleep do to your brain?
- Why is good sleep important?

Second Grade

TODAY'S HEALTH LESSON:

Sleep and Rest:
What Does Sleep Do for Me?



SPLASH OF HEALTH:

What Does Sleep Do for Me?:
The Sleep Game



Topic Reflection Questions

- How does getting the right amount of sleep help you?
- What happens when you sleep all through the night?
- What happens to your body when you don't get enough sleep?

Third Grade

TODAY'S HEALTH LESSON:

Sleep and Rest:
How Sleep Affects My Brain



SPLASH OF HEALTH:

How Sleep Affects My Brain:
How Sleep Affects My Brain



Topic Reflection Questions

- Why should you avoid eating sugary foods before bed?
- What habits can disrupt your sleep before bed?
- What habit would you like to make a part of your bedtime routine?

Fourth Grade

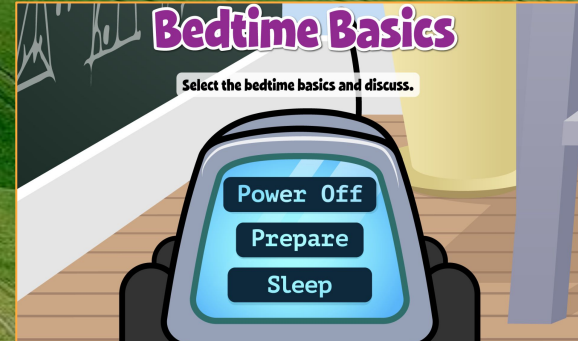
TODAY'S HEALTH LESSON:

Sleep and Rest:
Setting Sleep Routines



SPLASH OF HEALTH:

Setting Sleep Routines:
Bedtime Basics



Topic Reflection Questions

- What can help you help you get to sleep?
- What happens if you don't get enough sleep?

Fifth Grade

TODAY'S HEALTH LESSON:

Sleep and Rest:
Creating a Relaxation Plan



SPLASH OF HEALTH:

Creating a Relaxation Plan:
Find Your Balance



Topic Reflection Questions

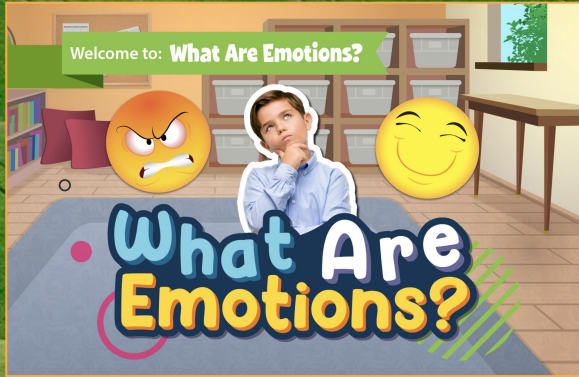
- What does being active involve?
- What is an activity you do for relaxation?
- What does rest primarily focus on?

Week 18 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Emotional Health:
What Are Emotions?



SPLASH OF HEALTH:

What Are Emotions:
How I'm Feeling Today Choreo



Topic Reflection Questions

- What is another word for emotions?
- How can you tell how someone is feeling?
- How are you feeling today?

First Grade

TODAY'S HEALTH LESSON:

Emotional Health:
Sharing Happiness



SPLASH OF HEALTH:

Sharing Happiness:
Happy Choreo Video



Topic Reflection Questions

- How can you share happiness with someone who is sad or upset?
- What is your favorite way to help others?
- How can you tell when someone is happy?

Second Grade

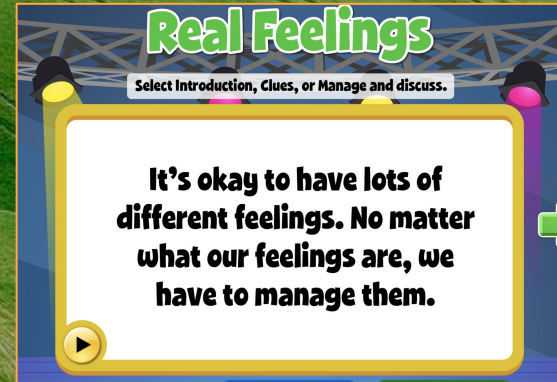
TODAY'S HEALTH LESSON:

Emotional Health:
What My Feelings Mean



SPLASH OF HEALTH:

What My Feelings Mean:
Real Feelings



Topic Reflection Questions

- Is is okay to have different feelings at the same time?
- What way would you prefer to safely manage your emotions?
- What is a warning sign that your feelings are getting stronger?

Third Grade

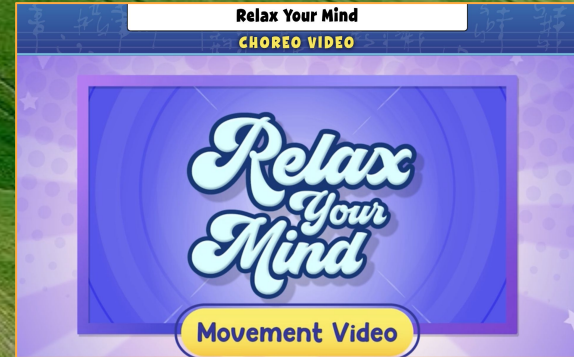
TODAY'S HEALTH LESSON:

Emotional Health:
Healthy Coping Strategies



SPLASH OF HEALTH:

Healthy Coping Strategies:
Relax Your Mind Choreo Video



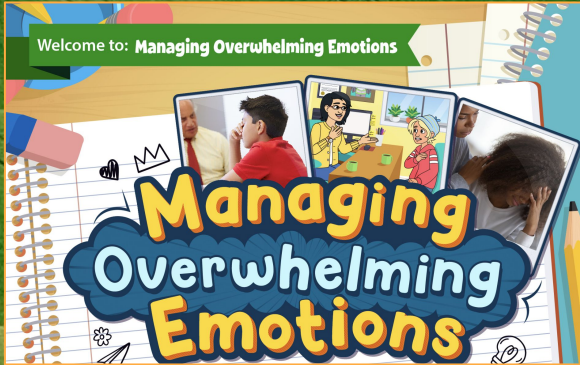
Topic Reflection Questions

- What does it mean to cope with your feelings?
- Who is a trusted adult you can reach out to when coping with your feelings?

Fourth Grade

TODAY'S HEALTH LESSON:

Emotional Health:
Managing Overwhelming Emotions



SPLASH OF HEALTH:

Managing Overwhelming Emotions:
Select Your Strategy



Topic Reflection Questions

- What can happen if you feel overwhelmed and do not use healthy coping skills?
- What is your favorite way to calm yourself?

Fifth Grade

TODAY'S HEALTH LESSON:

Emotional Health:
When to Ask for Help



SPLASH OF HEALTH:

When to Ask for Help:
Ways to Ask for Help



Topic Reflection Questions

- What are coping skills?
- What is an unhealthy response to sadness?
- What is one appropriate coping strategy for dealing with anger?

Week 19 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Managing Stress/Trauma:
When I Feel Worried



SPLASH OF HEALTH:

When I Feel Worried:
What Is Worry?



Topic Reflection Questions

- What is something that worries you?
- Who is an adult that can help when you feel worried?
- What should you do when you feel worried?

First Grade

TODAY'S HEALTH LESSON:

Managing Stress/Trauma:
Recognizing Stress



SPLASH OF HEALTH:

Recognizing Stress:
The Stress Song Choreo Video



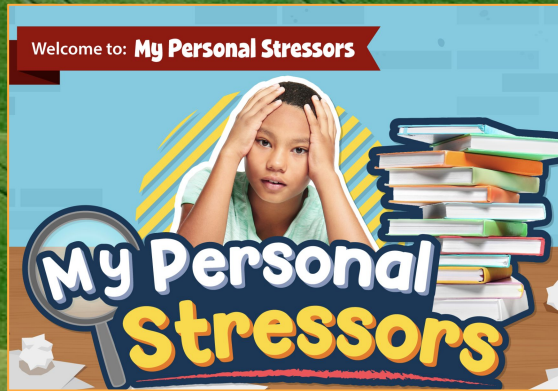
Topic Reflection Questions

- What is a good way to lower stress?
- How might someone look if they are feeling stressed or overwhelmed?
- What is a stressful situation you've had?

Second Grade

TODAY'S HEALTH LESSON:

Managing Stress/Trauma:
My Personal Stressors



SPLASH OF HEALTH:

My Personal Stressors:
Solve The Case



Topic Reflection Questions

- What is an example of negative stress?
- What is a healthy way to handle stress?
- If you need help when you feel stressed, who do you talk with?

Third Grade

TODAY'S HEALTH LESSON:

Managing Stress/Trauma:
Managing My Stress



SPLASH OF HEALTH:

Managing My Stress:
Controlling Stress



Topic Reflection Questions

- What is stress?
- Can different people manage stress differently?
- Why is it important to find the cause of your stress?

Fourth Grade

TODAY'S HEALTH LESSON:

Managing Stress/Trauma:
When I Feel Anxious



SPLASH OF HEALTH:

When I Feel Anxious:
All About Anxious Feeling



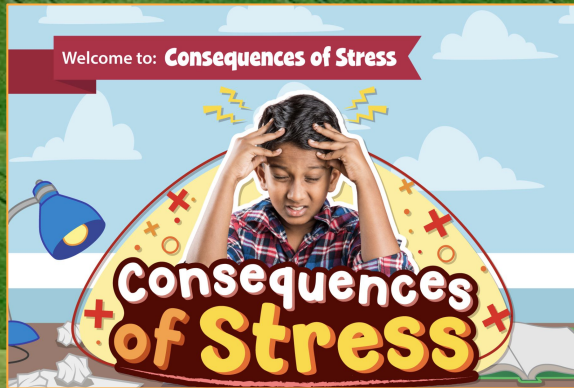
Topic Reflection Questions

- What are anxious feelings?
- What can you do if you feel social anxiety?

Fifth Grade

TODAY'S HEALTH LESSON:

Managing Stress/Trauma:
Consequences of Stress



SPLASH OF HEALTH:

Consequences of Stress:
Stress Talk



Topic Reflection Questions

- What emotions are related to stress?
- How can positive stress be a good thing?
- Which coping strategy do you use when feeling stressed?

WINTER BREAK

Welcome Back

Week 1 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Personal Growth:
Controlling Myself



SPLASH OF HEALTH:

Controlling Myself:
Self-Control Simon



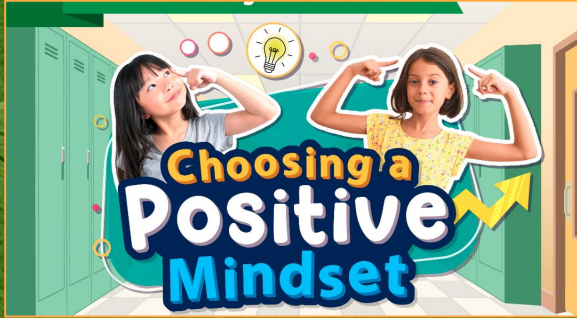
Topic Reflection Questions

- Who is in control of your body?
- What should you do if someone makes you upset?
- How do you feel when someone raises their voice at you?

First Grade

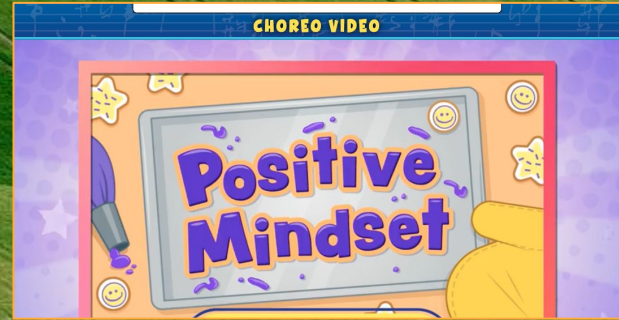
TODAY'S HEALTH LESSON:

Personal Growth:
Choosing a Positive Mindset



SPLASH OF HEALTH:

Choosing a Positive Mindset:
Positive Mindset Choreo Video



Topic Reflection Questions

- What does it mean to have a positive mindset?
- How does having a positive mindset help you accomplish your goals?
- What is an example of positive thinking?

Second Grade

TODAY'S HEALTH LESSON:

Personal Growth:
Choosing a Growth Mindset



SPLASH OF HEALTH:

Choosing a Growth Mindset:
Tug of Mindset



Topic Reflection Questions

- What is a fixed mindset?
- How can a growth mindset help you reach your goals?
- What can you say to yourself to overcome a challenge?

Third Grade

TODAY'S HEALTH LESSON:

Personal Growth:
Overcoming My Weaknesses



SPLASH OF HEALTH:

Overcoming My Weaknesses:
The Road to Strength



Topic Reflection Questions

- How can you overcome a weakness?
- What are strengths? Share one of your strengths.
- Why is it important to accept your weaknesses and ask for help?

Fourth Grade

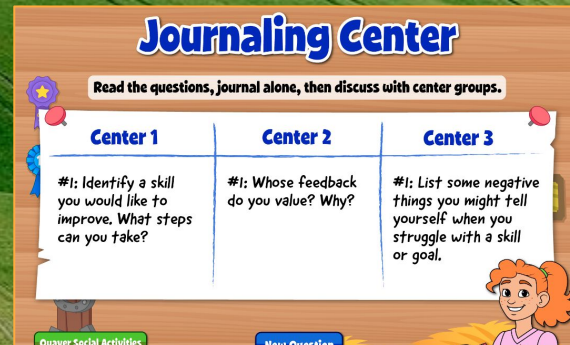
TODAY'S HEALTH LESSON:

Personal Growth:
Improving Myself



SPLASH OF HEALTH:

Improving Myself:
Journaling Center



Topic Reflection Questions

- What is feedback?
- How does practice help you get better at something?

Fifth Grade

TODAY'S HEALTH LESSON:

Personal Growth:
Using My Strengths to Help Others



SPLASH OF HEALTH:

Using My Strengths to Help Others:
What Makes a Big Heart



Topic Reflection Questions

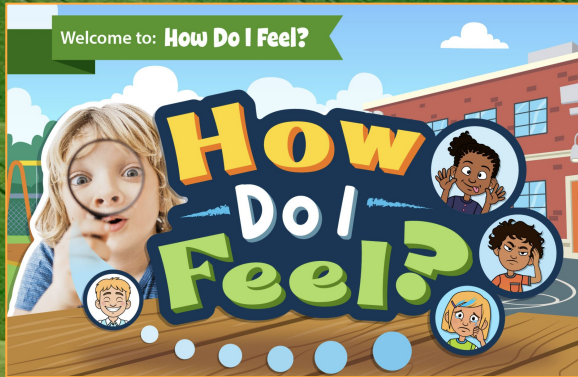
- What does it mean to be a responsible person?
- How can you show compassion to others?
- How can you help build someone's self-esteem?

Week 2 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Expressing Emotions in a Healthy Way:
How Do I Feel



SPLASH OF HEALTH:

How Do I Feel:
My Happy Feelings



Topic Reflection Questions

- What makes you feel happy?
- What are emotions?
- If you have big feelings, what should you do?

First Grade

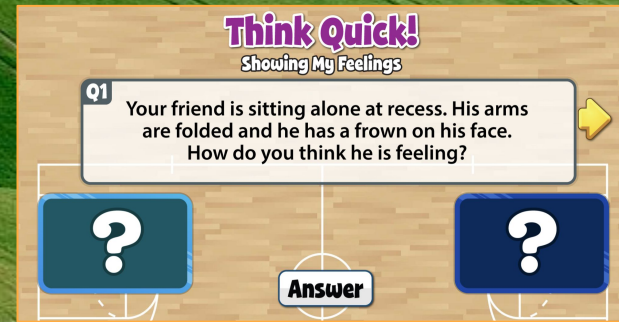
TODAY'S HEALTH LESSON:

Expressing Emotions in a Healthy Way:
Showing My Feelings



SPLASH OF HEALTH:

Showing My Feelings:
Think Quick



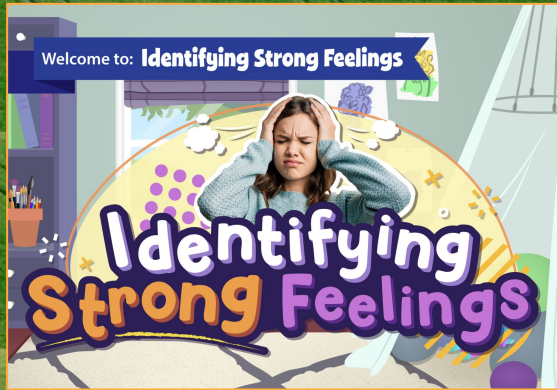
Topic Reflection Questions

- What makes you feel sad or upset?
- Where can you look at someone to help understand how they feel?
- Who can you talk to about important feelings?

Second Grade

TODAY'S HEALTH LESSON:

Expressing Emotions in a Healthy Way:
Identifying Strong Feelings



SPLASH OF HEALTH:

Identifying Strong Feelings:
Strong Feeling Sort



Topic Reflection Questions

- What is a healthy way to calm down or handle strong feelings?
- Name a strong emotion.
- Why is controlling yourself important?

Third Grade

TODAY'S HEALTH LESSON:

Expressing Emotions in a Healthy Way:
When I Feel Angry



SPLASH OF HEALTH:

When I Feel Angry:
Warm-Up Challenge



Topic Reflection Questions

- What could happen if you don't control your anger?
- What does it mean to feel annoyed?
- Name two strategies you can use to help with your anger.

Fourth Grade

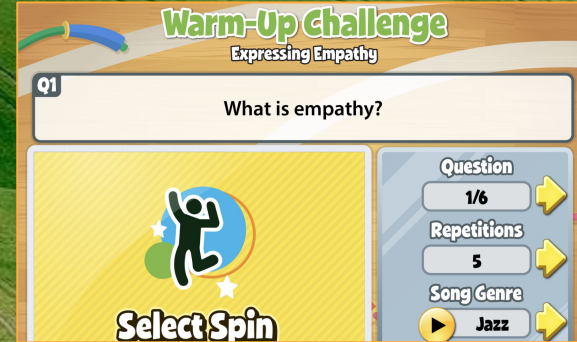
TODAY'S HEALTH LESSON:

Expressing Emotions in a Healthy Way:
Expressing Empathy



SPLASH OF HEALTH:

Expressing Empathy:
Warm-Up Challenge



Topic Reflection Questions

- What is an example of showing empathy?
- How does empathy help others?

Fifth Grade

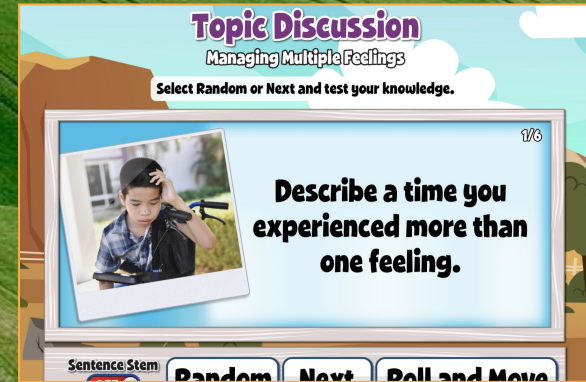
TODAY'S HEALTH LESSON:

Expressing Emotions in a Healthy Way:
Managing Multiple Feelings



SPLASH OF HEALTH:

Managing Multiple Feelings:
Topic Discussion



Topic Reflection Questions

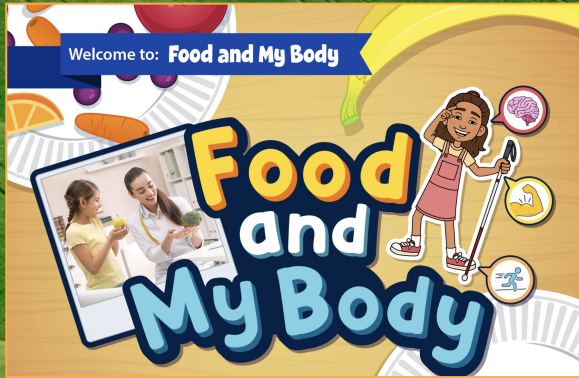
- Is there a time you felt more than one emotion?
- Who can help with your different emotions?
- What part of your body controls your emotions?

Week 3 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Understanding Food:
Food and My Body



SPLASH OF HEALTH:

Food and My Body:
Food Helps My Body



Topic Reflection Questions

- True or False: Food gives our body energy.
- Name a food that is protein.
- What food group gives your body energy?

First Grade

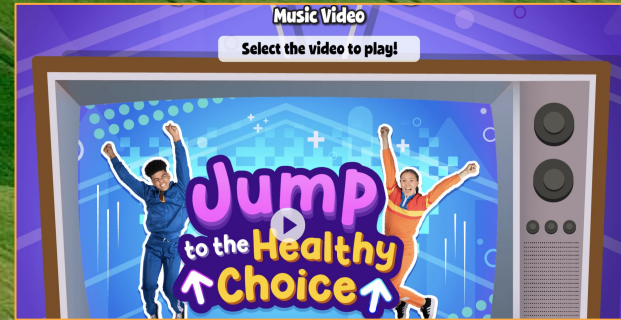
TODAY'S HEALTH LESSON:

Understanding Food:
What is a Healthy Portion?



SPLASH OF HEALTH:

What is a Healthy Portion:
Jump to the Healthy Choice



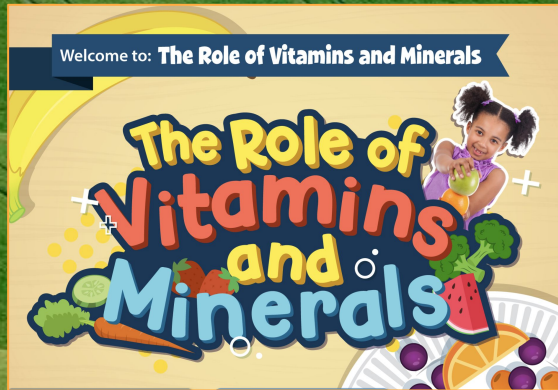
Topic Reflection Questions

- Why is correct portion size important?
- Why should you not overeat?
- Do all foods have the same portion size?

Second Grade

TODAY'S HEALTH LESSON:

Understanding Food:
The Role of Vitamins and Minerals



SPLASH OF HEALTH:

The Role of Vitamins and Minerals:
Major Vitamins and Minerals



Topic Reflection Questions

- How can Vitamin D impact your personal health?
- What happens when you don't get enough vitamins and minerals?

Third Grade

TODAY'S HEALTH LESSON:

Understanding Food:
Where Do Nutrients Come From?



SPLASH OF HEALTH:

Where Do Nutrients Come From:
Topic Discussion



Topic Reflection Questions

- What is the best drink for your body?
- What could be a healthy dessert choice?
- Name foods that make up a balanced breakfast.

Fourth Grade

TODAY'S HEALTH LESSON:

Understanding Food:
The Six Major Nutrients



SPLASH OF HEALTH:

The Six Major Nutrients:
Nutri-Sort



Topic Reflection Questions

- How does calcium help our bodies?
- Which is a nutrient found in salmon?
- What are calories?

Fifth Grade

TODAY'S HEALTH LESSON:

Understanding Food:
Food Labels



SPLASH OF HEALTH:

Food Labels:
Reading Food Labels



Topic Reflection Questions

- What do food labels tell us?
- What is the purpose of a serving size?
- What are some red flags when looking at an ingredient list?

Week 4 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Analyzing My Eating Habits:
Can I Eat Anything I Want?



SPLASH OF HEALTH:

Can I Eat Anything I Want:
Name That Food



Topic Reflection Questions

- What are whole foods vs processed foods?
- Are chips a whole or processed food?
- Do foods lose some of their nutrients after being processed?

First Grade

TODAY'S HEALTH LESSON:

Analyzing My Eating Habits:
Food Allergies



SPLASH OF HEALTH:

Food Allergies:
All About Food Allergies



Topic Reflection Questions

- What is a food allergy?
- What is a common food allergy symptom?
- What should you do if someone is having an allergic reaction?

Second Grade

TODAY'S HEALTH LESSON:

Analyzing My Eating Habits:
Reactions From My Food



SPLASH OF HEALTH:

Reactions From My Food:
Gym Game



Topic Reflection Questions

- How does sugar affect our bodies?
- Are all fats bad for you?
- What types of reaction(s) can food have on our bodies?

Third Grade

TODAY'S HEALTH LESSON:

Analyzing My Eating Habits:
Making Nutritional Choices



SPLASH OF HEALTH:

Making Nutritional Choices:
Gym Game



Topic Reflection Questions

- Who in your community can help you make healthy nutritional choices?
- What is a consequence of unhealthy food choices?

Fourth Grade

TODAY'S HEALTH LESSON:

Analyzing My Eating Habits:
How Food Affects My Body



SPLASH OF HEALTH:

How Food Affects My Body:
Effects of Certain Foods and Ingredients



Topic Reflection Questions

- What are risks of having large amounts of sodium?
- What is the difference between whole foods and processed foods?

Fifth Grade

TODAY'S HEALTH LESSON:

Analyzing My Eating Habits:
Eating Disorders



SPLASH OF HEALTH:

Eating Disorders:
Common Eating Disorders



Topic Reflection Questions

- How can media affect your self-esteem?
- If one of your friends is showing signs of an eating disorder, what should you do?
- Who can help you develop healthy plans for meals?

Week 5 Health Lessons

Kindergarten

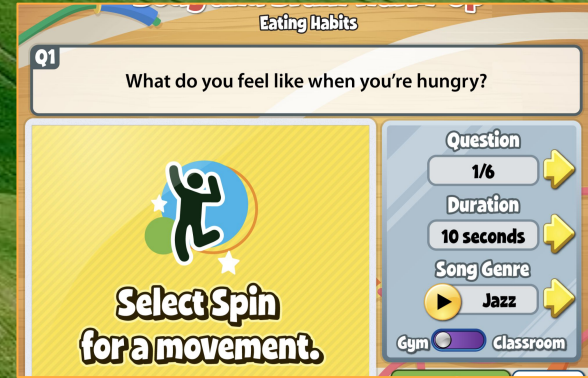
TODAY'S HEALTH LESSON:

Healthy Eating Habits:
Eating Habits



SPLASH OF HEALTH:

Eating Habits:
Body and Brain Warm-Up



Topic Reflection Questions

- How does your body feel when you're hungry?
- What is a healthy snack option?
- Why should we stop eating when we get full?

First Grade

TODAY'S HEALTH LESSON:

Healthy Eating Habits:
A Balanced Diet



SPLASH OF HEALTH:

A Balanced Diet:
About the Food Groups



Topic Reflection Questions

- Why is it important to eat a variety of foods?
- What is one ingredient you should limit in your foods and beverages?
- How can you pack a balanced lunch?

Second Grade

TODAY'S HEALTH LESSON:

Healthy Eating Habits:
The Role Water Plays



SPLASH OF HEALTH:

The Role Water Plays:
All About Water



Topic Reflection Questions

- How much of our body is made up of water?
- What are some symptoms of dehydration?
- What benefit does water have on our bodies?

Third Grade

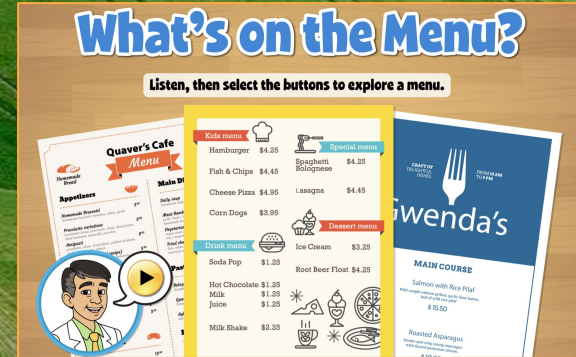
TODAY'S HEALTH LESSON:

Healthy Eating Habits:
Menu Choices



SPLASH OF HEALTH:

Menu Choices:
What's on the Menu?



Topic Reflection Questions

- How can you make healthy food choices when eating at a restaurant?
- Who can help you find nutrition information at your favorite restaurant?

Fourth Grade

TODAY'S HEALTH LESSON:

Healthy Eating Habits:
Nutritional Goals



SPLASH OF HEALTH:

Nutritional Goals:
Nutritional Goals Checklist



Topic Reflection Questions

- What can be a negative influence on your nutritional goals?
- What is a short-term nutritional goal to help you live a healthy life?

Fifth Grade

TODAY'S HEALTH LESSON:

Healthy Eating Habits:
Eating Habit Influences



SPLASH OF HEALTH:

Eating Habit Influences:
What We Eat and Why



Topic Reflection Questions

- How do we get food from other parts of the country?
- How can where you live impact the types of foods you eat?
- What are some common foods grown in the US?

Week 6 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Substance Abuse Prevention:
Harmful Effects- Substances



SPLASH OF HEALTH:

Harmful Effects-Substances:
Zoop and Doop



Topic Reflection Questions

- Name a healthy substance you put in your body.
- What could happen if you take an unhealthy substance?
- What can you say or do if someone offers you something unhealthy?

First Grade

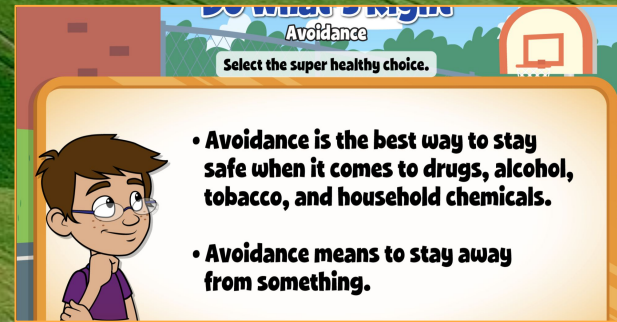
TODAY'S HEALTH LESSON:

Substance Abuse Prevention:
Avoidance



SPLASH OF HEALTH:

Avoidance:
Do What's Right



Topic Reflection Questions

- What does it mean to avoid something?
- Who can you talk to if you feel unsafe and need assistance?
- How can you stay safe when it comes to drugs and harmful substances?

Second Grade

TODAY'S HEALTH LESSON:

Substance Abuse Prevention:
Reporting



SPLASH OF HEALTH:

Reporting:
Should I Report?



Topic Reflection Questions

- When would you need to seek an adult's help?
- Why is it important to report unsafe behavior?
- What should you tell 9-1-1 if you call for an emergency?

Third Grade

TODAY'S HEALTH LESSON:

Substance Abuse Prevention:
Peer Influence



SPLASH OF HEALTH:

Peer Influence:
Recognizing Peer Influence



Topic Reflection Questions

- What is peer influence?
- What is the difference between tattling and reporting a situation?
- Practice an effective way you can say "no" when offered a substance.

Fourth Grade

TODAY'S HEALTH LESSON:

Substance Abuse Prevention:
Refusal Skills



SPLASH OF HEALTH:

Refusal Skills:
Resisting Peer Pressure



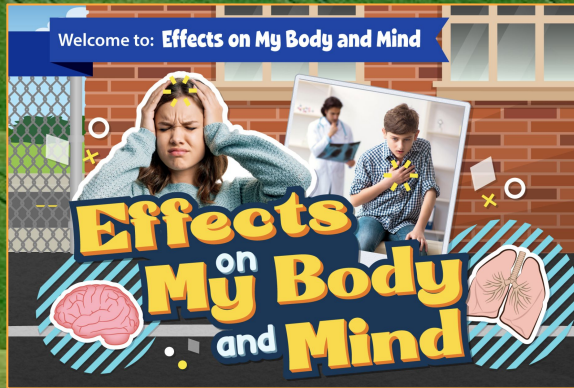
Topic Reflection Questions

- What are some common harmful substances teens abuse?
- How can vaping be harmful?
- What is a good phrase to use when resisting peer pressure?

Fifth Grade

TODAY'S HEALTH LESSON:

Substance Abuse Prevention:
Effects on My Body and Mind



SPLASH OF HEALTH:

Effects on My Body and Mind:
Video Questions



Topic Reflection Questions

- What is a negative outcome of vaping?
- Which areas of your life can drugs and alcohol affect?
- How can drugs and alcohol negatively impact your goals?

Week 7 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Health Physicals and Dental Exams:
What is a Checkup?



SPLASH OF HEALTH:

What is a Checkup:
What Happens at a Checkup



Topic Reflection Questions

- How often should you get a healthy checkup?
- How often should you go to the dentist?
- Who can help you with you keep your teeth healthy?

First Grade

TODAY'S HEALTH LESSON:

Health Physicals and Dental Exams:
What Happens at the Dentist?



SPLASH OF HEALTH:

What Happens at the Dentist:
Gym Game



Topic Reflection Questions

- How long should you brush your teeth?
- Why is it important for you to see the dentist regularly?
- What tool can you use at your home to take care of your teeth?

Second Grade

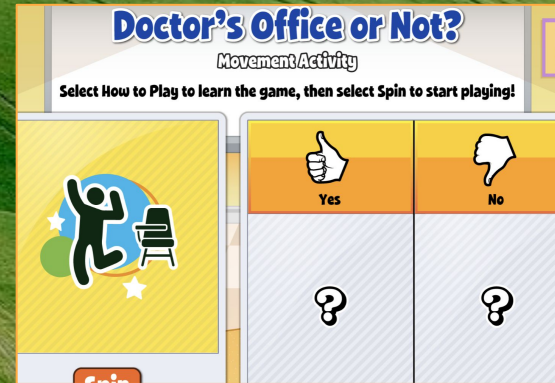
TODAY'S HEALTH LESSON:

Health Physicals and Dental Exams:
What Happens at the Doctor?



SPLASH OF HEALTH:

What Happens at the Doctor:
Doctor's Office or Not?



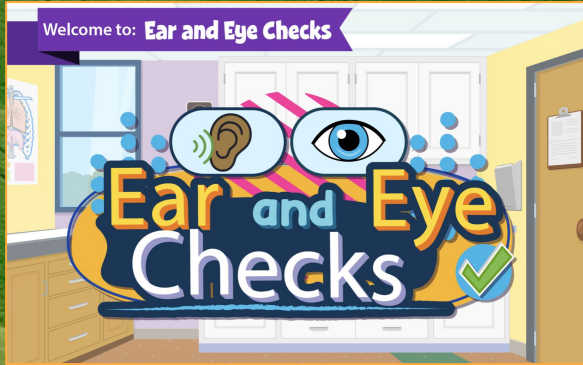
Topic Reflection Questions

- Why is it important to see the doctor, even when you're well?
- What does a thermometer do?
- What's one kind of doctor you have visited?

Third Grade

TODAY'S HEALTH LESSON:

Health Physicals and Dental Exams:
Eye and Ear Checks



SPLASH OF HEALTH:

Eye and Ear Checks:
Movement Activity



Topic Reflection Questions

- What can you wear to help with your eyesight?
- What can you wear to help with your hearing?
- What could you use to protect your ears from loud noises?

Fourth Grade

TODAY'S HEALTH LESSON:

Health Physicals and Dental Exams:
Caring for My Mental Health



SPLASH OF HEALTH:

Caring for My Mental Health:
Mental Health Circuit



Topic Reflection Questions

- Name someone in your community who can help with mental health.
- What is a coping strategy that works for you?

Fifth Grade

TODAY'S HEALTH LESSON:

Health Physicals and Dental Exams:
Where to Go if I Feel Sad



SPLASH OF HEALTH:

Where to Go if I Feel Sad:
Gym Game



Topic Reflection Questions

- What are some healthy coping strategies for dealing with sadness?
- What is grief?
- Should you try to never be sad?

Week 8 Health Lessons

Kindergarten

TODAY'S HEALTH LESSON:

Health Physicals and Dental Exams:
What is a Checkup?



SPLASH OF HEALTH:

What is a Checkup:
What Happens at a Checkup



Topic Reflection Questions

- How often should you get a healthy checkup?
- How often should you go to the dentist?
- Who can help you with you keep your teeth healthy?

First Grade

TODAY'S HEALTH LESSON:

Health Physicals and Dental Exams:
What Happens at the Dentist?



SPLASH OF HEALTH:

What Happens at the Dentist:
Gym Game



Topic Reflection Questions

- How long should you brush your teeth?
- Why is it important for you to see the dentist regularly?
- What tool can you use at your home to take care of your teeth?

Second Grade

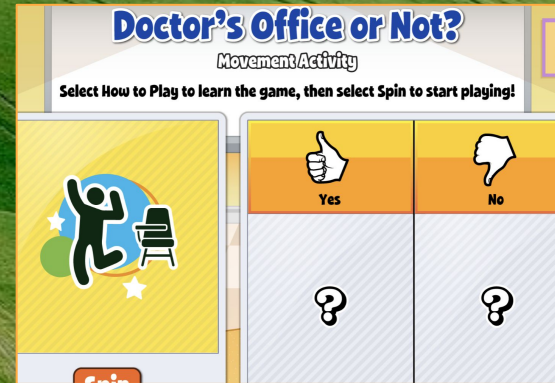
TODAY'S HEALTH LESSON:

Health Physicals and Dental Exams:
What Happens at the Doctor?



SPLASH OF HEALTH:

What Happens at the Doctor:
Doctor's Office or Not?



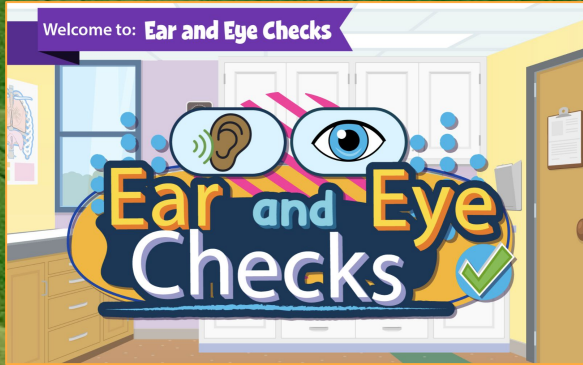
Topic Reflection Questions

- Why is it important to see the doctor, even when you're well?
- What does a thermometer do?
- What's one kind of doctor you have visited?

Third Grade

TODAY'S HEALTH LESSON:

Health Physicals and Dental Exams:
Eye and Ear Checks



SPLASH OF HEALTH:

Eye and Ear Checks:
Movement Activity



Topic Reflection Questions

- What can you wear to help with your eyesight?
- What can you wear to help with your hearing?
- What could you use to protect your ears from loud noises?

Fourth Grade

TODAY'S HEALTH LESSON:

Health Physicals and Dental Exams:
Caring for My Mental Health



SPLASH OF HEALTH:

Caring for My Mental Health:
Mental Health Circuit



Topic Reflection Questions

- Name someone in your community who can help with mental health.
- What is a coping strategy that works for you?

Fifth Grade

TODAY'S HEALTH LESSON:

Health Physicals and Dental Exams:
Where to Go if I Feel Sad



SPLASH OF HEALTH:

Where to Go if I Feel Sad:
Gym Game



Topic Reflection Questions

- What are some healthy coping strategies for dealing with sadness?
- What is grief?
- Should you try to never be sad?

Week 9 Health Lessons

Week 10 Health Lessons

Week 11 Health Lessons

Week 12 Health Lessons

Week 13 Health Lessons

Week 14 Health Lessons

Week 10 Health Lessons

Week 11 Health Lessons



Week 12 Health Lessons

Week 19 Health Lessons