

Grade K

Elementary Health Activities

Lesson 1- Introduction

Ways we are the same activity

Have two students go to the front of the class, and have other children find the similarities between the two children (girl/girl) (boy/boy)

Lesson 2/3- I am Special/ Self Esteem

My Body is Special sharing and Button making (GBS)

Positive affirmations-have them repeat

Show and tell-bring something in that describes you or draw something that describes you

Lesson 4/5- Feelings

Body Language Identification Activity

I Messages Activity

Show me feelings activity-what does sad look like? Happy? Etc

Inside out clip

Lesson 6/7- Communication

Magic Talking Stick Activity (GBS)

Take turns talking to your friend about a topic (teacher chooses topic)

Non verbal/verbal-how am I feeling if I look like this? How do you know?

Mini charades- choose an emotion and have one student display and let the students guess how they feel

Lesson 8- Conflict Resolution

Role Play

Empathy wheel-create a wheel with situations, use fidget spinner and where it landed they can talk about how they could handle the conflict!

No bullies-create a picture/poster with a friend to show a no bully zone/friends are better than bullying

Lesson 9/10/11- Family/Goals

Family Team activity

Family Roles/ Simon Says (GBS)

Assessment- What do I want to be when I grow up?

Have students draw a picture of what "Job" they want when they grow up and share

Have students create a goal-what do you want to be when you grow up

Lesson 12/13- Personal Hygiene

Different shapes & sizes activity (GBS)

Handwashing activity (GBS)

Lotion and glitter-hand washing

Lesson 14/15/16/17/18/19/20- Senses

5 Senses matching activity (GBS)

Scavenger hunt- students can identify which sense is used from objects/images

Individual lessons on each sense (touch, taste, feel, hear, smell)

Bring in smells for the students to smell (mint, dirt, wood, flower)

2 crayons and close your eyes and connect the crayons-you can't. Use your eyes to connect the crayons-sight

Penny activity-cup and drop a penny into the cup partners (one partner has one eye closed and a cup) their job is to tell the partner when to drop a penny into the cup **2nd grade??

Sound bingo/identifying-youtube and a piece of paper and the students identify the sounds played and circle/color the matching sound

Have students close their eyes and identify where the teacher goes based on sound

Secret Bag-have students reach into a secret bag with different textures and try and describe and identify the object

Color blind test-print out pictures and try to have students identify the number

Braille-show a sample of braille

Talking stick activity-what is your favorite sense?

Lesson 21/22/23- Germs

Germ transmission activity (GBS)

Long term Illness vs. Short Term Illness (GBS)

HIV/AIDS (GBS)

Glitter transmission

Demonstrate covering mouth for a cough

Guide students through a transmission activity-I cough in my hand, high five student A, student A uses a crayon, Student B uses the crayon, etc. Follow the germ, or pass around a sticker. The sticker loses its stickiness, and the germ spreads

Lesson 24- Medicines

Differentiate between medicines and candy

Compare /Contrast several medicines/supplements that look like candy (ie. Gummy vites)

Brainstorm other items that looks like foods (cleaners that look like Gatorade)

Develop a safety plan for medicines

Lesson 25/26- Going to the doctor/dentist

Roles of Doctors/Dentists (GBS)

Measurement class averages- measure each student's height and create a graph; can be

Followed up throughout the year

Students role play doctor

Dental care (GBS)

Sticky foods activity; use marshmallows & apples to demonstrate how marshmallow sticks to "Teeth" (use plastic knife) and how apple doesn't; infer which foods they should eat for

Healthy teeth

Tooth defenders-hands on kit

Make a tooth brush out of construction paper

Lesson 27/28/29- Drugs

Musical Chair review (GBS)

Is It a Drug? Activity (GBS) use Mr. Yuk & Mr. Happy

Who can give Medicine? (GBS)

Assessment- Have students identify one thing they could do to avoid illness or poisoning; create Poster/picture of what they chose and why

Lesson 30/31/32/33- Nutrition

Path of food activity (GBS)

Fruit/Vegetable placemat (GBS)

Nutrition & Disease Prevention (GBS)

Healthy Food Choices (GBS)

Go to www.ChooseMyPlate.gov for multiple activities

**UMASS nutrition program

Walking tag-taggers have a fruit or vegetable and the student who got tagged has to place the food in the correct area (either fruit or vegetable)

Lesson 34/35/36/37/38/39- Exercise

What is Play? (GBS) different types of dance for exercise

Exercise & the Heart (GBS) pulse rate & muscle strength

Safe play Rules (GBS) select which you would like to focus on (bike, sports, bus, etc)

Assessment- End of year; students can select one area of interest they learned in health and How they will adopt the healthy behavior

Students go outside to the playground and identify safety tips/go over safety rules of playground

Fire Safety-911 rap-demonstrate calling 911, demonstrate stop, drop and roll

Stranger danger