Workbook Preview

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Grade 1 – Health Unit

Mental Health Literacy

	Curriculum Expectations	Pages
D1.5	Demonstrate an understanding that mental health is a part of overall health and reflect on the things they can do to appreciate and take care of their body and mind	32 – 87
D3.3		31

Preview of 70 pages from this product that contains 120 pages total.

NAME: _____

MENTAL HEALTH



PREVIEW

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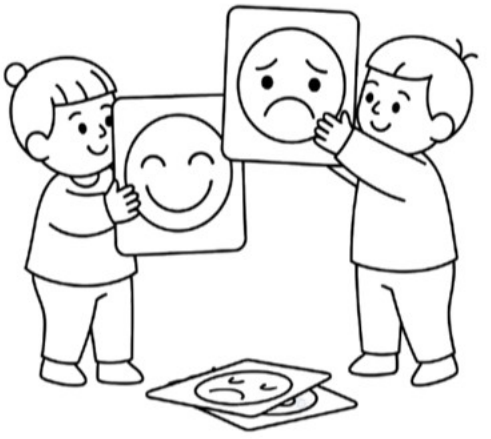
Name: _____ 6

Curriculum Connection
D3.3

Feelings and Emotions

Feelings and Emotions



Feelings and emotions are how we feel inside. It is important to understand them for our mental h

Key F abou e s:

- Happy: W are h ve feel good. We smile and laugh.
- Sad: Sometim okay to be sad. We might cry when we are sad.
- Mad: When we are mad, we f gry. I ay to feel mad, but we should try to calm down.
- Scared: Sometimes, we get scared. W thing. We can talk to grown-ups about it.
- Surprised: When something unexpected happens, w d. It can be a fun feeling!

PREVIEW

Why Feelings are Important:

- Feelings help us understand ourselves and others.
- Talking about our feelings helps us feel better.
- It is okay to have different feelings. We can share them with our friends and family.

Name: _____ 7

Curriculum Connection
D3.3

True or False

Is the statement true or false?

1. Happy feelings make us smile and laugh.	True	False
2. It is never okay to feel sad.	True	False
3. When we are mad, we feel joyful.	True	False
4. Talking about our feelings is helpful.	True	False
5. Feeling ... portant for understanding others.	True	False

PREVIEW

Matching

Draw ... atch each feeling with the correct situation.

1. Happy			You lost your favourite toy.
2. Sad	❑		You ... game with your friends.
3. Mad	❑	❑	...heard ... se at night.
4. Scared	❑	❑	Someone ... ou...
5. Surprised	❑	❑	A friend threw you a su... party.

Question

Write about a time you felt sad.

_____

_____

_____

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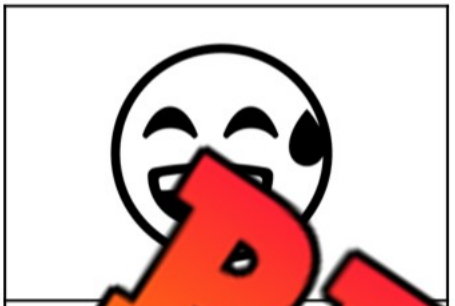
Name: _____ 8

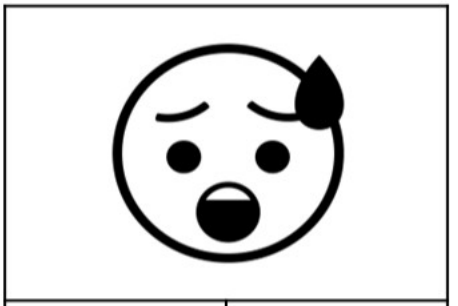
Curriculum Connection
D3.3

Learning About Feelings with the Emotion Guide

Think Circle the emotion being shown.



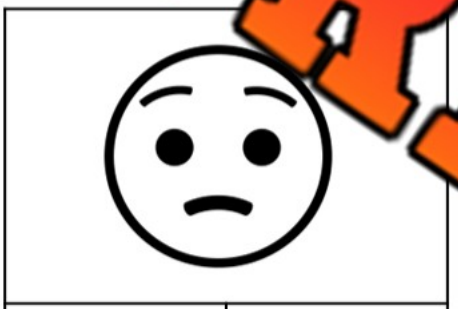
Ha | Wo



Anxious | Excited



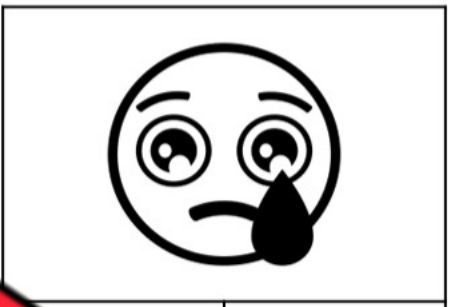
Disappointed | Pleased



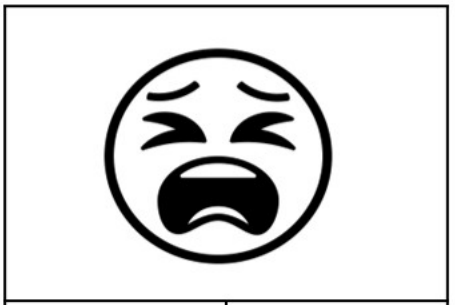
Worried | Happy



Sad | H y



Upset | Joyful



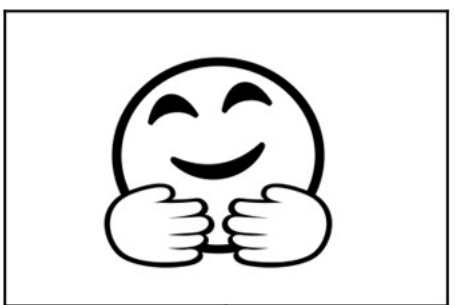
Tired | Fresh



Angry | Calm



Thinking | Sleepy



Loving | Anger



Thinking | Happy



Sleepy | Alert

PREVIEW

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Name: _____ 9

Curriculum Connection
D3.3

True or False

Is the statement true or false?

1)	When we feel _____ we might cry.	Sad	Happy
2)	We can talk to _____ when we are scared.	Grown-ups	Nobody
3)	_____ help us know ourselves better.	Feelings	Toys
4)	We _____ when we are happy.	Frown	Smile
5)	_____ our feelings makes us feel better.	Forgetting	Talking

PREVIEW

Draw

...ngs you might have in a day.

Happy	Sad	...
Scared	Sleepy	Surprised

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Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

What would you feel?

1) You lo favouri	Sad	Joy
2) Yo n't slee well.	d	Happy
3) You didn't win a game.	Al	pe
4) You won a prize.	Scared	Joy

Name: _____

What would you feel?

1) You lose your favourite toy.	Sad	Joy
2) You didn't sleep well.	Tired	Happy
3) You didn't win a game.	Alert	Upset
4) n a prize.	Scared	Joy

Name: _____

What would you feel?

1) You lose your favourite toy.	Sad	Joy
2) You didn't sleep well.	Tired	Happy
3) You didn't win a game.	Alert	Upset
4) You won a prize.	Scared	Joy

Name: _____

What would you fe

1) You lose your favourite toy.	d	Joy
2) You didn't sleep well.	Tired	Happy
3) You didn't win a game.	Alert	Upset
4) You won a prize.	Scared	Joy

PREVIEW

Name: _____ 11

Curriculum Connection
D3.3

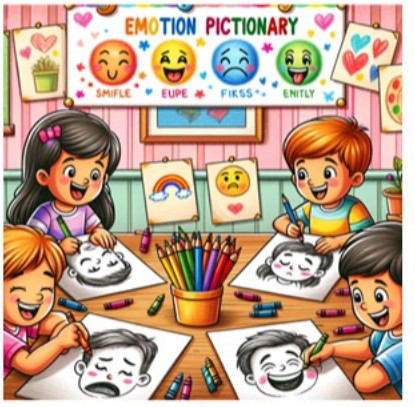
Activity – Expressing Feelings through Art

Objective What are we learning about?

Encourage students to recognize and express various emotions through creative drawing.

Materials What you will need for the activity.

- B sheets a
- Crayons a



Instructions How yo ple ivity

1. Each student receives a sheet r and s
2. The teacher announces an emotion (ha d, ex).
3. Students draw a picture representing the an d emotio y should draw it on any of the 8 spots on the pages provid
4. After drawing all 8 emotions announced, students show t o a classmate.
5. Classmates guess the emotion based on the drawing.
6. Encourage discussion on why certain features represent specific emotions.
7. Ask students to share personal experiences related to the emotions drawn.
8. Discuss how expressing emotions through art can be therapeutic.
9. Conclude with a reflection on the importance of understanding and expressing feelings.

PREVIEW

Name: _____ 12

Curriculum Connection
D3.3

Emotions | Emotion Cards

Happy	Sad
Excited	Surprised
	Scared
Laughi	Frustrated
Silly	Shy
Confused	Pro
Sleepy	Loving
Calm	Curious
Embarrassed	Grumpy

PREVIEW

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Name: _____ 13

Curriculum Connection
D3.3

Activity – Expressing Feelings through Art

Draw Draw a picture of the emotion. Then have a classmate guess the emotion.

1) Emotion	
3) Emotion	

Emo	
4) Emotion	

PREVIEW

Name: _____ 14

Curriculum Connection
D3.3

Activity – Expressing Feelings through Art

Draw Draw a picture of the emotion. Then have a classmate guess the emotion.

5) Emotion	

7) Emotion	

8) Emotion	

PREVIEW

Name: _____ 15

Curriculum Connection
D3.3

Story: Handling Emotions

Max's Big Feelings



Max had a day filled with big feelings. In the morning, his little sister broke his toy airplane. Max felt angry. He remembered his mom saying, "When you are mad, count to ten and take deep breaths." Max counted slowly, and his anger floated away soon.

At school, Max's best friend Sam was away. Max felt sad and missed him. His teacher, Mrs. Maple, noticed and said, "It's okay to feel sad, Max. Talking about it helps." Max talked to Mrs. Maple and felt a little better.

During recess, Max's new ball got stuck in a tree. He felt frustrated. Then he remembered his dad's words, "Take a break, then try again." Max took a break, and with his friends' help, they got the ball down.

At bedtime, Max told his parents about his day. "I had so many feelings today," he said. His parents hugged him and said, "It is good to feel things, Max. You handled your emotions really well." Max smiled, feeling proud and happy. He learned that it is okay to have big feelings and that there are ways to handle them.

PREVIEW

Name: _____ 16

Curriculum Connection
D3.3

True or False

Is the statement true or false?

1) Max's sister broke his toy airplane.	True	False
2) Max felt sad at school.	True	False
3) Talking made Max feel worse.	True	False
4) Max's k got stuck in a tree.	True	False
5) Max r hi ball back.	True	False

Fill in the Bla

the missing word.

1)	Max felt _____ toy b	Angry	Happy
2)	He counted to _____ to alm	Ten	One
3)	Max shared his feelings with Mrs. _____	pple	Pine
4)	Max felt _____ when he talked about his	Bett	Sadder
5)	His ball was stuck in a _____.	Tr	

PREVIEW

Directions

Draw three ways to handle emotions.

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Story: Positive Thinking

Lucy's Sunny Thoughts



Lucy was a girl who loved to think happy thoughts. One cloudy day, her friends were sad bec[illegible] they could not play outside. Lucy smiled [illegible], "Let's make a fort inside!"

Using blank[illegible] [illegible]low[illegible]ey built the biggest fort ever. Inside, [illegible]y to[illegible]d laughed. Lucy's positive thinking turned a gloomy day [illegible]adve[illegible]

The next day, Lucy saw a boy who dropped [illegible]s ic[illegible]am. He was very upset. Lucy thought for a moment and [illegible]said [illegible]i[illegible]e[illegible] Now you can choose a new flavour!" The boy smiled, picke[illegible] ice [illegible]n, and felt happy again.

At school, Lucy's class had a hard puzzle to solve. Some kids felt it was too difficult. Lucy said, "We can do it if we work together!" With everyone's help, they solved the puzzle. The class cheered!

Lucy showed everyone that with positive thinking, you can find happiness in any situation. Her friends learned that thinking positively can change feelings and make things better.

PREVIEW

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Name: _____ 18

Curriculum Connection
D3.3

True or False

Is the statement true or false?

1) Lucy was sad on the cloudy day.	True	False
2) The boy was happy about dropping his ice cream.	True	False
3) Lucy helped the boy choose a new ice cream.	True	False
4) Positive thinking made things worse.	True	False
5) Lucy's [illegible]ls learned from her.	True	False

Thir[illegible]

Co[illegible] if the thought is positive and ☹ if it is not.

1. "I can't do th[illegible] want [illegible]ying."	☺	☹
2. "I will keep trying even [illegible]met[illegible]d."	☺	☹
3. "This is too hard for me, so I won't [illegible]nymor[illegible]"	☺	☹
4. "I can make this better if I stay calm and try [illegible]"	☺	☹
5. "I can ask a teacher or friend for help."	☺	☹

PREVIEW

Directions

How do you feel when you help someone?

_____

_____

_____

_____

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Name: _____ 21

Curriculum Connection
D3.3

Story: Ben's Brave Day

Ben's New Classroom



Ben was moving to a new class. He felt nervous. Everything would be different: new teacher, new friends, and a new desk. He told his mom, "I am scared about my new class."

Mom hugged Ben. "It's okay to be scared, but remember, change can be good. You will learn new things and make new friends."

On the first day in his new class, Ben met his teacher, Mr. Lee. Mr. Lee was kind and smiled a lot. Ben started feeling a bit better.

During recess, Ben met Maya. They both liked drawing. Ben felt happy to find a friend with the same interest.

Each day, Ben found something fun and exciting in his new class. He learned that changes could be adventures. He told his mom, "I like my new class now."

Mom smiled. "See, you are learning to cope with change. That is important for being happy."

Ben understood that changes are part of life. He felt braver and ready for more new adventures.

PREVIEW

Name: _____ 22

Curriculum Connection
D3.3

True or False

Is the statement true or false?

1) Ben was excited about his new class.	True	False
2) Ben's mom said change can be good.	True	False
3) Mr. Lee was Ben's new teacher.	True	False
4) Ben st[illegible]d scared in his new class.	True	False
5) Maya [illegible] both liked drawing.	True	False

Sequenc[illegible]

Num[illegible]ents from 1 to 5 in the order they happened in the story.

	Ben t[illegible] to [illegible] his feelings.
	Ben made a ne[illegible]end[illegible]
	Ben said he liked his new class.
	Ben felt scared about his new cla[illegible]
	Ben met his teacher, Mr. Lee, who was kind.

Reflection

How did you feel on your first day of school?

_____

_____

_____

_____

PREVIEW

Name: _____ 25

Curriculum Connection
D3.3

Being Thankful Makes Us Happy

What is Gratitude?

Gratitude means being thankful for the good things in our lives. It is like saying a big "thank you" to the world!

PREVIEW

Things We Can Be Thankful For:

- Our family and friends.
- A nice home.
- Yummy food.
- Fun toys.
- Beautiful nature.



How Gratitude Makes Us Feel

- When we think about good things, we feel happy.
- Saying thank you makes others and us feel good.
- Being thankful helps us see more good in the world.

Fun Gratitude Activity

Every night, think of three good things that happened that day. It could be playing with a friend, a hug from mom or dad, or seeing a bird. Remember, there is always something to be thankful for!

Name: _____ 26

Curriculum Connection
D3.3

True or False

Is the statement true or false?

1. Gratitude means being happy.	True	False
2. We should not thank our friends.	True	False
3. Toys can make us thankful.	True	False
4. Nature can make us grateful.	True	False
5. Saying you is not important.	True	False

Think

you are grateful for.

1	
2	
3	

PREVIEW

Word Search

Find the words in the wordsearch.

Thanks	Food
Toys	Home
Family	Nature
Happy	Friends
Play	Hug

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

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Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Is the statement true or false?

1) Gratitude means being upset.	T	F
2) You shouldn't say thank you very often.	T	F
3) Gratitude means thinking about good things.	T	F
4) We can be thankful for food, toys, and family.	T	F

Name: _____

Is the statement true or false?

1) Gratitude means being upset.	T	F
2) You shouldn't say thank you very often.	T	F
3) Gratitude means thinking about good things.	T	F
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3) Gratitude means thinking about good things.	T	F
4) We can be thankful for food, toys, and family.	T	F

Name: _____

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1) Gratitude means being upset.	T	F
2) You shouldn't say thank you very often.	T	F
3) Gratitude means thinking about good things.	T	F
4) We can be thankful for food, toys, and family.	T	F

PREVIEW

Name: _____ 28

Curriculum Connection
D3.3

Activity – Gratitude Show and Tell

Objective What are we learning about?

Encourage students to express gratitude and understand its positive impact on mental well-being.



Mate W u will need for the activity.

- Small ite wing nting what they are grateful for.

Instructions How yo mplet tivity

1. Choose something you are re hankf uld be a toy, a picture, or anything special!
2. Bring it to class or draw a picture of it.
3. Tell us all about it and why it is so special to you.
4. Listen to your friends share too and guess why they feel thankful.
5. We will chat about how awesome it feels to share and hear about happy things.
6. Remember, saying thank you for what we have makes us and our friends smile more!

PREVIEW

Name: _____ 30

Curriculum Connection
D3.3

Newspaper Article: Celebrating Successes

Cheers for Little Victories

Pub[illegible] February 15, 2024

PREVIEW

In a heartwa[illegible], ou[illegible] community came t[illegible] small successes, remindin[illegible] th[illegible] joy in little victories. Local expert, [illegible] Johnson, emphasized, "Celebrating even the tiniest achievements is crucial for building confidence and a positive mindset." She shared simple ways like clapping hands or giving a high-five.

We spoke to young friend Alex, who proudly exclaimed, "When I finished my puzzle, I felt super happy!" Experts agree, these moments matter. Dr. Smith, a child psychologist, highlighted, "Positive experiences in childhood contribute significantly to mental well-being."

[illegible]ohnson puts it, "Every succ[illegible]no [illegible]er how small, de[illegible]s [illegible]e[illegible]continue to celebrate [illegible]me[illegible]small, creating a commu[illegible]nt and happy individuals.



Name: _____ 31

Curriculum Connection
D3.3

True or False

Is the statement true or false?

1. Celebrating small successes boosts confidence.	True	False
2. Stars are mentioned in the article.	True	False
3. Celebrations impact mental health positively.	True	False
4. The article suggests drawing celebrations on paper.	True	False
5. The article discusses nature's role in celebrations.	True	False

PREVIEW

Direction

Draw ways of celebrating successes.

Word Search

Find the words in the wordsearch.

News	Smile
Friend	Adapt
Feel	Boost
Like	Change
Sad	Joy

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

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Name: _____ 32

Curriculum Connection
D1.5

Healthy Eating for a Healthy Mind

Eating Right Helps You Think Bright

Your brain is amazing! It helps you think, play, and learn. To keep your brain happy and healthy, eating the right foods is very important.

PREVIEW

Foods [illegible] Your Brain Happy

- F[illegible] like [illegible]nd bananas
- Vegetab[illegible] carro[illegible] broccoli
- Fish like salm[illegible]
- Nuts and seeds
- Whole grains like oatmeal
- Dairy like milk and yogurt



Why These Foods Are Great

These foods are full of vitamins and nutrients. They h[illegible] grow strong and work well. When you eat healthy foods, y[illegible] can remember things better, solve problems easier, and even feel happier!

Fun Food Tip

Try to eat a rainbow of foods! Different colours mean different vitamins. Can you find a food for every colour of the rainbow?

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Name: _____ 33

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1. Apples are good for your brain.	True	False
2. Fish cannot help your brain.	True	False
3. Broccoli is a brain food.	True	False
4. Candy [illegible]s your brain strong.	True	False
5. Nuts [illegible]y for the brain.	True	False

PREVIEW

Draw

D[illegible]hea[illegible]y foods you like to eat.

Question

What healthy food did you eat today?

_____

_____

_____

_____

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Curriculum Connection
D1.5

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Write 5 foods that can make you feel happy.

1	
2	
3	
4	
5	

Name: _____

Write 5 foods that can make you feel happy.

1	
2	
3	
4	
5	

Name: _____

Write 5 foods that can make you feel happy.

1	
2	
3	
4	
5	

Name: _____

Write 5 foods that can make you feel happy.

1	
2	
3	
4	
5	

PREVIEW

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Name: _____ 35

Curriculum Connection
D1.5

Choices | Circle if the choice is healthy or unhealthy

#	Descriptions	Healthy	Unhealthy
1	Eating an apple after play.	Healthy	Unhealthy
2	Drinking milk at breakfast.	Healthy	Unhealthy
3	Snacking on candy bars.	Healthy	Unhealthy
4	Mu on carrot sticks.	Healthy	Unhealthy
5	ft drinks.	Healthy	Unhealthy
6	Enjoying mo thie.	Healthy	Unhealthy
7	Having c or sn	Healthy	Unhealthy
8	Eating fish for di	Healthy	Unhealthy
9	Gobbling up potato chi	Healthy	Unhealthy
10	Crunching on mixed nuts.	ealthy	Unhealthy
11	Drinking lots of water.	H	Unhealthy
12	Eating ice cream late.	ealt	Unhealthy
13	Snacking on fresh berries.	Hea	hy
14	Having chocolate for lunch.	Healthy	nhealthy
15	Biting into a juicy peach.	Healthy	Unhealthy
16	Eating cake after school.	Healthy	Unhealthy
17	Chewing on whole grain bread.	Healthy	Unhealthy
18	Sipping on fruit punch.	Healthy	Unhealthy
19	Tasting yummy yogurt.	Healthy	Unhealthy
20	Eating fried fast food.	Healthy	Unhealthy

PREVIEW

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Name: _____ 36

Curriculum Connection
D1.5

Activity – Healthy Habits Drawing Contest

Objective What are we learning about?

Encourage students to reflect on and express their understanding of healthy habits through creative drawing.

Materials What you will need for the activity.

-
- Crayons



Instructions How you

1. Provide each student with a she per crayons.
2. Encourage them to draw their favourite h y ha
3. Discuss the importance of habits like eati rts for overall health.
4. Emphasize the positive impact of these habits on physical being.
5. Allow time for students to share their drawings with the class.
6. Foster a supportive environment for discussion and expression.
7. Connect the activity to the concept of maintaining a healthy lifestyle.
8. Ask students to explain why their chosen habits are good for them.
9. Celebrate and display the drawings in the classroom.
10. Reinforce the idea that small, positive habits contribute to a healthier life.

PREVIEW

Name: _____ 37

Curriculum Connection
D1.5

Practice Draw 6 of your favourite healthy habits to practice for your poster.

	2
3	
5	6

PREVIEW

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Name: _____ 38

Curriculum Connection
D1.5

Exercise and Mental Health

Moving Makes Us Happy

When we play outside or do sports, our body and mind feel great!

Exercise helps us think better, feel happier, and stay healthy.

Awesom ities for a Healthy Body and Mind

- iends.
- Ridi g you
- Jumping
- Playing soccer o ball.
- Swimming in a pool.
- Walking with your family.
- Dancing to your favourite music.



PREVIEW

Why Exercise is Super Cool

- Helps your muscles grow strong.
- Makes your heart happy and healthy.
- You can think better and solve problems easier.
- Helps you sleep well at night.
- You feel more cheerful and less worried.

Tip for Fun Exercise

Try to play or move around every day! It can be a game, a sport, or even a dance party in your room. Moving is fun and good for you!

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Name: _____ 39

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1. Exercise makes us happy.	True	False
2. Playing tag is not exercise.	True	False
3. Riding a bike is good exercise.	True	False
4. Sports [illegible] make your mind strong.	True	False
5. Swim[illegible] [illegible]t help our health.	True	False

Colour It

Co[illegible] if t[illegible] activity helps your body and mind and RED if not.

Jumping rope	G[illegible]ing to [illegible]very late e[illegible]	Riding a bike
Playing outside with friends	Dancing to m[illegible]	[illegible]laying video games for many hours
Watching TV all day	Stretching your body	[illegible]kin[illegible] yo[illegible] family

Question

How do you feel after playing outside?

_____

_____

_____

_____

PREVIEW

Curriculum Connection
D1.5

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Is the statement true or false?

1) Exercise makes you feel tired and mad.	T	F
2) Exercise makes your heart and muscles stronger.	T	F
3) Exercise is only good for your muscles.	T	F
4) Exercise makes your mind feel great.	T	F

Name: _____

Is the statement true or false?

1) Exercise makes you feel tired and mad.	T	F
2) Exercise makes your heart and muscles stronger.	T	F
3) Exercise is only good for your muscles.	T	F
4) Exercise makes your mind feel great.	T	F

Name: _____

Is the statement true or false?

1) Exercise makes you feel tired and mad.	T	F
2) Exercise makes your heart and muscles stronger.	T	F
3) Exercise is only good for your muscles.	T	F
4) Exercise makes your mind feel great.	T	F

Name: _____

Is the statement true or false?

1) Exercise makes you feel tired and mad.	T	F
2) Exercise makes your heart and muscles stronger.	T	F
3) Exercise is only good for your muscles.	T	F
4) Exercise makes your mind feel great.	T	F

PREVIEW

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Name: _____ 41

Curriculum Connection
D1.5

Activity – Healthy Body, Healthy Mind Collage

Objective

What are we learning about?

To encourage students to understand and express the connection between a healthy body and a healthy mind through the creation of a collage.



Materials

What you will need for the activity.

- [illegible] ages related to health and well-being
- Lar[illegible] sheets [illegible] tion paper or poster board
- Glue stick
- Safety sciss[illegible]
- Markers or cray[illegible]
- Optional: stickers or [illegible] item[illegible] d to health

Instructions

How you will compl[illegible] activ[illegible]

1. Discuss with the students what a health[illegible] and [illegible]n.
2. Give each student a large sheet of constructio[illegible] or pos[illegible]ard.
3. Provide magazines or printed images that depict he[illegible]y ac[illegible] emotions, and habits.
4. Encourage students to cut out images and words that represen[illegible]ealthy body and mind to them.
5. Instruct them to arrange their cutouts on the poster board to create a collage.
6. Once satisfied with their arrangement, students use glue sticks to attach the images and words.
7. Allow time for students to decorate their collages with markers, crayons, and optional stickers.
8. When finished, each student presents their collage to the class, explaining their choices.

PREVIEW

Name: _____ 42

Curriculum Connection
D1.5

Reflection | Answer the questions below

1) What makes you feel happy and calm, like in your collage?

2) How does [illegible] help you feel good?

3) Draw a picture of you doing your favourite [illegible]

PREVIEW

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Name: _____ 43

Curriculum Connection
D1.5

Sleep Makes Us Shine

Why Good Sleep is Great

Sleep is like a magic time for your brain. When you sleep well, your brain gets to rest and recharge, just like plugging in your favourite toy to charge.

PREVIEW

Super Sleep

- Sleep helps your brain stay strong.
- It helps you remember what you learn.
- Good sleep makes you feel happy and calm.

How Sleep Helps Us

- When we sleep, we dream, which is fun!
- Sleep helps us solve problems better.
- We can learn better after a good sleep.
- It keeps us healthy and full of energy.



Bedtime Tips

Try to go to bed at the same time every night. Make sure your room is quiet and dark. And remember, a bedtime story can help you drift off to dreamland!

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Name: _____ 44

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1. Sleep helps us grow.	True	False
2. Good sleep makes us sad.	True	False
3. We feel tired after good sleep.	True	False
4. Bedtim ories help us sleep.	True	False
5. A noi good for sleep.	True	False

PREVIEW

Draw

Whe you sleep the best.

Question

How do you feel when you wake up from a good sleep?

_____

_____

_____

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Curriculum Connection
D1.5

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Circle the best answer.

1) Sleep your ___	brain	mind
2) S… like ___ your brain.	…	charging
3) Sleep helps you ___ things.	re…	…
4) Your room should be ___.	light	dark

Name: _____

Circle the best answer.

1) Sleep helps your ___ grow.	brain	mind
2) Sleep is like ___ your brain.	draining	charging
3) Sleep helps you ___ things.	remember	forget
4) …oom sh…	light	dark

Name: _____

Circle the best answer.

1) Sleep helps your ___ grow.	brain	mind
2) Sleep is like ___ your brain.	draining	charging
3) Sleep helps you ___ things.	remember	forget
4) Your room should be ___.	light	dark

Name: _____

Circle the be… …nsw…

1) Sleep helps your ___ grow.	bra…	mind
2) Sleep is like ___ your brain.	draining	charging
3) Sleep helps you ___ things.	remember	forget
4) Your room should be ___.	light	dark

PREVIEW

Name: _____ 46

Curriculum Connection
D1.5

Mindfulness and Relaxation

What is Mindfulness?

Mindfulness means paying attention to what you are doing and how you are feeling. It is like being a detective of your own thoughts and feelings.

PREVIEW

Simple Ways to Be Mindful:

- Taking slow breaths in and out.
- Listening to calm music.
- Sitting quietly and noticing the world around you.
- Thinking about things that make you happy.

Why Mindfulness is Good for You

- It helps you feel calm and peaceful.
- You can forget your worries for a while.
- It makes you feel happy inside.
- Mindfulness helps you sleep better at night.



Fun Relaxation Tip

Try to find a quiet spot. Close your eyes, take deep breaths, and think of your favourite place. It is like a mini-holiday for your brain!

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Name: _____ 47

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1. Mindfulness means being loud.	True	False
2. Deep breathing helps us relax.	True	False
3. Calm music can make us happy.	True	False
4. We can practice mindfulness anywhere.	True	False
5. Running is a mindfulness activity.	True	False

Draw

Draw where you can relax.

PREVIEW

Check

Put a ✓ on the actions that help you relax.

❑ Closing your eyes	❑ Taking slow breaths
❑ Yelling loudly	❑ Sitting quietly
❑ Stretching your body	❑ Running around when tired
❑ Listening to calm music	❑ Thinking of happy things
❑ Hitting things	❑ Clenching your fists

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Name: _____ 48

Curriculum Connection
D1.5

Activity – Relaxation Techniques Demonstration

Objective

What are we learning about?

To teach students simple relaxation techniques such as deep breathing and stretching, helping them to calm down and focus.

Materials

What you will need for the activity.



- A cl in the classroom
- soft carpet area
- g back sic (optional)
- A timer or

PREVIEW

Instructions

H e activity

1. Gather students in the ope ce it comfortably on mats or the carpet.
2. Demonstrate how to sit cross-legge and pla ds on their knees.
3. Introduce deep breathing: breathe in slow gh t for a second, and exhale slowly through the mouth.
4. Lead the students through deep breathing for 2-3 m idi m to cus on their breath.
5. Show them a simple stretching exercise, like reaching up high t s and then gently bending to touch their toes.
6. Guide the students through the stretching exercise, holding each stretch for about 10 seconds.
7. Teach them to relax their muscles starting from their toes up to their head.
8. Introduce a quiet moment of relaxation, where they sit still, close their eyes, and think of a happy place.
9. After a few minutes, gently guide them to open their eyes and bring their focus back to the classroom.
10. Conclude by discussing how they felt before and after the exercise and when they can use these techniques.

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Name: _____ 49

Curriculum Connection
D1.5

Reflection | Answer the questions below.

1) How did you feel before the activity?

_____

_____

_____

2) H[illegible] the activity?

_____

_____

_____

3) Draw a picture of you doing your favourit[illegible]

PREVIEW

Name: _____ 50

Curriculum Connection
D1.5

Activity – Mindful Moments

Objective

What are we learning about?

To begin each day with a mindful moment, helping students to focus on positive thoughts and feelings, and setting a calm, positive tone for the day.



Materials

What you will need for the activity.

- area (mats or a carpeted section of the classroom)
- A or a
- Optional: music
- Optional: ess or on app (for guided sessions)

Instructions

How y mplet tivity

1. Start the day by gathering stude e co ble seating area.
2. Ask students to sit cross-legged or in a co tabl tion.
3. Explain that they will have a few minutes uiet appy and calm thoughts.
4. If using, start the calming background music at a lo lum
5. Guide students to close their eyes gently and take slow, d
6. Encourage them to think about something that makes them hap or feel good.
7. Keep this mindful moment brief, about 3-5 minutes, to suit their attention span.
8. Use the timer to keep track of time, ensuring consistency each day.
9. Gently signal the end of the session by ringing a soft bell or turning off the music.
10. Conclude with a group sharing moment, where students can talk about their thoughts or feelings if they wish.

PREVIEW

Name: _____ 51

Curriculum Connection
D1.5

Reflection | Answer the questions below.

1) How did you feel during our quiet time?

2) What did y[illegible]ost[illegible]ut our mindful moment?

3) Draw a picture of something you were thi[illegible]of [illegible]relaxing.

PREVIEW

Name: _____ 52

Curriculum Connection
D1.5

Taking Care of You

What is Self-Care?

Self-care means doing things to take care of your body and mind. It is like giving yourself a big, warm hug!

Fun Se[illegible] Activities:

- [illegible]ing yo[illegible]rite book.
- Drawing [illegible]ring [illegible]res.
- Taking a war[illegible]at[illegible]
- Playing quietly wit[illegible]to[illegible]
- Listening to soft music.



PREVIEW

Why Self-Care is Good

- It helps us feel calm and happy.
- We feel better after taking a break.
- Self-care makes us feel loved and special.
- It helps us sleep well at night.

Easy Self-Care Tip

Every day, choose one thing that makes you feel good. It could be cuddling with a teddy bear, telling a story, or building a puzzle. Remember, taking care of yourself is important!

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Name: _____ 53

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1. Reading a book is self-care.	True	False
2. Drawing makes you feel stressed.	True	False
3. Warm baths are relaxing.	True	False
4. Running fast is self-care.	True	False
5. Self-ca es us happy.	True	False

Ide

best choice.

1. When I feel ould:		
A. Keep playing	es	C. Yell
2. When I feel sad, I can:		
A. Talk to someone	B. Hide	C. Cry and scream
3. Before bedtime, it helps to:		
A. Run fast	B. Read quietly	oud videos
4. When I feel angry, I can:		
A. Hit things	B. Shout	Tak e
5. When I feel worried, I can:		
A. Ask for help	B. Keep it inside	C. Run away

PREVIEW

Question

Why is self-care important?

_____

_____

_____

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Curriculum Connection
D1.5

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Draw 2 self-care activities you enjoy doing.

Name: _____

Draw 2 self-care activities you enjoy doing.

Name: _____

Draw 2 self-care activities you enjoy doing.

Name: _____

Draw 2 self-care activities you enjoy doing.

PREVIEW

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Name: _____ 55

Curriculum Connection
D1.5

Nature Makes Us Smile

Fun in Nature

Going outside to play or walk in nature is not just fun, it is also good for our brains and hearts. Nature is all around us – in parks, gardens, and even on a city street with trees!

PREVIEW

Natu[illegible]ctivi[illegible]ove:

- Walking [illegible]k.
- Looking at flo[illegible]
- Watching birds and [illegible]rel
- Playing in a leaf pile.
- Jumping in puddles after rain.



Why Nature is Awesome for Us

- Nature helps us feel calm and happy.
- Fresh air is good for our bodies.
- Seeing green trees and colourful flowers makes us feel good.
- Listening to birds sing is like music to our ears.

Nature Tip

Next time you go outside, try to see how many different colours you can find in nature. It is like a rainbow treasure hunt!

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Name: _____ 56

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1. Nature makes us smile.	True	False
2. Birds cannot make us happy.	True	False
3. Walking in a park is fun.	True	False
4. Puddles are good for jumping.	True	False
5. Fresh air is good for us.	True	False

PREVIEW

Visualizing

Draw what you were picturing while you were reading. Explain the picture.

Question

What is your favourite thing in nature?

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Curriculum Connection
D1.5

Story: Creative Expression

Draw | Draw pictures that show the story.

Lily's Colourful Feelings

Once upon a time, there was a little girl named Lily. She loved to play and express herself. One day, she felt very happy and wanted to show it.

Lily found her paints, brushes, and a big, white canvas. She decided to paint her happiness. She chose bright yellow and red, swirling them together on the canvas. The colors looked like the sunshine and laughter.

PREVIEW

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Name: _____ 58

Curriculum Connection
D1.5



Next, Lily felt excited. She had so many ideas! She grabbed her craft box. Out came ribbons, glitter, and glue. Lily made a sparkling, colourful collage. It was as exciting as a party.

Then, Lily felt a little sad. She missed her friend who had moved away. She started to dance, moving slowly to soft music. As she danced, she felt better. Her body told her story.

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Curriculum Connection
D1.5

One afternoon, Lily was very thoughtful. She sat quietly, making a clay sculpture. It was a small, peaceful garden. It made her feel calm and happy.

Another day, Lily felt adventurous. She put on music and danced wildly. She jum twirled, and laughed. It was like an adventure in her living room!

PREVIEW

Name: _____ 60

Curriculum Connection
D1.5



Every day, Lily expressed her feelings in new ways. She painted, crafted, danced, and sculpted. Each time, she felt a little lighter and happier.

Lily learned that being creative was a wonderful way to show how she felt. She could be happy, excited, sad, thoughtful, or adventurous. And each time, she created something beautiful.

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Name: _____ 61

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1. Painting made Lily sad.	True	False
2. Lily used glitter in her craft.	True	False
3. Dancing cannot express feelings.	True	False
4. Lily felt adventurous while dancing.	True	False
5. Lily's [illegible] made her happy.	True	False

PREVIEW

Direct[illegible]

[illegible] ways to express your feelings.



Happy Dance



Sad Painting



[illegible]d Craft

Word Search

Find the words in the wordsearch.

Art	Joy
Sad	Fun
Clay	Dance
Paint	Happy
Calm	Jump

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

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Name: _____ 62

Curriculum Connection
D1.5

Friends Make Us Happy

Why Friends are Special

Friends are people who make us smile and feel loved. When we have friends, we feel happy because we can play, talk, and share things with them.

PREVIEW

How to Be a Good Friend

- Listen to your friends
- Share your toys
- Be kind and help them
- Say nice things
- Play fair in games



Good Friends are Like Sunshine

- Friends make us laugh when we are sad.
- They help us when we have problems.
- Friends play with us and make everything more fun.
- When we have friends, we do not feel alone.

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Name: _____ 63

Curriculum Connection
D1.5

True or False

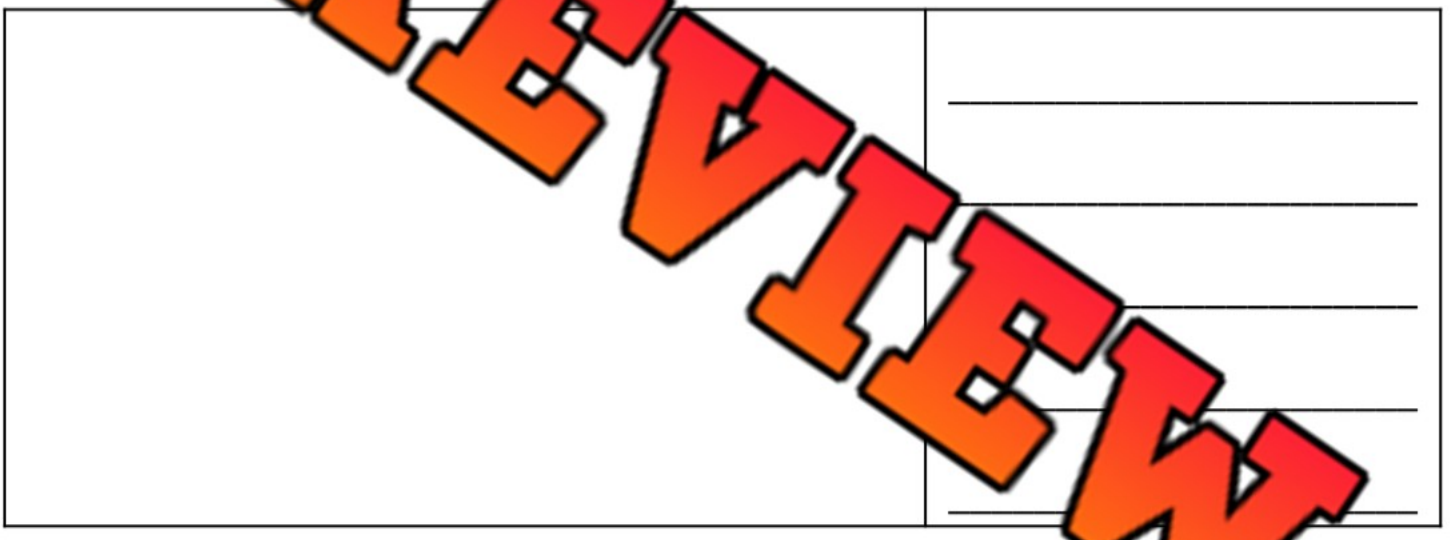
Is the statement true or false?

1. Friends make us laugh.	True	False
2. Being alone is always fun.	True	False
3. Sharing toys is kind.	True	False
4. Friends never play together.	True	False
5. Helping others is important.	True	False

PREVIEW

Visualizing

Draw what you were picturing while you were reading. Explain the picture.



Fill in the Blanks

Circle the missing word.

1)	We show care by _____ friends.	helping	ignoring
2)	Keeping a friend's _____ shows trust.	voice	secret
3)	Trust grows when we keep _____.	promises	games
4)	Being _____ makes friends feel safe.	mean	kind
5)	We feel _____ with trusted friends.	safe	scared

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Curriculum Connection
D1.5

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Is the statement true or false?

1) Friends make each other laugh.	T	F
2) Good friends do not share.	T	F
3) Good friends worry about winning more than being fair.	T	F
4) Friends help each other solve problems.	T	F

Name: _____

Is the statement true or false?

1) Friends make each other laugh.	T	F
2) Good friends do not share.	T	F
3) Good friends worry about winning more than being fair.	T	F
4) Friends help each other solve problems.	T	F

Name: _____

Is the statement true or false?

1) Friends make each other laugh.	T	F
2) Good friends do not share.	T	F
3) Good friends worry about winning more than being fair.	T	F
4) Friends help each other solve problems.	T	F

Name: _____

Is the statement true or false?

1) Friends make each other laugh.	T	F
2) Good friends do not share.	T	F
3) Good friends worry about winning more than being fair.	T	F
4) Friends help each other solve problems.	T	F

PREVIEW

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Name: _____ 65

Curriculum Connection
D1.5

Newspaper Article: Problem-Solving Skills

Puzzle Power for Growing Brains

Published: January 20, 2024

In toda[illegible]xplore how solving puzzle[illegible]d pro[illegible]es kids' brains stronge[illegible]ily Ch[illegible]d brain expert, says, "Wh[illegible]en sol[illegible] puzzles, their brains work har[illegible]t is exercise for the brain!"

Seven-year-old Jayden shared his experience. "I solved a big puzzle with my sister. It was hard, but fun. I felt really smart after!" he said with a big smile.

Dr. Chen explains that when kids like Jayden solve puzzles, they learn to think and remember better. "Every time a child solves a problem, a tiny part of their brain grows stronger. It helps them in school and with friends too."

Kids everywhere are encouraged to try puzzles, riddles, and other brain games. [illegible]ctivities are not just fun, but they also [illegible]y[illegible] minds grow in amazing [illegible]Rem[illegible]r[illegible]y puzzle solved is a step to[illegible]com[illegible] problem-solving superhero!



PREVIEW

Name: _____ 66

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1. Dr Chen is a foot expert.	True	False
2. Jayden solved a puzzle.	True	False
3. Solving puzzles is exercise for the brain.	True	False
4. Solving puzzles is not fun..	True	False
5. You can make your brain stronger by solving puzzles.	True	False

PREVIEW

Direct

creative ways to express feelings.

Word Search

Find the words in the wordsearch.

Art	Joy
Sad	Fun
Dance	Clay
Sing	Draw
Glue	Twirl

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

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Curriculum Connection
D1.5

Activity – Friendship Role Play

Objective What are we learning about?

To help students understand the importance of friendship and kindness in promoting mental health.

Materials What you will need for the activity.

- S… …iendship scenarios
- Pr… for ro… …tional)



Instructions …ou wi… …e the activity

1. Divide the students … …s o… …ups.
2. Provide each group with a sm… …d con… …g a friendship scenario.
3. Instruct the students to read the sce… …toget… …iscuss how they would respond in real life.
4. Encourage them to think about kind and suppo… …acti…
5. After discussing, ask each group to perform a short rol… pl… …ed on their scenario.
6. Rotate the scenarios among the groups so that everyone has a chance to explore different situations.
7. During the role-play, emphasize the importance of being kind, empathetic, and understanding in building friendships.
8. Conclude the activity with a class discussion, allowing students to share their insights and thoughts on the importance of relationships for mental health.

PREVIEW

Name: _____ 68

Curriculum Connection
D1.5

Role Plays | Cut out the role play scenarios.

You see a new student sitting alone. What do you do to make them feel welcome?

Your friend falls down on the playground. How do you help them?

Someone is making fun of another student's shoes. What should you say or do?

A classm[illegible]ruggling with their homework. How can you offer to help?

You[illegible]t to play with the same toy. How do you decide?

A friend is sa[illegible] they [illegible]ir favourite pencil. How can you cheer them up?

You notice someone is not [illegible]a t[illegible]e. What can you do?

It's someone's birthday, but they didn[illegible]ring tre[illegible] How[illegible] you make their day special?

A classmate doesn't understand the rules of a new [illegible]ow d[illegible]explain it to them?

Your friend is moving away. What can you do or say to stay in touch?

Someone is scared to slide down the slide. How can you encourage them?

A friend's drawing gets ripped by accident. How can you help fix the situation?

You see someone cheating during a class game. What is the right thing to do?

A friend forgot their snack. How can you help them feel better?

Two friends are arguing about a book. How can you help them share?

PREVIEW

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Name: _____ 69

Curriculum Connection
D1.5

Reflection | Answer the questions below

1) What was your role-play about?

2) Is it okay f[illegible] so[illegible]es argue?

3) Draw a picture of you acting out your role-[illegible]

PREVIEW

Name: _____ 70

Curriculum Connection
D1.5

Story: Understanding Others

Emma's New Friend



One day, Emma saw a new boy in her class, Aiden. He looked shy and sat alone. Emma remembered feeling shy on her first day. She wondered how Aiden might feel.

During recess, Emma went to Aiden. "Do you want to play?" she asked. Aiden's face lit up with a smile. They played and laughed together.

Emma learned Aiden loved drawing, just like her. They drew pictures and shared stories. Emma felt happy.

At home, Emma told her mom about Aiden. "I helped him feel welcome," she said. Her mom smiled. "That is called empathy, understanding how others feel. It is a kind thing to do."

Emma felt proud. She made a new friend and learned about empathy. She realized that understanding others made her a good friend. It made her feel good inside, knowing she could help someone feel better.

PREVIEW

Name: _____ 71

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1) Emma helped Aiden feel welcome.	True	False
2) Aiden was always happy.	True	False
3) Emma and Aiden played together.	True	False
4) Emma felt sad after helping Aiden.	True	False
5) Being [illegible]es not make you feel good.	True	False

Fill [illegible] Blanks

Write the missing word.

1)	Aiden felt __ [illegible]n hi[illegible]	Shy	Bold
2)	Emma asked Aiden [illegible]	Leave	Play
3)	Understanding others can make [illegible]d ___	Strangers	Friends
4)	Emma showed _____ by helping A[illegible]	[illegible]er	Empathy
5)	Emma felt _____ when Aiden smiled.	Hap[illegible]	Sad

PREVIEW

Draw

Draw a happy face ☺ if the picture shows kindness and [illegible] if not.

				

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Name: _____ 72

Curriculum Connection
D1.5

Story: Acts of Kindness

Timmy's Day of Kindness



One sunny day, Timmy decided to do kind things for others. First, he saw Mrs. Lee, his neighbour, struggli[illegible]ith heavy bags. Timmy helped her carry t[illegible]e. Mrs. Lee smiled and thanked him[illegible]my felt [illegible]nd happy inside.

At school, Timmy [illegible]iced [illegible] Ana, looking sad. He shared his snack with her. Ana's face lit [illegible]a sm[illegible]y felt proud and happy.

After school, Timmy saw a stray cat looking [illegible]gry. [illegible]ave the cat some of his sandwich. The cat purred and rubbed [illegible]st h[illegible]. Timmy giggled, feeling joyful.

Walking home, Timmy found a lost toy on the sidewalk. He rem[illegible]ed his friend had lost it and returned it to him. His friend was so grateful and hugged Timmy.

At bedtime, Timmy told his mom about his day. She hugged him and said, "Kindness makes the world a better place, and it makes us feel good too." Timmy went to bed feeling happy and good about himself, dreaming of more kind acts for the next day.

PREVIEW

Name: _____ 73

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1) Timmy helped Mrs. Lee.	True	False
2) Timmy made Ana sad.	True	False
3) Timmy kept the lost toy.	True	False
4) Timmy's [illegible]om was proud of him.	True	False
5) Kindn[illegible] Timmy sad.	True	False

Fill in the Bla[illegible]

[illegible]ite the missing word.

1)	Timmy helped Mrs[illegible]y her [illegible].	Bags	Cat
2)	Ana smiled when Timmy s[illegible]ared [illegible].	Snack	Homework
3)	Timmy gave his sandwich to a _____ cat[illegible].	[illegible]y	Stuffed
4)	Timmy returned a lost _____ to his friend.	[illegible]Book	Toy
5)	Timmy's acts of kindness made him feel _____.	[illegible]nap[illegible]	[illegible]

Directions

Draw three acts of kindness.

PREVIEW

Name: _____ 74

Curriculum Connection
D1.5

Newspaper Article: Helping Others

The Joy of Helping Others

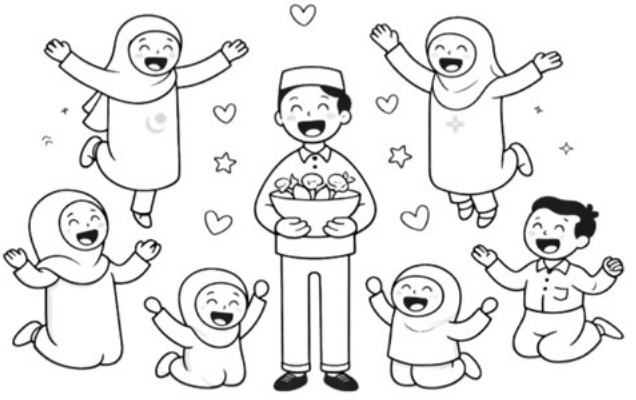
Published: January 21, 2024

Toda[illegible]re[illegible]onderful feeling of he[illegible]n [illegible] community. Exper[illegible]ych[illegible]t Smith, shares, "Helping o[illegible]eat[illegible] a happy community." It is like spreading joy to everyone around us. Benny, a friend from our community, happily exclaims, "When I shared my toys, it felt super good!"

In our interview with Mrs. Johnson, a community helper, she tells us, "Acts of kindness, big or small, make our community a positive place to be."

Whether it is helping a friend or sharing with others, these simple actions make a big difference. Dr. Smith encourages us all, saying, "Even small acts of kindness contribute to a positive environment."

[illegible]t[illegible]join hands, share smiles, and mak[illegible] co[illegible]unity a wonderful and ha[illegible]pla[illegible]e. Remember, helping ot[illegible]t o[illegible]ls[illegible]od but also makes our co[illegible]e with positivity.



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Curriculum Connection
D1.5

True or False

Is the statement true or false?

1. Helping others can make us feel good.	True	False
2. Sharing toys can feel good.	True	False
3. Only big acts of kindness help.	True	False
4. Mrs. Johnson is a community helper.	True	False
5. Our community doesn't need kindness.	True	False

Directions

What does Dr. Smith say about small acts of kindness?

Word Search

Find the words in the wordsearch.

Joy	Help
Kind	Learn
Laugh	Smile
Friend	Feel
Share	Small

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

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Unit Test – Mental Health Literacy

Multiple Choice /10

1. What helps your brain grow strong? a) Eating fruits and vegetables b) Playing video games all day c) Watching TV for hours d) Staying up late at night	**2. What should you do to be a good friend?** a) Ignore your friends b) Share your toys c) Only play alone d) Never listen
3. Why is exercise cool? a) Makes muscles strong b) You never get tired c) It's boring d) You don't play with friends	**4. What makes us feel happy and calm?** a) Being in nature b) Sitting in a dark room c) Staying inside always d) Never going outside
5. Why is good sleep important? a) You should watch TV all night b) We don't need to dream c) It's okay to stay up late d) Helps us learn better	**6. What is mindfulness good for?** a) For doing homework b) It's running fast c) Feeling sad or bad d) Being noisy
7. What should we eat to help our brain? A. Candy B. Cake C. Broccoli D. Ice cream	**8. Why is playing tag good?** A. It's fun B. Makes muscles strong C. Both A and B D. It's not
9. Why is sleep like magic for your brain? A. It's boring B. It charges your brain C. You eat D. You swim	**10. What do different food colours mean?** A. Nothing B. Different vitamins C. The same vitamins D. Food colouring

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Matching

Match the terms with what they mean

Self-Care	❑ Being thankful
Mindfulness	❑ Doing things that make us feel healthy
Gratit	❑ Thinking about our feelings

Scenarios

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1) Sara feels scared to e. W ld she do?

a) Hide under the bed

b) Think of a happy dream

c) Call a friend

d) Watch a movie

2) Leo dropped his lunch and feels sad. What can he do?

a) Stay hungry

b) Ask a teacher for help

c) Cry all day

d) Ignore his friends

3) Jack solved a hard puzzle. How should he feel?

a) Sad and upset

b) Nothing at all

c) Angry at the puzzle

d) Proud of himself

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