

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

NUTRITION AND WELLNESS:

1. "I will learn how to eat healthy from all the food groups."
 - Choice of Mayo Clinic or MyPlate programs
 - Background info and websites
 - Food groups tally worksheet

2. "I will understand the actual amount in serving sizes."
 - Serving sizes explanation and visual
 - Serving sizes video
 - Serving sizes posters and "Ambassadors idea"

3. "I will learn how to read a food label." ★New U.S.D.A. Food Labels!★
 - "Food Label Reading Practice"
 - Background information website
 - Videos
 - Free "Food Label Reading Full Lesson" link

4. "I will learn what the word "wellness" means and why sleep is important."
 - Background information on the importance of sleep
 - Videos
 - "Tips for a Good Night's Sleep" posters

5. "I will learn the importance of exercise!"

- Background information and "Fuel Up to Play 60" program info
- "Obstacle Course Fun!"

6. "I will understand the 3 keys to a healthy body."

- "The 3 Sides to a Healthy Life"
- "Get Well Selfie Cards"

7. "I will recognize different body systems."

- "Human Body Systems Review"
- Optional videos on several systems
- Label systems and do optional life-sized body art

8. "I will learn how to take care of my bones."

- Understanding bone health
- Fun videos!
- "What Can You Do to Protect Your Bones" activity

9. "I will understand why water is important and see if I am getting enough daily."

- Why water is important background info
- Optional videos
- "Drinking Water Recording Sheet"

SEXUAL HEALTH:

10. "I will learn facts about puberty and the importance of good hygiene."

- Background information on puberty and hygiene
- Optional videos
- "Puberty Posters"

11. "I will learn that I can control my mood, emotions, and attitude!"

- Understanding puberty and emotions
- Videos
- "Emotions Puzzle"

DISEASES AND FAMILY GENETICS:

12. "I will learn about childhood illnesses."

- Background website on childhood illnesses
- Genetics facts
- "Childhood Illness Stories"
- Overcoming challenges from Covid-19

13. "I will learn that health issues can be hereditary and what issues are in my own family genetics."

- Family genetics discussion
- "Why Do You Look Like Your Parents?" video
- Optional "Learning Disabilities" information
- "Family Medical History Homework"

SAFETY AND FIRST AID:

14. "I will learn what items should be in a first aid kit and how specific items can help."

- Demonstrating first aid kit items
- "First Aid Kit Worksheet"

SOCIAL EMOTIONAL HEALTH:

15. "I will learn how to relieve stress in healthy ways."

- The 3 "outs" to relieve stress
- Videos

- Scenarios handout

16. I will learn how to protect myself from stranger danger."

- "Stranger Danger Quiz"
- "Stranger Danger" information
- "Stranger Danger True-False Quizzes"

17. I will demonstrate that I know the traits of positive self-esteem."

- Discuss "Positive Self-Esteem"
- "Self-Esteem Song" video
- "Self-Esteem iPad Art"

18. I will demonstrate ways to improve self-esteem by practicing positive self-talk

- thinking positive rather than negative thoughts!

SUBSTANCE USE:

19. "I will learn the dangers of tobacco, alcohol, and drugs and cautions for not using."

- Understanding the danger of tobacco, alcohol, and drugs
- Videos
- "Anti-Drug Art"

20. "I will learn positive things to do instead of drugs."

- More on drug dangers
- The brain and drugs
- Videos
- "Things to Do Instead of Drugs" art activity

21. "I will see how drugs can change kids and teens and cause them to lose their goals and dreams."

- How Pot Hurt Me Card Game”

HEALTHY RELATIONSHIPS:

22. "I will learn how to recognize someone else's emotions by looking at them."

- Understanding emotions
- Videos
- “What Emotion is This?” worksheet

23. I will learn how to calm down and control my anger."

- Understanding the problems with anger
- “Anger Cartoons” project

24. "I will understand what child abuse is and what to do if it's happening to me."

- Understanding and recognizing child abuse
- Background information and websites
- Resources for help
- Videos
- Interactive abuse activity

25. "I will learn why put-downs hurt, and I will practice put-ups.

- Understanding put-downs
- Videos for great examples!
- Learning to show empathy
- “Put Ups Worksheet!”

26. I will understand the traits of a good friend."

- Tips for being a good friend
- Videos
- “Friendship Wheels” art

DECISION-MAKING SKILLS:

27. "I will learn decision-making skills and how to get out of negative situations in a healthy way."

- The "WHO" decision-making model

UNIT REVIEW AND ASSESSMENT:

28. "I will review everything I learned this year and choose a positive life slogan."

- Reviewing "Learning Targets" from the year
- Advertiser's tricks and tips to avoid them!
- "Interactive Life Quote Treasure Chests"
- "Final Health Assessment"

★ 25 BEST COOPERATIVE GAMES now included!