

## Grade 1 Activities

### **Lesson 1: Intro (OLW)**

Yarn ball ice breaker activity

Folder decorating/health triangle

### **Lesson 2: Self Esteem**

I care for myself/I'm unique worksheet

Draw a picture of what makes you special

### **Lesson 3: Identifying Feelings (OLW)**

Talking stick

Large group feelings charade

### **Lesson 4: Communication**

Feelings wheel

### **Lesson 5: Fear/stress management (GBS)**

Drawing your fears

Makes me afraid (worksheet)

Bad dream journal

### **Lesson 6: decision making (Aesop's Fables)**

Two frogs role play

Partner scenarios (carousel brainstorming around room)

### **Lesson 7: In my shoes (ETR)**

Conflict and feelings story-empathy

Walk around in someone elses shoes-was it easy or hard?

### **Lesson 8: Family (ETR)**

Tricky situations scenarios

### **Lesson 9: My body is private (GBS)**

### **Lesson 10: Stress management (ETR)**

### **Lesson 11: Friends**

Create friendship books

### **Lesson 12: Bullying (OLW)**

That's Not Funny; discussion of when laughter isn't fun

**Lesson 13: Bullying cont. (OLW)**

Sometimes we agree, sometimes we disagree- Tricky Situations, role play or comic strip activity

**Lesson 14: What is Medicine (GBS)**

**Lesson 15: Who can give medicine (GBS)**

**Lesson 16: Medicine in Body(GBS)**

**Lesson 17: Medicine Safety (GBS)**

**Lesson 18: Medicine decision making (GBS)**

**Lesson 19: 5 senses-1 (Mich model)**

**Lesson 20: 5 Senses -2 (Mich model)**

**Lesson 21: 5 senses- 3 (Mich model)**

**Lesson 22: 5 senses-4 (Mich model)**

**Lesson 23: 5 Senses-5 (Mich Model)**

**Lesson 24: The brain/how you think (Mich model)**

**Lesson 25: Heart (Mich Model)**

**Lesson 26: Muscles (Mich model)**

**Lesson 27: personal hygiene (Squeaky Clean Hygiene)**

**Lesson 28: Staying healthy-doctors visits (Squeaky Clean Hygiene)**

**Lesson 29: Germs-get well soon (GBS)**

**Lesson 30: Germs (GBS)**

**Lesson 31: Don't share germs (GBS)**

**Lesson 32: Why do we eat (GBS)**

**Lesson 33: Food in your body (GBS)**

**Lesson 34: Healthy Food (GBS)**

**Lesson 35: Choosing foods (GBS)**

**Lesson 36: Safety-Fire Safety (safety book)**

**Lesson 37: Sharp objects/safety (safety book)**

**Lesson 38: Poisons (safety book)**

**Lesson 39: Outdoor/playground safety (safety book)**

**Lesson 40: review/assessment**