

Health Grade 4 Activities

Social/Emotional Health Strand

-Mental Health Standard

Lesson 1 (5.9): The three aspects of health

- Students complete Circles of Health worksheet by labeling the three aspects of health and drawing an image that represents each aspect of health in its respective circle.
- Students play Health Choices Path
- Students complete My Healthy Choices worksheet

Lesson 2 (5.3): Self esteem

- Students can write a short autobiography and attach a drawn picture of themselves
- Complete Worksheet 1 (Three of a Kind) in groups of 3
- Complete Journal Topic on Worksheet 2

Lesson 3 (5.2): Self esteem

- Complete What's Special About Me? Worksheet
- Students can create self portraits including what makes them unique and special
 - Share portraits with a partner and share out with the class what makes their partner special

Lesson 4 (5.5): Decision making

- T&T with a partner and come up with a list of indirect and direct influences that affect their decisions (share responses with class)
- Have students create their own Stop-Think-Go traffic light on construction paper
- Students can complete Graphic Organizer and write down people and things that influence them
- Journal topic on Worksheet 5
- Complete Worksheet 3

Lesson 5 (5.11): Stress management

- Small groups to discuss positive and negative ways to deal with stress (share out to class)
- Go through the two techniques for coping with stress.
- Introduce yoga(stretching), relaxing coloring sheets, listening to calming music
- Worksheet 10 My stressor list
- Journal (worksheet 12)

-Interpersonal Relationships Standard

Lesson 6(7.2): Communication

- Playing charades
- Turn and Talk- Worksheet 13 and Journal Topic (worksheet 14)
- Play telephone Game
- Play Birthday Line-up

Lesson 7 (7.6): Peer pressure

- Turn and talk (discuss resources of places and people you can go to for help)
- Turn and Talk (what are positive and negative influences)
- Message corridor (peer-pressure scenarios)
- Journal topic (worksheet 16)

Lesson 8 (7.6): Refusal Skills

- Practice steps to “No means No”
- Reading NO, No, Annette
- Practice saying No worksheet
- Turn and Talk- create own scenarios and responses, and create a list of alternative activities

Lesson 9 (7.5): Assertiveness

- Worksheet Turn and Talk (practice changing blame statements to I-messages)
- Journal Topic (worksheet 18)

-Safety & Prevention Strand
- Violence Prevention Standard

Lesson 10 (11.1): Bullying

- Scenarios (bullying or not bullying, Face to face or behind-the-back bullying)

Lesson 11 (11.2): Bullying

- Recognize Bullying game board

Lesson 12 : Tobacco/Tobacco effects

- Tobacco Demonstration 1- Heart rate
- Tobacco Demonstration 2- Sponge (emphysema)
- Journal Topic (Worksheet 7)

Lesson 13: Alcohol

- Complete Alcohol Alert reading and worksheet with partner

Lesson 14: Alcohol effects

- Happy Hill Farm play with Q & A

Lesson 15: Marijuana (Mac's choice)

- Discussion questions
- Mac's Choice activity sheets

Lesson 16: OTC Drugs

- Complete Alex's story and Maria's story (either together, groups or individually)

Lesson 17: Advertising

- Create a truthful ad for tobacco using 3 of the tricky techniques
- Complete Worksheet 8
- Journal Topic (worksheet 9)

Lesson 18: Refusal Skills

- Work with partner on saying no to scripts and using refusal techniques
- Work individually or with a partner on creating a cartoon demonstrating one or more refusal techniques

Lesson 19: Poisonings

- Have students create safety labels for home
- Have students read article about what happens when you inhale different poisons (or inhalants)-ie. Bubbles, lead, windex, carbon monoxide, etc
- Share real life stories/articles of kids their age that get sick/have to go to the hospital due to inhalants/poisons (making it realistic for them)

Lesson 20/21: Hygiene/Handwashing

- Great Body Shop Packet
- Tito's Joins the Clean Team maze
- Did You Brush Connect the dots
- Good Health Is In Your Hands coloring book
- Have students practice washing their hands
- Hygiene poster
- No sweat worksheet
- Clean Team maze
- Did you Brush connect the dots
- Germ Fighter worksheet
- Different articles with hygiene tips-in small groups students identify the most important tips
- Students create their own hygiene goal-do at beginning of year and check in?

Lesson 22/23: Growth factors/Endocrine System/Influences on growth and Development

- All About Growing worksheet
- Create a graph to show the differences in genetic characteristics among their classmates
- How We Grow Bingo
- Label endocrine system

- Draw/trace a body and whole group labeling of important parts of endocrine system
- All about growing worksheet
- Here we grow bingo-all different ways to help keep you healthy as you grow
- Keeping track of height-how tall were you when you were in kindergarten? How tall do you think you will be?

Lesson 24: Types of families/Family Characteristics

- Shape of my Family worksheet
- Family goals worksheet
- Family Goals Quilt Square
- Grade 4 Scope and Sequence Activities
- Family goals worksheet
- Family goals quilt
- Different family structures-family tree
- Design a family recipe book-emphasizing culture/diversity
- Different family roles/responsibilities-fishbowl discussion (some students on the inside, and the people on the outside observing)

Lesson 25: Advertising

- Lifeskills-worksheet 8,9
- Students make a poster to advertise or promote something in their school-using the techniques
- Grocery Store competition-possibly connect with a local grocery store and have students design a healthy message to advertise on a brown paper bag at the grocery store, or around the community

Lesson 26: Unit Assessment

Lesson 27/28: Diseases

- Diseases and Transmission
- How diseases spread worksheet
- Spray bottle with glitter-showing how things spread
- Guide students through a transmission spreading imagery
- Video clip on how different diseases can be spread
- Community Health worksheet
- Disease prevention word search
- Look at community health resources?? Compile a place where families can go to for help if they are sick?

Lesson 29/30: HIV/AIDS

- Worksheet
- Embed this with disease prevention-rather than making it its own lessons??

Lesson 31/32/33/34: Nutrition/Myplate

- Carb, protein, vitamins, fats, minerals, water, nutrients, worksheets
- Healthy eating worksheet
- Healthy goals worksheet
- Create a healthy meal
- Advertising and nutrition-cereal ads activity
- Who am I nutrition game-my plate
- Flyers from grocery store-create a healthy meal

Lesson 35/36: Physical Activity

- Class workout activity
- How exercise helps worksheet
- Healthy choices and exercise worksheet
- Have students create their own workout to their own music and teach class

Lesson 37: unit assessment

Lesson 38/39/40: Safety

- Planet play activity-risk assessment
- What is an example of a risk that could be good for you? What is a risk that is bad for you?
- How to call for help worksheet
- First aide crossword
- Summer safety checklist
- First aide scenarios-what would you do?
- Video clips-showing a dangerous scenario-what do you do?
- Reviewing rules for playground-are these rules sufficient? Analyzing the rules
- Household safety for siblings/self-what can you do to make sure your home is safe?