

Topics Include:

Kindergarten:

Wellness

- 1) Healthy Habits Charades
- 2) Germ Tag Game
- 3) Family Crest Health Posters
- 4) Trusted Adult Helping Hands Role-Plays
- 5) "Guess the Feelings Detectives" Stuffed Animals
- 6) Healthy Versus Unhealthy Habits (11 posters included!)
- Safety
- 7) Calling 911 Posters, "My Body Belongs to Me" video, "Thumbs Up or Down Safety Hazards in the Home," and "Bike Safety Helmut Poster"

Nutrition

- 8) Video and "Fun Food Tag Game"
- 9) "Water Helps Us Grow" interactive cut-out worksheet, and "Healthy Eating Website"
- 10) Feeling Full "Tummy Meter" and role-plays
- 11) "MyPlate" class interaction

Sexual Health

- 12) "Same Same But Different" video and posters
- 13) "It's O.K. to Be Yourself" Freeze Dancing
- 14) "Ways to Be a Good Friend" art and "Friendship themed 'Find Someone Who...' Dance"
- 15) Speaking Up (the "No, Go, Tell" Rule) and practicing "No"

Social Emotional Health

- 16) Dance, Freeze, and Feeling Statements (Teacher prompts included!)
- 17) Bullying and Teasing Kindness Garden Class Poster

Substance Use and Abuse

- 18) "Is it Candy or Medicine?" Lookalike Quiz, with Dangers and Safety Rules Puppet Show
- Note: Many lessons also include optional background information, articles, websites and videos.

First Grade:**Wellness:**

- 1) Healthy Hygiene Freeze Dance
- 2) Germ Stoppers Tag
- 3) Healthy Habits Charades
- 4) "Who I Can Ask for Help?" Worksheet
- 5) Stop, Say, and Signal for Danger
- 6) Communicating "I Can Decide" or "I Need Help!"

Safety

- 7) Safety Adventure!
- 8) Who Can Help in an Emergency Worksheet
- 9) Decision-Making Owl Coloring Handout

Nutrition

- 10) Food Group Relay
- 11) MyPlate BINGO
- 12) Class Fruits and Vegetables Poster
- 13) Families and Eating Class Project

Sexual Health

- 14) Body Systems Simon Says
- 15) "The Very Hungry Caterpillar" Art Project
- 16) Identity Explained for Children Video
- 17) Friendship Yarn Web
- 18) Trusted Adult Role-Play

Social Emotional Health

- 19) Good Words, Tough Words Scenarios
- 20) Good Stress-Bad Stress Acting It Out
- 21) Defeating the Stress Monster
- 22) We Join Hands to Stop Bullying

Substance Use and Abuse

- 23) Puppet Talk and Lookalike Quiz
- 24) Avoid Tobacco and Drugs with Dangers Cut Out Page

Second Grade:

Wellness:

- 1) Healthy Habits Bingo
- 2) Personal Hygiene Relay
- 3) Bacteria and Viruses Card Activity
- 4) Analyzing Influences and Decision Skills
- 5) Accessing Valid Information Decisions
- 6) Communication Skills Practice
- 7) Decision-Making Skills
- 8) Steps to Achieve a Personal Goal

Safety

- 9) Emergency Skills Re-enactments
- 10) First Aid Kits
- 11) Safe and Unsafe Touches

Nutrition

- 12) Creative Water Bottles Bulletin Board
- 13) Food Label Literacy
- 14) Healthy Choices Board Game
- 15) Unhealthy Alphabet Soup
- 16+17) Identifying Healthy Food Choices

Sexual Health

- 18) Understanding Physical Changes
- 19) Living Things Can Reproduce
- 20) Germs: Virus and Bacteria
- 21) Self-Identity or Advocating for all Body Shapes and Sizes
- 22) What is Friendship?

Social Emotional Health

- 23) Self-Esteem Role-Plays: Using Positive Self-Talk
- 24) Videos for Mindfulness and a Stress Reliever
- 25) Expressing Emotions
- 26) Bystander Power!

Substance Use and Abuse

- 27+28) Drug Dangers and Saying “No” Super Heroes Poster

Note: Many lessons also include optional background information, articles, websites and videos.