

Grade 5 Health Activities

Lesson 1- Intro

High on Health balloon game
Picture Me activity
Design class norms with student groups

Lesson 2- Self Esteem

Life Skills activity
Create a class timeline with goals and have students list what they want to achieve
Think-Write-Pair-Share goal for the year
Have the students create their own personality islands (inside out)

Lesson 3- Decision Making

Life Skills Activity- Stop/Think/Go
Play Simon Says- to illustrate times to stop or react

Lesson 4- Stress management

Life Skills Activity- time management
Create a stressful situation in beginning of class (quiz, timed competition like building a house
From a deck of cards, relay race); then have students describe the symptoms of stress
Stress management/relaxation techniques- deep breathing, progressive muscle relaxation,
Imagery

Lesson 5- Communication Skills

Life Skills Activity- active & passive listening
Play telephone to demonstrate how miscommunication can occur
Partner students and have one read directions, the other draw a picture from those directions
Without the ability to ask questions; then with questions; compare
Role play communication skills
Look back at the personality islands-how can you best communicate based on your islands and
make it a win/win situation?
Have a sheet with faces-students fill out how they think the people are feeling based on their
expression/non verbal

Lesson 5- Conflict Resolution

Life Skills Activity- Outcome scenarios
Role play various conflict resolution styles and have student audience identify, then make
Recommendations to come to a win-win scenario

Lesson 6- Assertiveness

Life Skills Activity- Role Play
Use pictures of emoji's and have students try to identify the "feeling"; explain how body
Language can send a different message
Watch video clips of confrontations; have students use I See / It Means to describe the
Confrontation style

Lesson 7- Bullying

Second Stop Activity- Role Play;

Can use I See / It Means with scenario pictures

Watch video clips of bullying situations and have students identify the type of bullying

Create a Bumper Sticker or Slogan for Anti-Bullying

Various video clips with formative questioning throughout (in addition to identifying the type- what happened, what could a bystander do? What do you think the friends could have done?)

Lesson 8- Tobacco

Life Skills Activity- Create a tobacco law

Teach students how to check pulse; have them do jumping jacks or run in place to get heart rate Up; then explain how smoking does this when the heart is supposed to be at rest

Review Surgeon General's warning; have students create a "truthful cigarette warning" using Information from effects of smoking

What is in a cigarette? Cut open a cigarette??- 3d visual

Lesson 9- Marijuana

Compare/Contrast Tobacco & Marijuana

Think-Write-Pair-Share with 3 students to answer scenarios on "What Would You Do?"

Posters around the room with questions-learning experience they answer the questions in small groups/partners, then go over as whole group (myths, how many people do you know that smoke? Long term affects, short term affects)

Lesson 10- Alcohol

Dizzy Bat game to illustrate how alcohol alters sense of balance & coordination

Lesson 11- Refusal Skills

Discussion of peer pressure and ways to say No

Role play scenarios with partner saying no; have audience critique

Use 3 step model: Say no, give reason, then offer an alternative or walk away

Have the students create their own scenario with a partner about a situation they could get into-swap with another group

Lesson 12- OTC/Prescription Drugs

Safety with Medicines Activity

Compare/Contrast medicines and candy to demonstrate ease of confusion or accidental Poisoning

Lesson 13- Advertising

Life Skills Activity- Create a healthy product to advertise

Analyze various advertisements from magazines and identify the message and target

Expansion-have them work in small groups to discuss what a commercial for their product would look like? What techniques would they use to enhance the sell-ability?

Lesson 14- Personal Hygiene

Good Hygiene practices

Create a jeopardy/bingo game of hygiene practices

Have each class design a bulletin board of hygiene practices to teach students in younger grades

Deodorant from secret/old spice-community resource??

Groomed Gary-giant piece of paper and draw a person, have the students label grooming tips

Lesson 15- Endocrine System

Label Diagram of Endocrine system

Create a matching game of endocrine system. Cut out of body, parts of endocrine system;
Students read the description, identify & place the gland in the appropriate space

Hands on role play-one student is a receptor and one student is a hormone-and physically go through what happens in the body

Lesson 16- Puberty

Compare & Contrast Boys & Girls during puberty

Have students brainstorm changes physically, mental/emotionally & socially from birth through
Teenage years

Lesson 17- Reproductive Systems

Label Diagrams of Male & Female Reproductive systems

Create jeopardy game of male & female reproductive system parts, functions & hygiene
Scavenger hunt as learning experience to discover information

Lesson 18- Family Life

Family Favorites/Traditions activity

Think-Write-Pair-Share what is a family

Have students research their family tree

Create something that represents their family and why

Lesson 19- Immune system

How the Immune System works; types of germs; communicable vs. noncommunicable

Have students design their own germ and explain what category it falls into, the illness it causes,
And how to treat it

Explain the different modes of germ transmission; have students match modes with images of
Transmission

Create a cartoon strip of how a germ invades the body and the body fighting off the germ
Leading to natural immunity

Lesson 20- HIV/AIDS

Question & Answer booklet on AIDS

Break into groups and have each group work on a separate topic about HIV/AIDS; Each group
Will design a page for a booklet- Key ideas, definition, transmission, symptoms, stages,

Treatment, prevention... can add other information as class size allows

Create a play comparing the difference between a virus attacking the body vs. retrovirus (HIV)

Lesson 21- Nutrition

My Plate Online profile

Nutrients discussion and activity- create a poster for each nutrient

- UMASS Dartmouth Nutrition program may be implemented here

Have the younger kids (2,3) do a meal tracker and have 5th graders analyze and write advice-how
could their diet be better? What is something they did well?

“Who am I” game from Myplate-like the whats up game

Lesson 22- Healthy Diet & Exercise

Creation of a personal fitness plan

Create a list of summer recreation activities, camps, clubs etc, students can be involved in;

Students can create advocacy posters promoting these activities

Lesson 23- Safety

Preparation for Emergencies- what to do, who to call