

Grade 3 Health Activities

RED: new activities that can be used for each lesson

BLUE: activities that can still be used

Lesson 1 – Intro

Behavior Contract

Ice breaker game: name tag,

Health triangle, decorate folders

Lesson 2 – Self esteem

Things I can do (worksheet)

Draw and picture and journal (worksheet)

The Peacock and The Crane (role play)

Acrostic name poem

Lesson 3&4 – Decision-making

Scenarios –had them make a scenario in partners and switch with another group

Stop, think, go! (worksheet)

Journal (worksheet)

Lesson 5&6 – Stress

Activity: Deep breathing and stretching

Stress survey (worksheet)

3 different sized cups-different levels of stress-how can stress overflow your cup so quickly, what can you do to not let the cup overflow

Make stress balls or glitter bottle for classroom

Lesson 7 –Social skills = Communication

Activity: Can of soda

Activity: Feelings charades

Worksheet 14, emoji feeling

Human knot, get into a strait line based on birthday (no talking)

Lesson 8 – Anger management

Fight or flight (worksheet)

Emotion booklet

Create a pamphlet on how to deal with anger-techniques that work for them/why is it important to manage anger

Lesson 9 – Social skills = Friends

Worksheet 16 and 17

Friendship quilt

Journal entry

Secret friend game- everyone writes their name down and swaps names randomly. Friend who gets that name draws them a picture or writes why they are a great friend. At the end, describe your friend and students guess!

Lesson 10 – Conflict resolution

Partner, [sharing scenarios](#)

Activity: Add it up worksheet

Activity: Friendship index card

Watch [vingettes of conflict](#) and have students complete I See/ It Means worksheet

Share responses

Lesson 11 &12 – Assertiveness/Refusal skills

Activity: [Saying “no” role play](#)

Worksheet 20, 21

Lesson 13 & 14 – Bullying Prevention

Partner bullying scenario

Read “the grouchy lady bug” and discuss ladybugs behavior

Conducting a survey

Bullying on tv

Bullying detectives (worksheet)

[Partner carousel brainstorming with different bullying scenarios](#)

[Have students identify ways to prevent bullying; design slogans/advocacy campaign to help](#)

Lesson 15 - unit assessment

Lesson 16 - Respiratory system

Activity: Grocery bag for respiratory vest

Respiratory system worksheet

[Explain how respiratory system works; have students put hand on chest and abdomen; “feel” where their breath is.](#)

Lesson 17- Tobacco Effects

Worksheets on lungs, coloring, labeling

[Egg, rusty nail or bolt, chicken bone in coke to show effects](#)

[Physical activity for 1 minute-then breathe through a straw](#)

Lesson 18- Tobacco

Worksheet 6 and journal entry

[Molasses = tar in lungs](#)

Lesson 19 & 20 – Alcohol Prevention

Agree or disagree worksheet

Activity: create bumper sticker

Coloring worksheet

Scenarios

Balancing experiment-testing out that part of your brain

Lesson 21 – OTC

Read the label (worksheet)

Which are drugs (worksheet)

About the medicine (worksheet)

Know the rules (worksheet)

Differentiate between medicines/supplements and candy that looks like them

Lesson 22 – assessment

Lesson 23 – Family life

Gung Hay Fat Choy: small group activity

Scenarios

Discussion circle

Diversity (worksheet)

Family role model (worksheet)

Making a bulletin board

Family recipes; can also bring in food and have a multicultural day

Interview

Responsibility (worksheet)

What makes a family (worksheet)

Tradition (worksheet)

Great Body shop (handout)

Lesson 24 – My body is private

Good touch/bad touch; who is allowed to touch

Lesson 25 - Growth and development

How much did you grow (activity)

Have students bring in a baby picture; then write a brief description of themselves; Others have to guess who it is

What plants need to grow (activity)

Plant seeds and watch them grow. Create a graph and compare to their growth from birth to present

Growing and changing (activity)

"" Interview

Lesson 26 – Skeletal/Muscular System

Modeling clay in glove activity

Skeletons are different (worksheet)

Make a skeleton or x-ray (activity)

Tape half of a Popsicle stick to your thumb

Lesson 27 – Your sense of sight/sound

Don't believe your eyes worksheet
Connect the dots (worksheet)
Here's what I hear (worksheet)
Optical illusion stations with graphs, to compare results
Sound bingo

Lesson 28 - Being sick

Creating a word web
Germs at home (worksheet)
Growth of bacteria (worksheet)
Making cheese (activity)
Germ picture story
Body bugs (activity)
Can you catch it (worksheet)

Lesson 29 - Fighting diseases

Battling germs, drawing activity
Graphing illnesses (activity)
My health plan (worksheet)
Germs get around (worksheet)
Family health plan (worksheet)

Lesson 30 - AIDs

You can stay safe from aids coloring
How to stay safe from aids worksheet

Lesson 31 - Hygiene

Lotion and glitter-germs and hand washing

Lesson 32 - Assessment on disease prevention

Lesson 33-35 - Nutrition

Poster activity
More nutrients please (worksheet)
Creating a diverse meal plan (activity)
Influences of eating habits (activity)
The fat connection (activity)
Multicultural feast (activity)
Food is loaded (worksheet)
Hidden sugar (worksheet)
Reading an ingredient (worksheet)
Ads to the rescue (worksheet)
Healthful food journal

5-food group bingo

Make your own restaurant menu

Myplate

Food journal

Grocery store flyers and designing a meal with Myplate template

Lesson 36-39 - Safety

Internet safety game cards

Home emergency acting

Public service announcement for car safety

Car safety puzzles

Lesson 40- Unit Assessment