



Preview – Information



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Ontario Health Curriculum

Substance Use addictions– Grade 2

3-Part Lesson Format

Part 1 – Minds On!

- Learning Goals
- Discussion Questions
- Quotes
- And More!



USING MEDICINE SAFELY

LEARNING GOAL

We are learning to understand different kinds of medicines and how to use them safely so we can stay healthy, follow rules, and make safe choices when taking medicine.





USING MEDICINE SAFELY

WHICH ACTIONS ARE SAFE?

Look at each picture. Find the actions that keep us safe with medicine.
Write the correct letters in the answer box below.

A	B	C	D	E	F
					
Taking medicine from an adult	Taking medicine alone	Saying "no" to sharing medicine	Sharing medicine with a friend	Carrying an autoinjector safely	Playing with medicine

Answers



Part 2 – Action!

- Writing
- Matching
- Drag and Drop
- Drawing
- And More!

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!



CONSOLIDATION

ONE-WORD WRAP-UP

Write one word that shows how we use medicine safely.

Example:
"Instructions" – because we must follow the directions when taking medicine.



Ontario Health Curriculum

Substance Use addictions– Grade 2

ACTION

WHY SLEEP IS IMPORTANT

QUICK TRUE OR FALSE

Read each sentence carefully. Drag the correct answer (True or False) beside each question.

1) Sleep helps your body fight germs.	
2) Sleeping makes you feel tired all day.	
3) When you sleep, your body does nothing.	
4) Getting enough sleep helps you feel happy.	
5) Sleep helps you remember what you learn.	

True

False

MINDS ON

PLAY & HEALTHY BODIES

WHAT DO YOU SEE?

What do you notice in the pictures below?

A



B



C



WORD SEARCH

Find and circle the outdoor play words hidden in the puzzle.

B	U	B	A	X	Y	B	P	F
J	U	M	P	F	U	N	L	Y
A	I	R	R	U	N	E	A	P
O	U	T	S	I	D	E	Y	P
F	R	E	S	H	L	B	W	A
S	T	R	O	N	G	I	O	H
Y	P	S	M	P	W	X	R	C
R	J	J	Z	T	E	A	G	G

Happy	Fresh	Outside
Strong	Play	Air
Jump	Grow	Run
	Fun	

Ontario Health Curriculum

Substance Use addictions– Grade 2

EATING HEALTHY FOODS
HEALTHY FOOD CHECK

Look at each food picture. Put a ✓ if the food is healthy. Put an ✗ if the food is not healthy.

✓
✗

UNDERSTANDING
MATCH THE FEELING

Read each sentence. Drag it to the face that shows the feeling.

1) My heart feels light and I want to smile and laugh.	
2) I feel sad and wish someone would play with me.	
3) I feel angry and want to yell at me.	

WHY WATER IS IMPORTANT
WOULD YOU RATHER

Would you rather drink water before eating or after eating?







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Ontario Health Curriculum

Personal Safety & Injury Prevention – Grade 2

3-Part Lesson Format

Part 1 – Minds On!

- Learning Goals
- Discussion Questions
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- And More!



HOME SAFETY SYMBOLS

LEARNING GOAL

We are learning to **understand** safety symbols and make safe choices at home so we can **stay safe**, avoid danger, and know when to ask a trusted adult for help.





FIRE SAFETY FIRST

WORD SEARCH

Find and circle the fire safety words hidden in the puzzle.

U	K	K	H	O	M	E	D	C
X	V	U	K	K	Y	F	U	E
K	L	L	K	E	X	I	T	S
D	R	I	L	L	W	R	C	C
W	S	M	O	K	E	E	A	A
G	B	H	Y	C	P	T	L	P
Y	A	F	H	J	B	C	L	E
A	L	A	R	M	D	O	O	R

Alarm	Door	Home
Drill	Fire	Escape
Smoke	Exit	Call



Part 2 – Action!

- Writing
- Matching
- Drag and Drop
- Drawing
- And More!

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!



CONSOLIDATION

QUICK DRAW

Can you name one safety symbol you have seen at home or in your classroom?

Draw the safety symbol. Tell what it means and how it keeps you safe.



Ontario Health Curriculum

Personal Safety & Injury Prevention – Grade 2

SUN SAFETY

SAFE OR NOT SAFE?

Look at each picture. Put it in the correct box: safe or not safe in the sun.

Safe



Not Safe

SAFE ON THE BUS

BUS SAFETY CHECK

Look at each picture. Put a ✓ if the action is safe. Put an ✗ if the action is not safe.










WHICH ACTION?

Look at each picture. Find the actions that keep us safe.
Write the correct letters in the answer box below.

					
A	B	C	D	E	F
Taking medicine from an adult	Taking medicine alone	Saying "no" to sharing medicine	Sharing medicine with a friend	Carrying an autoinjector safely	Playing with medicine

Answers



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Personal Safety & Injury Prevention – Grade 2

KEEPING FOOD SAFE

Move the letter A or B into the box to show your answer.

1 What should you do before eating food?
A) Wash your hands B) Eat right away

2 What should you do with fruits before eating?
A) Eat them dirty B) Wash them

3 What should you do after eating?
A) Do nothing B) Wash your hands

4 What should you use to wash your hands?
A) Soap and water B) Only water

5 What helps keep food safe?
A) Washing and cooling B) Leaving it out

6 What helps stop germs on food?
A) Dirty hands B) Clean hands

ACTION

LEARNING ALLERGIES

CROSSWORD PUZZLE

Find and circle the allergies words hidden in the puzzle.

O	H	A	R	E	O
T	K	E	G	I	E
E	F	D	I	A	M
S	T	I	R	I	S
S	C	Y	H	C	G

Across

- 3) not feeling well
- 5) things we eat
- 6) give to others
- 7) need to scratch skin

Down

- 1) white drink from cows
- 2) food from chickens
- 3) no harm or danger
- 4) red spots on skin

ACTION

SAFETY CHECK

Look at each picture. Put a ✓ if the action is safe. Put an X if the action is not safe.

ACTION



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Ontario Health Curriculum Mental Health – Grade 2

3-Part Lesson Format

Part 1 – Minds On!

- Learning Goals
- Discussion Questions
- Quotes
- And More!



ANIMALS AND THEIR EMOTIONS

LEARNING GOAL

We are learning to **see how**
animals show feelings so we can
understand them better and be
kind, safe, and caring when we
are around animals every day.





ANIMALS AND THEIR EMOTIONS

WORD SEARCH

Find and circle the outdoor adventure words hidden in the puzzle.

Care	Happy	Sad
Body	Calm	Scared
Animal		Kind

Part 2 – Action!

- Writing
- Matching
- Drag and Drop
- Drawing
- And More!

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!



CONSOLIDATION

QUICK DRAW

- Name one animal you like the most.
- Draw your favourite pet showing a feeling.



Ontario Health Curriculum

Mental Health – Grade 2

ACTION

CALM BREATHING

CHOOSE THE CALM CHOICE!

Look at each image. Write the letter that shows a mindfulness picture.

					
A	B	C	D	E	F
Yelling loudly	Taking deep breaths	Throwing things	Listening to Calm Music	Sitting quietly	Stomping feet

Answers

ACTION

FRIENDSHIP PROBLEMS

QUICK TRUE OR FALSE

Read each sentence carefully. Drag the correct answer (True or False) beside each question.

- Talking about feelings can help fix a problem.
- Friends always understand each other right away.
- A friend may feel upset if someone does not share.
- Good friends do not need to listen to each other.
- Understanding each other can make a friendship stronger.

True

False

SMART CHOICES

Put a ✓ if the picture shows a good choice when there is no electricity.
Put an X if the picture shows a poor choice when there is no electricity.

✓

X

Ontario Health Curriculum

Mental Health – Grade 2



GROWING LIKE PLANTS

QUICK TRUE OR FALSE

Read each sentence carefully. Drag the correct answer (True or False) beside each question.

- Plants can grow without water and sunlight.
- Plants need care and love just like people do.
- Seeing a plant grow can make us feel happy and proud.
- Taking care of plants can help them grow strong and healthy.
- Seeds grow into plants right away with no time needed.

True

False




WEATHER WORD SEARCH

Find and circle the weather & our feelings words hidden in the puzzle.

A	W	I	N	D	Y	H	M	
C	A	W	H	E	M	S	A	D
C	R	S	U	N	N	Y	P	U
A	M	M	U	D	Y	R	P	V
L	Q	I	I	C	H	G	Y	Z
M	S	L	M	O	D	U	S	B
Z	L	E	X	L	A	Z	J	Q
U	M	G	F	D	P	D	T	T

Smile	Cold	Warm
Windy	Calm	Sunny
Sad		Happy



CROSSWORD

Insert the correct word into the crossword boxes. Use the Across and Down clues to place each word in the right spot.

M	U	T	W	A	C	A	O
A	Y	L	D	I	S	H	L
S	A	R	P	C	N	X	D
G	N	Y	S	U	T	P	F

Across

- feeling relaxed
- music that is _____ keeps us calm
- we may cry when we feel _____
- when we are mad

Down

- moving very quick
- feeling good and joyful
- something we can hear
- sounds we can hear



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Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 2

3-Part Lesson Format

Part 1 – Minds On!

- Learning Goals
- Discussion Questions
- Quotes
- And More!

STAGES OF DEVELOPMENT

LEARNING GOAL

We are learning to **understand** how people grow and change from babies to seniors so we can learn about different stages of life and what people do at each stage.

STAGES OF DEVELOPMENT

YES OR NO

Show your answer with a thumbs up 👍 or thumbs down 👎

1) Children learn new things as they grow.	
2) All people stay the same their whole life.	
3) People go through different life stages.	
4) Kids and adults do the same things every day.	
5) People grow and change over time.	

Part 2 – Action!

- Writing
- Matching
- Drag and Drop
- Drawing
- And More!

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION

3-2-1 REFLECTION

Write 3 stages of life you learned.	Write 2 things people can do as they grow.	Write 1 thing that changes as people grow.
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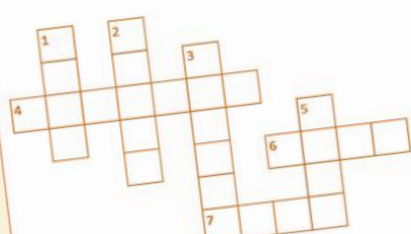
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Human Dev't & Sexual Health – Grade 2

GROWING UP STEP BY STEP

CROSSWORD PUZZLE

Find and circle the family fun time words hidden in the puzzle.



G	R	T	E	K	E	R
I	R	H	B	G	Y	B
D	S	L	L	O	A	L
L	W	H	D	E	A	W

Across

- 4) small child learning to walk
- 6) very young child
- 7) use words to speak

Down

- 1) to get bigger
- 2) old person
- 3) how tall you are
- 5) move on feet

WHAT HELPS ME GROW

WORD SEARCH

Find and circle the outdoor adventure words hidden in the puzzle.

M	E	D	M	J	K	Z	C	M
C	A	R	E	U	K	W	V	Q
H	O	M	E	I	S	A	F	E
F	A	M	I	L	Y	G	J	L
G	E	Z	J	W	Q	R	I	O
L	E	A	R	N	J	O	L	V
P	A	R	E	N	T	W	T	E
C	H	I	L	D	V	O	C	C

Grow	Family	Safe
Home	Parent	Love
Care	Child	Learn

Move the...

- 1** Babies need help because they:
A) Are still learning B) Know everything
- 2** Our body needs food to:
A) Get energy B) Stop moving
- 3** Growing up happens:
A) Slowly over time B) In one day
- 4** Growing up means our body will:
A) Stay the same B) Change and grow
- 5** Learning new things helps our brain:
A) Stop working B) Grow smarter
- 6** Playing and moving helps our body:
A) Get smaller B) Grow strong

Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 2



HOW OUR BODY WORKS

QUICK TRUE OR FALSE

Read each sentence carefully. Drag the correct answer (True or False) beside each question.

- 1) Air helps our body work properly.
- 2) The digestive system helps us breathe.
- 3) The breathing system helps us take in air.
- 4) Food stays the same inside our body.
- 5) Our body needs both air and food every day.

True **False**



STAYING CLEAN OR NOT

Put a ✓ if the action helps you stay clean and healthy.
Put an ✗ if the action is not clean or healthy.

✓ ✗

CHOICE

Which choices help your teeth stay clean and strong. Write the letters that show the healthy choices on the line below.

					
A	B	C	D	E	F
Eat healthy foods	Rinse mouth	Eating candy	Visit the dentist	Eating chips	Brush teeth

Answers



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Ontario Health Curriculum Healthy Eating Unit – Grade 2

3-Part Lesson Format

Part 1 – Minds On!

- Learning Goals
- Discussion Questions
- Quotes
- And More!



OUR FOOD JOURNEY

LEARNING GOAL

We are learning to **understand how food moves through our body** so we can **know how our mouth, stomach, and intestines help turn food into energy that keeps us healthy and strong.**





OUR FOOD JOURNEY

PUT IT IN ORDER!

Look at each picture. These show parts of the food journey in our body. Put the letters in the correct order to show how food moves inside us.

A	B	C	D	E	F
					
Small Intestine (body takes energy)	Mouth (we chew food)	Stomach (food gets mushy)	Esophagus (food slides down)	Large Intestine (body takes water)	Food leaves the body

Answers

Part 2 – Action!

- Writing
- Matching
- Drag and Drop
- Drawing
- And More!

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!



CONSOLIDATION

QUICK DRAW

• Where does food go after your mouth?

• Draw arrows to show food moving inside your body.





Ontario Health Curriculum

Healthy Eating Unit – Grade 2



A HEALTHY LUNCHBOX

YES OR NO

Show your answer with a thumbs up 👍 or thumbs down 👎

1) Should your lunch have different food groups?	
2) Is it healthy to skip fruits and vegetables?	
3) Should you drink water every day?	
4) Is eating only one kind of food every day healthy?	
5) Is yogurt a healthy snack for your lunchbox?	


ACTION


ACTION

FOOD CHOICES

WORD SEARCH

Find and circle the healthy food words hidden in the puzzle.

Water	Food	Fruit
Small	Healthy	Drink
Meal		Veggies

Move the letter A to the right.

1	What helps keep your body healthy?	A) Clean habits	B) Skipping washing
2	Why do we use soap when washing?	A) To remove dirt & germs	B) To change hand colour
3	Why should we keep our table clean?	A) To make a mess	B) To stop germs
4	What can happen if we eat with dirty hands?	A) Food tastes better	B) We may get sick
5	What should you do before touching food?	A) Wash your hands	B) Play outside
6	Why should we wash hands before eating?	A) To make hands wet	B) To remove germs

Ontario Health Curriculum

Healthy Eating Unit – Grade 2

FOODS THAT FIGHT GERMS

WHICH FOODS FIGHT GERMS?

Put a ✓ if the foods help us fight germs. Put an X if not.

 Orange	 Soda	 Donut	 CARROT
 FRENCH FRIES	 SPINACH	 BROCCOLI	 LOLLIPOPS

✓
X

CROSSWORD

Fill in the garden food words using letters.

O	Y	R	R	E	B
T	G	N	A	N	E
M	T	A	E	D	O
T	T	R	R	F	O
R	R	O	A	C	G

Across

- 2) A crunchy orange vegetable
- 5) What we eat every day
- 6) What we do with food
- 7) Small sweet fruits

Down

- 1) We grow food here
- 3) A juicy orange fruit
- 4) A red round vegetable

YES OR NO

Put your answer with a thumbs up 👍 or thumbs down 👎

1) Can nuts or milk cause allergies for some kids?	
2) Should you choose snacks that are safe for you?	
3) Should you eat food if you are allergic to it?	
4) Is it safe to read food labels before eating?	
5) Is it okay to share food without asking?	

👍
👎