Workbook Preview

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Grade 1 – Health

Substance Use, Addictions, and Related Behaviours

	Curriculum Expectations	Pages
D3.2		

Preview of 75 pages from this product that contains 118 pages total.

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NAME: _____

SUBSTANCE USE, ADDICTION, AND RELATED BEHAVIOURS

PREVIEW



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Name: _____ 6

Curriculum Connection
D3.2

Understanding Screen Time and Its Effects

What is Screen Time?

Screen time is when we use devices like tablets, computers, or TVs. It is fun to watch shows and play games, but we should not do it too much.



Why Is Screen Time Important?

- Better Sleep: Turning off screens before bed helps us sleep well. Our bodies need rest to grow strong.
- Play More: When we spend less time on screens, we can play outside, run, and jump. This helps our bodies become healthy and happy.
- Learn and Discover: Without screens, we can read books, and explore the world around us. We find new hobbies and things we are good at.

PREVIEW

How to Enjoy Less Screen Time

- Family Fun: Play games, go for walks, or have a dance party with your family.
- Create: Use paper, markers, and glue to make art. Build things with blocks or Lego.
- Nature Adventures: Explore a park, have a picnic, or watch the clouds. Nature is full of surprises!

Name: _____ 7

Curriculum Connection
D3.2

True or False

Is the statement true or false?

1) Watching TV before bed helps us sleep better.	True	False
2) Playing outside is good for our health.	True	False
3) Drawing and building with blocks is fun.	True	False
4) We sho[illegible] always stay indoors and play video games.	True	False
5) Famil[illegible] re a good way to spend time.	True	False

Draw[illegible]

aw[illegible]tivities that make you feel happy and healthy.

Reading a book	Playing soccer	[illegible]
Drawing pictures	Eating Fruits	Riding a bike

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Curriculum Connection
CD1.1

Exit Cards

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

Name: _____

Circle the correct answer.

1) Too much screen time is bad for ___.	sleep	our hair
2) Screen time is _____.	fun	boring
3) Too much screen time means we are not _____.	exercising	relaxing
4) Without _____ we can draw and read.	friends	screens

Name: _____

Circle the correct answer.

1) Too much screen time is bad for ___.	sleep	our hair
2) Screen time is _____.	fun	boring
3) Too much screen time means we are not _____.	exercising	relaxing
4) Without _____ we can draw and read.	friends	screens

Name: _____

Circle the correct answer.

1) Too much screen time is bad for ___.	sleep	our hair
2) Screen time is _____.	fun	boring
3) Too much screen time means we are not _____.	exercising	relaxing
4) Without _____ we can draw and read.	friends	screens

Name: _____

Circle the correct answer.

1) Too much screen time is bad for ___.	sleep	our hair
2) Screen time is _____.	fun	boring
3) Too much screen time means we are not _____.	exercising	relaxing
4) Without _____ we can draw and read.	friends	screens

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Name: _____ 9

Curriculum Connection
D3.2

Activity – Screen Time Choices

Objective What are we learning about?

To help students identify good choices for screen time and learn fun activities they can do without it.



Materials What will you need for the activity?

- Pi[illegible] card[illegible] ctivities and non-screen activities)
- Two labe[illegible] TIME[illegible] NO SCREEN TIME
- Pocket chart,[illegible]d, or[illegible]

Instructions How will you [illegible]ple[illegible]

1. Place the labels SCREEN TIME and NO SC[illegible]N TIM[illegible]he board or table.
2. Have the picture cards ready where all st[illegible]
3. Show one picture card to the class.
4. Ask the class: "Is this screen time or no screen time?"
5. Let students think and respond together.
6. Call one student to come to the front.
7. The student places the picture under the correct label.
8. Say the name of the activity together as a class.
9. Ask: "Is this okay all day, or just a little?"
10. Repeat the steps until all picture cards are sorted.

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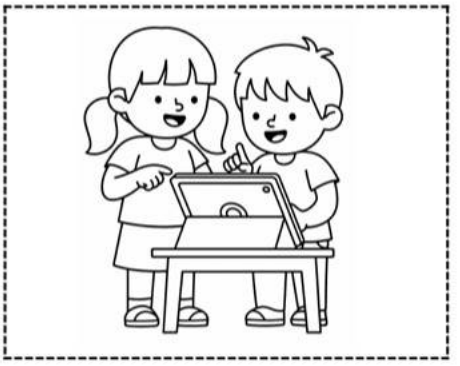
D3.2

Screen Time Choices

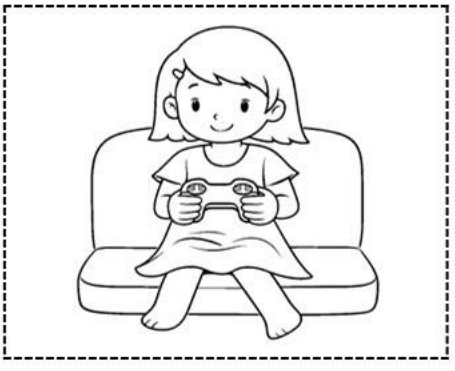
Cut out Cut out the pictures.











PREVIEW

Name: _____ 11

Curriculum Connection
D3.2

Story: Outdoor Adventure

Alex's Outdoor Fun



Once upon a time, in a cozy little town, lived a [illegible] named Alex and his dog, Buster. One s[illegible]oon, Alex turned off his vide[illegible]me a[illegible]ed, "Let's find an adventure [illegible] Bust[illegible]

First, they went to the [illegible]an[illegible]occer. Alex kicked the ball, and Buster chased it, waggin[illegible]ail. "[illegible]fun!" Alex laughed.

Then, they found a trail and went for a [illegible]s, flowers, and even a rabbit! "Wow, nature is b[illegible]ul[illegible]ught.

After the walk, they had a race back home. Alex ran as [illegible] as his legs could carry him, and Buster zoomed alongside. Both were out of breath but smiling when they reached their doorstep.

That night, Alex felt happy and tired in a good way. He realized playing outside was an amazing adventure. "Tomorrow, we will explore again, Buster!" he said, drifting off to sleep.

PREVIEW

Name: _____ 12

Curriculum Connection
D3.2

True or False

Is the statement true or false?

1) Alex played video games all day.	True	False
2) Alex and Buster played soccer outside.	True	False
3) They saw a rabbit on their walk.	True	False
4) Alex di[illegible]t enjoy the outdoor adventure.	True	False
5) Alex [illegible]lore more tomorrow.	True	False

PREVIEW

Fill in the Bla[illegible]

[illegible]ite the missing word.

1)	Alex turned off his [illegible]me to [illegible].	Outside	Inside
2)	Alex and Buster played _____ [illegible] pa[illegible]	Soccer	Video games
3)	They went for a walk and saw _____	[illegible]ns	Birds
4)	Alex and Buster had a _____ back ho[illegible]	Nap	Race
5)	At night, Alex felt _____ and happy.	Tire[illegible]	[illegible]

Directions

Draw three activities that make you feel energetic [illegible]d happy.

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Name: _____ 13

Curriculum Connection
D3.2

Activity – Outdoor Match-Up

Objective

What are we learning about?



To help students identify outdoor activities and match them wit[illegible] things they need or see when doing these ac[illegible]

PREVIEW

Materials

[illegible]ed for the activity?

- Worksheet
- Crayons or coloured pen[illegible]

Instructions

How will you complete the [illegible]?

1. Look at the pictures of outdoor activities on the [illegible].
2. Look at the pictures on the right side.
3. Think about what you need or see when doing each activity.
4. Choose one outdoor activity to start with.
5. Find the picture that matches that activity.
6. Draw a line to connect the matching pictures.
7. Continue until all activities are matched.
8. Check your work when you are done.

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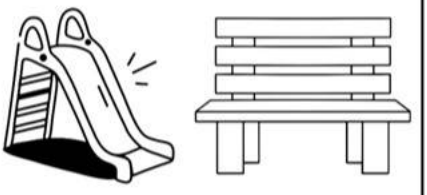
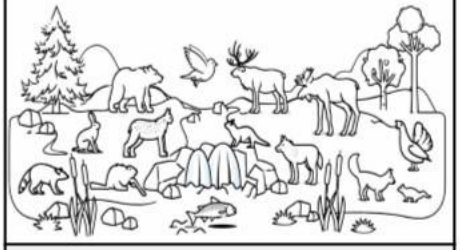
Name: _____ 14

Curriculum Connection
D3.2

Match-Up Activity Match the outdoor activity to what you need or see when doing it!

		
Playing soccer		Helmet
		
Going for a walk		Bench and slide
		
Riding a bike		Trees
		
Playing at the park		Net
		
Exploring nature		Birds and animals

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Curriculum Connection
D3.2

What Happens When People Smoke?

Why Smoking is Bad



When people smoke cigarettes, they breathe smoke that has many bad chemicals. These chemica[illegible]an make our bodies sick.

PREVIEW

What [illegible] a Ci[illegible]

- Nicotine: [illegible]kes it [illegible]hard to stop smoking cigarettes.
- Tar: This stick[illegible]uff [illegible] lungs.
- Carbon Monoxide: [illegible] is [illegible]for our hearts.

How Smoking Hurts Us

- Lungs Get Sick: Smoking can make it [illegible]run fast.
- Heart Works Harder: The heart has to work [illegible]ple smoke, which is not healthy.
- Other Sicknesses: Smoking can lead to many other prob[illegible]s like coughing a lot and getting sick more often.

Keeping Healthy

Our bodies are happiest when we breathe clean air. Playing outside, eating fruits and vegetables, and drinking water are good ways to keep our bodies strong and healthy.

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Name: _____ 18

Curriculum Connection
D3.2

True or False

Is the statement true or false?

1. Smoking is good for our lungs.	True	False
2. Nicotine makes it hard to quit smoking.	True	False
3. Smoking can make us run faster.	True	False
4. Fruits a[illegible]egetables keep our body strong.	True	False
5. Wate[illegible]s healthy.	True	False

Think

Put[illegible]on [illegible]items that show the harmful effects of smoking.

❑ Hard to breathe	❑ [illegible]an play more
❑ Hurts lungs	❑ Co[illegible]ot
❑ Clean air	❑ [illegible]ells
❑ Feel sick	❑ Feel ha[illegible]
❑ Strong lungs	❑ Get tired fast

Question

How does smoking affect our lungs?

_____

_____

_____

PREVIEW

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Curriculum Connection
CD1.1

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) Smoking is good for your health.	T	F
2) Cigarettes have nicotine.	T	F
3) Smoking hurts our bones.	T	F
4) Smoking makes our heart and lungs sick.	T	F

Name: _____

Is the statement true or false?

1) Smoking is good for your health.	T	F
2) Cigarettes have nicotine.	T	F
3) Smoking hurts our bones.	T	F
4) Smoking makes our heart and lungs sick.	T	F

Name: _____

Is the statement true or false?

1) Smoking is good for your health.	T	F
2) Cigarettes have nicotine.	T	F
3) Smoking hurts our bones.	T	F
4) Smoking makes our heart and lungs sick.	T	F

Name: _____

Is the statement true or false?

1) Smoking is good for your health.	T	F
2) Cigarettes have nicotine.	T	F
3) Smoking hurts our bones.	T	F
4) Smoking makes our heart and lungs sick.	T	F

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Name: _____ 20

Curriculum Connection
D3.2

Story: Healthy Lungs, Happy Life

Breath of Joy

Once upon a time, in a sunny park, lived a joyful boy named Alex. Alex lo[illegible]playing outside, running under the bi[illegible]nd laughing with his frie[illegible]One s[illegible]y, Alex's teacher, Ms. Lee, ta[illegible]abo[illegible]lungs, two special ball[illegible]st that help him breathe.



Ms. Lee showed Alex and his friends a gar[illegible]ep breathing. They would take a big breath in, filling [illegible]esh air, and then slowly let it out. Alex felt his chest rise [illegible]ed his lungs getting stronger and happier with each br[illegible]

Ms. Lee explained, "Our lungs help us run, play, and laugh. Keeping them healthy is very important. Fresh air, deep breaths, and staying away from smoke make our lungs happy."

Alex promised to always remember this lesson. He knew healthy lungs meant a happy life, full of running and playing in the park.

PREVIEW

Name: _____ 21

Curriculum Connection
D3.2

True or False

Is the statement true or false?

1) Our lungs are like special balloons.	True	False
2) Deep breathing is bad for us.	True	False
3) Smoke is good for our lungs.	True	False
4) Runnin[illegible]kes our lungs stronger.	True	False
5) Fres[illegible]s[illegible]r lungs happy.	True	False

Colour

[illegible]ne[illegible]ures that show healthy lungs.



PREVIEW

Question

Why is fresh air important?

_____

_____

_____

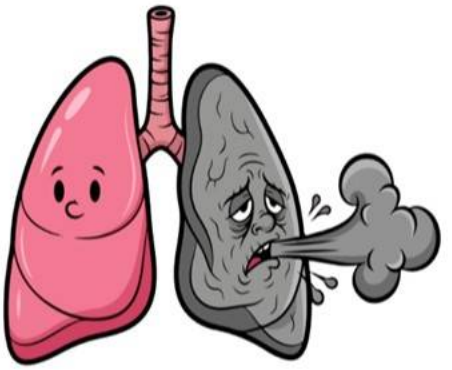
_____

_____

Name: _____ 22

Curriculum Connection
D3.2

Activity – My Lungs Drawing



Objective

What are we learning about?

To help students understand how smoking affects the lungs by drawing healthy and unhealthy lungs and learning to keep their lungs strong.

Materials

What will you need for the activity?

- Worksheet with lung figures
- Crayons or coloured pencils

Instructions

How will you complete the activity?

1. Look at the two lung pictures on the page.
2. The first lungs show healthy lungs.
3. Draw things that help lungs stay healthy.
4. You may draw clean air, trees, or a happy face.
5. The second lungs show unhealthy lungs.
6. Draw things that can hurt the lungs.
7. You may draw smoke, coughing, or a sad face.
8. Colour your drawings neatly.
9. Check your work when you are done.
10. Be ready to share your drawing with the class.

PREVIEW

Name: _____ 23

Curriculum Connection
D3.2

Draw Draw what healthy and unhealthy lungs look like.

Healthy Lungs	Unhealthy Lungs
	

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Name: _____ 24

Curriculum Connection
D3.2

The Dangers of Vaping

What is Vaping?



Vaping is when people breathe in vapour from an electronic device called a vape. It looks like smoking but uses liquid instead of tobacco.

Why Vaping Is Not Good For Us

- Harmful Chemicals: Vapes have bad chemicals that can make us sick.
- Not Safe for Lungs: The vapour can hurt our lungs, making it hard to breathe and play.
- Very Addictive: Vapes have nicotine, which makes it hard for people to stop using them.

PREVIEW

Saying No to Vaping

It is important to say no to vaping and cigarettes because they can make us sick and are not good for our bodies.

How to Stay Healthy

- Play outside in fresh air.
- Eat lots of fruits and vegetables.
- Drink water instead of sugary drinks.

Our bodies are happiest when we take good care of them. Let's choose healthy activities and snacks to keep us strong and happy.

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Name: _____ 25

Curriculum Connection
D3.2

True or False

Is the statement true or false?

1. Vaping is safe for everyone.	True	False
2. Vapes have harmful chemicals.	True	False
3. Fresh air is bad for our lungs.	True	False
4. Eating [illegible] is good for our health.	True	False
5. Wate[illegible]ink than vape liquids.	True	False

Think

Ch[illegible]keeps [illegible]ngs safe from vaping.

❑	1) Say NO if some[illegible]rs [illegible]
❑	2) Try vaping because frien[illegible] doing
❑	3) Tell a teacher or parent.
❑	4) Breathe clean air and move away from sm[illegible]
❑	5) Choose healthy activities like playing outside or spo[illegible]

PREVIEW

Question

What can we do to keep our lungs healthy?

_____

_____

_____

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Curriculum Connection
D3.2

The Role of Advertisements in Smoking and Vaping

What Are Ads?

Ads are pictures and videos that tell us to buy things. Sometimes, they talk about smoking and vaping.



Ads Make Smoking Look Good

Some ads show people smoking and vaping, making it look fun or cool. But this is not true.

The Truth About Smoking

- Harmful: Smoking and vaping can make you very sick.
- Not Cool: Being healthy is much cooler than smoking.
- Say No: It is important to say no to smoking and vaping.

Why Ads Trick Us

Ads want us to think smoking is okay, but our bodies do not like smoke. We need to remember what is really good for us.

Choosing Healthy

- Playing with friends
- Eating yummy fruits
- Breathing clean air

PREVIEW

Name: _____ 27

Curriculum Connection
D3.2

True or False

Is the statement true or false?

1) Ads always tell the truth about smoking.	True	False
2) Smoking can make us very sick.	True	False
3) Vaping is safe because it looks cool in ads.	True	False
4) Being healthy is cooler than smoking or vaping.	True	False
5) Ads ca smoking and vaping look fun.	True	False

Think

Circl rect answer.

1) What do sm vapin	
A) Make people wan	B) Help lungs
2) What should kids choos ee g or vaping ad?	
A) To not smoke or vape	) Vap
3) Which helps your lungs stay healthy?	
A) Breathing smoke	B) ing
4) What should you do when you see a bad smoking g ad	
A) Not smoke or vape	B) Follow it
5) Which phrase shows a healthy choice?	
A) Child playing outside	B) Person vaping

Question

Can ads make bad things look good?

_____

_____

_____

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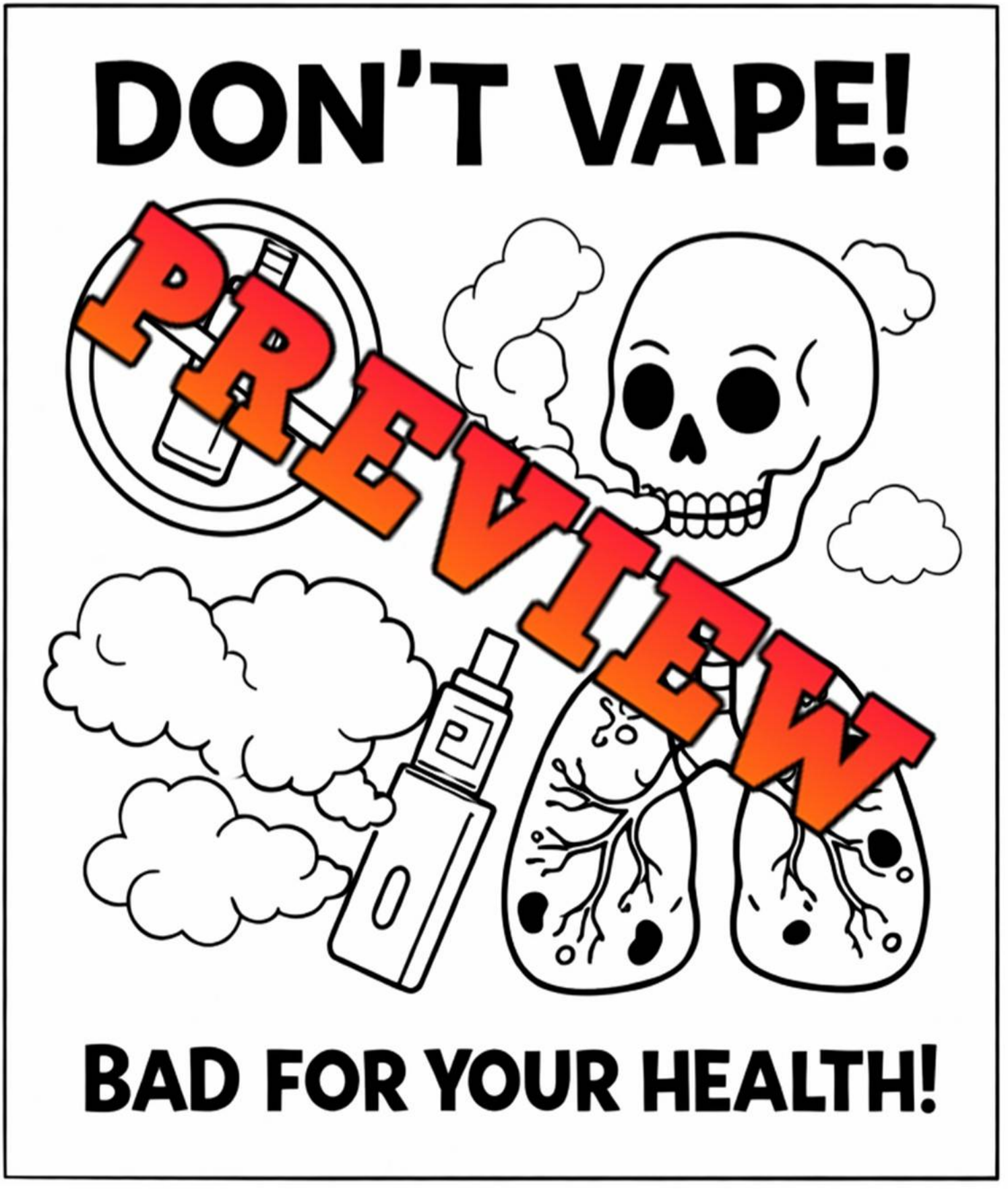
Name: _____ 28

Curriculum Connection
D3.2

Colour Colour the picture using crayons and coloured pencils.



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Curriculum Connection
D3.2

Story: Choosing Healthy Heroes

Heroes Choose Health

In a bright, bustling town, there lived a young girl named Sara. Sara admired her big brother, Alex, who was everyone's hero. He played soccer, painted beautiful pictures, and always had a bright smile.



One day, Sara saw a picture of someone va[illegible] asked Alex about it. Alex sat down beside her, with a gentle s[illegible] and e[illegible]ned, "Sara, real heroes make choices that keep them strong a[illegible]ppy. S[illegible]g and vaping can hurt us, making it hard to run, play, or eve[illegible]

Sara thought about Alex's words. She loved playing tag[illegible] her brother, and laughing without coughing. "So, choosing n[illegible] smoke or vape is like choosing to be a hero?" she asked.

Alex nodded, "Exactly, Sara. We are heroes when we choose health and happiness."

Sara beamed, hugging her brother. She knew that heroes like Alex, who choose health over smoking and vaping, were the best role models.

PREVIEW

Name: _____ 30

Curriculum Connection
D3.2

True or False

Is the statement true or false?

1) Sara loves smoking.	True	False
2) Heroes make healthy choices.	True	False
3) Vaping makes you a hero.	True	False
4) Alex a[illegible]ra choose health.	True	False
5) Paint[illegible]y activity.	True	False

Fill in the Bla[illegible]

[illegible]rite the missing word.

1)	Sara looks up to h[illegible] _____	Brother	Sister
2)	Alex enjoys _____ [illegible]nd p[illegible]	Soccer	Video games
3)	Smoking and vaping can _____ us[illegible]	[illegible]t	Help
4)	Being _____ is cooler than smoking.	Sick	Healthy
5)	Sara and Alex enjoy _____ outdoors.	[illegible]ttin[illegible]	[illegible]g

PREVIEW

Directions

Draw three pictures showing how Sara and Alex s[illegible] healthy.

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Name: _____ 33

Curriculum Connection
D3.2

Doctors and Nurses Help

Who Helps Us?

Doctors and nurses work in hospitals and clinics. They help sick people feel better and teach us how to stay healthy.



Helpin[illegible]

- Ta[illegible]bout h[illegible]ey tell people why smoking [illegible] our
- Give Advice: [illegible]giv[illegible]o stop smoking.
- Support Groups: The[illegible]ll p[illegible]re to find groups to help them quit.

Why Quitting Is Good

Quitting smoking makes our lungs healthy. It m[illegible] can r[illegible]d play without getting tired quickly. When people stop sm[illegible] th[illegible]e easier and have more energy to have fun.

How We Can Stay Healthy

- Eating lots of fruits and vegetables.
- Playing outside in fresh air.
- Visiting doctors for check-ups.

Doctors and nurses care about us. They want us to be strong and healthy by making good choices.

PREVIEW

Name: _____ 34

Curriculum Connection
D3.2

True or False

Is the statement true or false?

1) Nurses help people quit smoking.	True	False
2) Smoking is good for our lungs.	True	False
3) Eating fruits is healthy.	True	False
4) All people can run easily when smoking.	True	False
5) Doctor ips on stopping smoking.	True	False

Identify

olour t REEN if it helps your body and RED if it hurts your body.

Doctor		Fruits	Nurse
Clean air	Smoke		Medicine
Exercise	Vaping	Veg s	eck-ups
Washing hands	Junk food	Rest	ital

PREVIEW

Question

How do doctors help smokers?

_____

_____

_____

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Name: _____ 35

Curriculum Connection
D3.2

Instructions Use the word bank to fill the missing terms. Learn how doctors and nurses help keep us healthy.

Doctors help us when we feel _____.	clinics
They wo[illegible] hospitals and _____.	bad
The[illegible] _____ stay strong.	stop
They tell people [illegible] sm[illegible] _____ for the body.	sick
Doctors and nurses help us brea[illegible] _____.	body
They give advice to help people _____ smoking.	good
We can visit doctors to stay _____.	[illegible]hy
Doctors and nurses want us to make _____ choices.	easier

PREVIEW



Being safe is important and fun!

Doctors and nurses help us stay safe and healthy. Listening to them helps our bodies grow strong.

Curriculum Connection
CD1.1

Exit Cards

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

Name: _____

Draw 2 things that help our bodies and 2 things that hurt it.

Help	Hurt

Name: _____

Draw 2 things that help our bodies and 2 things that hurt it.

Help	Hurt

Name: _____

Draw 2 things that help our bodies and 2 things that hurt it.

Help	Hurt

Name: _____

Draw 2 things that help our bodies and 2 things that hurt it.

Help	Hurt

PREVIEW

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Newspaper Article: Gaming and Health Balance

Fun Games and Healthy Play

Published on February 1, 2024

Video games are so much fun. Kids and even grown-ups love playing them. But did you know it is important to not play them all day?

Dr. Maya, a health expert, says, "Video games are okay for a little while, but running and playing outside is very important for our health."

Timmy, who loves video games, shares, "I play games for one hour, then I play soccer outside. This way, I stay happy and healthy!"

Playing games too much can make us sit for too long. This is not good for our legs and eyes. But if we play for a little bit, and then do something active like jumping or biking, we can have the best of both worlds.

However, it is great to enjoy games, but we must also make time to move around. This helps our bodies strong and our hearts happy. Let's promise to play outside just as much as we play video games.



PREVIEW

Name: _____ 38

Curriculum Connection
D3.2

True or False

Is the statement true or false?

1. Video games are never fun.	True	False
2. Playing outside is healthy.	True	False
3. Dr. Maya says outside play is important.	True	False
4. Timmy plays soccer after video games.	True	False
5. Video games should be played all day.	True	False

PREVIEW

Draw

things you could do when not playing video games

Word Search

Find the words in the wordsearch.

Game	Play
Run	Jump
Ball	Move
Happy	Park
Hour	Rest

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

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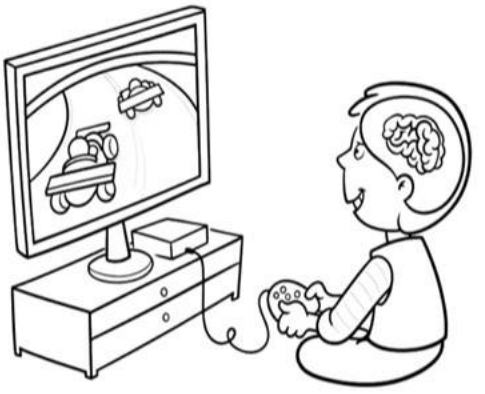
Name: _____ 39

Curriculum Connection
D3.2

Screens and Games

What is Addiction?

Addiction means wanting to do something so much that it is hard to stop. Sometimes, people feel this way about playing games on screens.



Why Too Much Screen Time is Not Good

- Eyes Get Sore: Looking at screens a lot can make our eyes sore.
- Missing Fun: When we play too many games, we miss out on outdoor fun.
- Hard to Sleep: Too much screen time can make it tricky to fall asleep at night.

Making Healthy Choices

We can enjoy screens and still be healthy. Here's how:

- Play Time Limit: Only play games for a short time each day.
- Break Time: Take breaks to stretch, jump, and run outside.
- Fun Activities: Instead of always playing games, we can draw, read, or play with toys.

It is okay to like screens, but remember, running around and playing with friends is also super fun and good for us. Let's make healthy choices together!

PREVIEW

Name: _____ 40

Curriculum Connection
D3.2

True or False

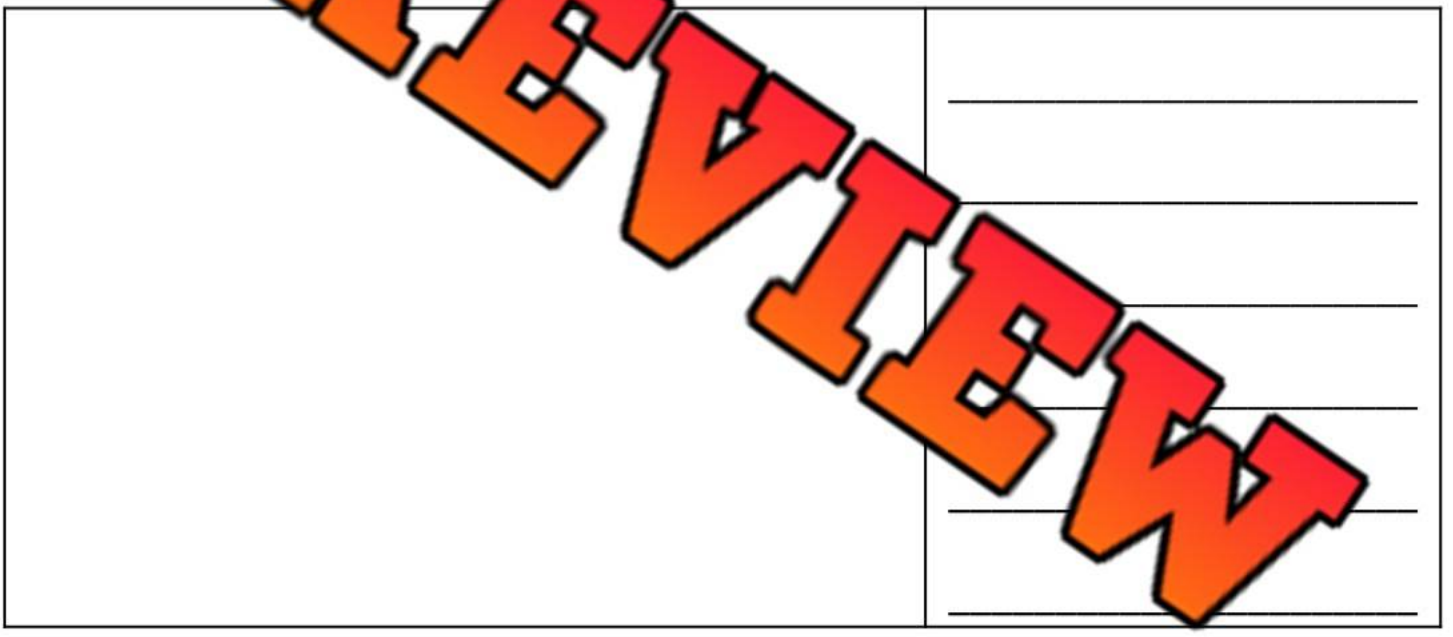
Is the statement true or false?

1) Addiction means wanting to stop something.	True	False
2) Playing games can be addicting.	True	False
3) Breaks help us feel good.	True	False
4) Stretch[illegible]is a healthy break.	True	False
5) Sitti[illegible]okay for legs.	True	False

PREVIEW

Visualizing

Dr[illegible] w[illegible] picturing while you were reading. Explain the picture.



Question

How can we take a healthy break?

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Name: _____ 41

Curriculum Connection
D3.2

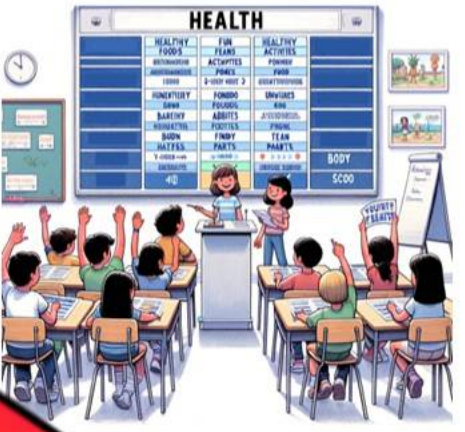
Activity – Jeopardy-Style Game: Health Edition

Objective What are we learning about?

To engage students in a fun, interactive learning experience about health by playing a Jeopardy-style game with categories related to healthy living.

Materials What you will need for the activity.

- Board or la[illegible] to dis[illegible]gories and points
- Cards with questio[illegible]ers fo[illegible]category
- Buzzer or bell (optional fo[illegible]zing
- Score sheet to keep track of team[illegible]



Instructions How you will complete th[illegible]

1. Divide the class into teams.
2. Teams choose a point value category, and the teacher reads th[illegible]tion from the corresponding card.
3. The first team to buzz in gets to answer.
4. If correct, the team earns the points; if incorrect, another team can answer.
5. Keep track of points on the score sheet.
6. Play continues until all questions are answered or time runs out.
7. The team with the most points at the end wins.
8. Discuss the answers to ensure understanding and reinforce learning.

PREVIEW

Name: _____ 42

Curriculum Connection
D3.2

Jeopardy Use the jeopardy questions below.

1 Point	2 Points	3 Points	4 Points
Why should we play outside? (Exercise)	How long should screen time be each day? (1 hour)	What can too much screen time cause?	Why is too much sugar bad for us? (Cavities)
What's a f… outdoor activ…	…at's better …an ca… …or a …	Why is it important to rest your eyes? (eye strain, …eadaches, etc.)	What is a risk of vaping?
What should you drink a lot of every day? (Water)	What should … do after sitting a long time? (Stretch)	H… ex… …se m… …u fe… (H…	What's bad about too much …eo gaming?
What's a healthy treat to have sometimes?	Why are fruits and veggies good? (Vitamins)	What's a good habit before bedtime? (Reading)	W… …hould we avoid smoking?
What's a healthy drink? (Milk)	What's a game that makes you move? (Soccer)	What's bad about sitting all day? (Weakness)	What can replace video games? (Sports)

PREVIEW

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Name: _____ 43

Curriculum Connection
D3.2

Educational Games vs. Video Games

What Are Educational Games?



Educational games are special games we play on computers or tablets that help us learn. They can teach us letters, numbers, and lots more!

How [illegible] From Video Games?

- Learning C[illegible]: Educational games help us learn new things while having fun.
- Skill Building: [illegible] at solving problems and thinking.
- Less Flashy: They might [illegible] bright colours or loud sounds as other video games.

PREVIEW

What About Other Video Games?

Video games are mostly for fun. They have exciting [illegible] adventures, but they do not teach us as much.

Why Mix Both?

- Balance is Key: It is good to play both types of games.
- Time for Fun: Some game time can be for fun video games.
- Time to Learn: Other times, we can play educational games to learn.

When we play, we can choose games that are fun and help us learn. It is like having a yummy snack that is also good for us!

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Name: _____ 44

Curriculum Connection
D3.2

True or False

Is the statement true or false?

1) Educational games are not fun.	True	False
2) Playing games too much is good.	True	False
3) All video games are for learning.	True	False
4) We ca words from games.	True	False
5) Ent s have lots of learning.	True	False

Questioning

Wri questions you have after reading the text.

1)	
2)	

PREVIEW

Word Search

Find the words in the wordsearch.

Play	Math
Word	Game
Read	Fun
Jump	Draw
Quiz	Book

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

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Curriculum Connection
CD1.1

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) Educational games and video games are the same.	T	F
2) Educational games can help you learn.	T	F
3) Video games teach you more than educational games.	T	F
4) You shouldn't play regular video games ever.	T	F

Name: _____

Is the statement true or false?

1) Educational games and video games are the same.	T	F
2) Educational games can help you learn.	T	F
3) Video games teach you more than educational games.	T	F
4) You shouldn't play regular video games ever.	T	F

Name: _____

Is the statement true or false?

1) Educational games and video games are the same.	T	F
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4) You shouldn't play regular video games ever.	T	F

Name: _____

Is the statement true or false?

1) Educational games and video games are the same.	T	F
2) Educational games can help you learn.	T	F
3) Video games teach you more than educational games.	T	F
4) You shouldn't play regular video games ever.	T	F

PREVIEW

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Activity – What Should You Do?

Objective | What are we learning about?

Students will learn how to make healthy and smart choices when using screens by choosi[illegible] when to stop, when to take breaks, and which games help them learn.

Materi[illegible] | [illegible] you need for the activity?

- Scenario card[illegible]ut [illegible]d games
- Open space in the cla[illegible] for [illegible]



Instructions | How will you complet[illegible] the acti[illegible]

1. The teacher explains that screens can be fu[illegible] we must [illegible]em wisely.
2. Shuffle the scenario cards.
3. Each student picks one card.
4. The teacher reads the card aloud.
5. The student says what they should do.
6. Encourage answers like “Take a break,” “Play outside,” “Choose a learning game,” or “Stop and rest.”
7. The class may share other good ideas.
8. Continue until everyone has a turn.

PREVIEW

Name: _____ 47

Curriculum Connection
D3.2

Scenario Cards | Cut out the scenarios below.

Scenario Cards
You have been watching TV for a long time.
Your eyes feel tired from using the tablet.
Your parent says, “Time to turn off the screen.”
You feel sleepy while playing a video game.
to eat because you are on the screen.
let battery runs out.
de, but the TV is still on.
screen time.
the phone.
Your body feels stiff from ng.
You want to play a game
You want to play a loud game with lots
Your teacher shows a math game on the
You can choose between a learning game and a fighti ame.
You want to practise counting using a game.
You want to play a game just for fun for a long time.
Your parent suggests a learning game.
You want to play a game that helps you read.
You want to switch from a video game to a puzzle game.
You finish homework and choose a game to play.

PREVIEW

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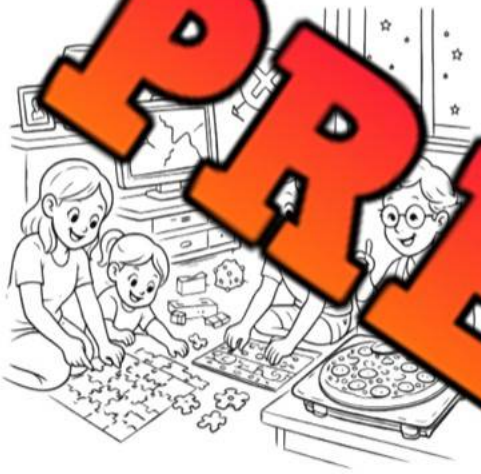
Curriculum Connection
D3.2

Story: Fun Family Nights

Fun Family Nights

Once in a town called Green Grove, there was a family who loved spending time together. Every night, they used to sit and watch TV, but one day, the TV stopped working!



"Let's play a board game!" suggested little Emma. They played a game with cards and [illegible] and they laughed when Dad made [illegible] funny [illegible]s.

The [illegible] night [illegible] said, "Let's make a puzzle!" The pieces were like a treasure [illegible], and [illegible] cheered when they fit the last piece.

On another evening, big brother Liam proposed, "[illegible] a [illegible] together?" They made a pizza with lots of toppings, and [illegible] best dinner ever!

The following day, Grandma said, "Let's go for a walk." They saw squirrels playing and found pretty leaves.

The family learned that every night could be special without the TV. They talked more, played more, and even the stars seemed to shine brighter for them.

PREVIEW

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Curriculum Connection
D3.2

True or False

Is the statement true or false?

1) Emma suggested playing a board game.	True	False
2) They cooked a pizza together.	True	False
3) They played video games every night.	True	False
4) The puzzle was easy to finish.	True	False
5) They walk with Grandma.	True	False

Fill in the Blank

Write the missing word.

1)	The family used _____ every night.	TV	Books
2)	They made a _____ with _____.	Pizza	Cake
3)	The puzzle pieces were like a _____ hunt.	Boring	Treasure
4)	Grandma suggested going for a _____.		Walk
5)	Without TV, they talked and _____ more.	S	ved

Question

What did the family do when the TV stopped working?

_____

_____

_____

_____

PREVIEW

Name: _____ 50

Curriculum Connection
D3.2

Story: Real Playtime

Draw | Draw pictures that show the story.

Friends Beyond Screens

In the small town of Maple Leaf, there was a group of friends who loved playing games. They would sit for hours, eyes glued to screens, barely talking to each other.

One sunny Saturday, Mia suggested, "Let's go to the park instead of playing games today." Her friends were surprised but agreed to give it a try.

PREVIEW

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Name: _____ 51

Curriculum Connection
D3.2



At the park, they found a playground with swings and slides. As they played, they laughed and talked more than they had in a long time. "This is fun!" exclaimed Leo, swinging higher and higher.

After playing, they sat under a big oak tree. Mia brought out a storybook, and they took turns reading aloud. Listening to each other's voices felt special, different from hearing digital sounds from games.

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Next, they decided to have a treasure hunt. Working together to find hidden items around the park made them feel like a team. "We did it together!" they cheered, finding the last item.

As the day ended, they lay on the grass, looking at the clouds. "I did not miss m[illegible]e at all today," confessed Alex. "Me neither," said the other[illegible]

PREVIEW

Name: _____ 53

Curriculum Connection
D3.2



Walking home, they promised to spend more time together away from screens. They realized that the best adventures came from the stories they made together, not the ones on a screen.

From that day on, Mia, Leo, and Alex met every week to explore a new activity. They learned that friendship grows stronger when they shared real moments, not just digital ones.

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Name: _____ 54

Curriculum Connection
D3.2

True or False

Is the statement true or false?

1) The friends always talked a lot during video games.	True	False
2) Mia suggested going to the park one day.	True	False
3) They had less fun at the park than at home.	True	False
4) Playing [illegible]wings and slides made them laugh.	True	False
5) The [illegible]ade them feel like a team.	True	False

PREVIEW

Questioning

Wri[illegible]questions you have after reading the text.

1)	
2)	

Word Search

Find the words in the wordsearch.

Park	Read
Play	Team
Hunt	Tree
Swing	Slide
Cloud	Laugh

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

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Name: _____ 55

Curriculum Connection
D3.2

Activity – Role Play: Healthy Lifestyle Choices

Objective

What are we learning about?

To help students understand the importance of making healthy lifestyle choices through role-playing various scenarios.



Materials

What you will need for the activity.

- Scenario cards describing different situations (e.g., choosing between playing outside or watching TV, selecting snacks, etc.)
- Props to represent different activities (optional, such as a pretend remote control, playground equipment)
- A designated area for role-playing

Instructions

How you will implement this activity

1. Introduce the concept of healthy lifestyle choices to the students.
2. Divide the class into small groups or pairs.
3. Distribute scenario cards to each group, explaining the situation and how to act out.
4. Give students a few minutes to discuss their scenario and plan their role-play.
5. Each group takes turns performing their scenario in front of the class.
6. After each performance, discuss the choices made and their impact on health.
7. Encourage the audience to suggest alternative healthy choices if applicable.
8. Rotate roles within groups to give all students a chance to participate.
9. Conclude by reinforcing the importance of choosing healthy activities and snacks.

PREVIEW

Name: _____ 56

Curriculum Connection
D3.2

Scenarios | Role-Play Scenarios

1. Picking between sugary cereal and oatmeal with fruit.
2. Deciding between an apple or a bag of chips.
3. Optin play outside or stay indoors playing video games.
4. C at a soda during lunch.
5. Selectin w wat TV or doing a fun dance.
6. Watching TV inste playing de after school.
7. Deciding how long to brush y eth a t.
8. Choosing to do homework right aft ool tching TV.
9. A friend asks you to play soccer or watch ca s.
10. Picking up a jump rope or a handheld game.
11. Choosing between fruits or cake at a party.
12. Deciding to walk or take a short drive to the park.
13. Choosing between a swim class or playing on a tablet.
14. Planning to hike with family or play computer games.

PREVIEW

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Name: _____ 57

Curriculum Connection
D3.2

Reflection | Answer the questions below.

1) What was your role-play scenario, and what did you choose?

2) How did it [illegible] a h[illegible]y choice in your role-play?

3) Draw a scene you acted out.

PREVIEW

Name: _____ 58

Curriculum Connection
D3.2

Sleep Tight Every Night

Why Sleep Matters



Sleep helps our bodies rest and get ready for a new day. It makes us feel happy, smart, and ready to learn and play.

Screens and Sleep

Looking at TVs, tablets, and phones before bed can make it hard for us to fall asleep. The light from screens tricks our brains into thinking it is still day.

Good Bedtime Habits

- Book Time: Read a book instead of screen time.
- Quiet Games: Play with puzzles or quiet toys.
- Story Time: Listen to a bedtime story from someone you love.

Sleeping Better

Having a bedtime routine without screens helps us fall asleep faster and sleep better. This means we can wake up feeling great and ready for fun and learning.

Let's promise to give our eyes a rest from screens before bed so we can have sweet dreams and a bright tomorrow!

PREVIEW

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Name: _____ 59

Curriculum Connection
D3.2

True or False

Is the statement true or false?

1. Sleep helps our bodies rest.	True	False
2. Screens before bed help us sleep better.	True	False
3. Reading a book is good before bedtime.	True	False
4. Screen light tricks our brain to think it is daytime.	True	False
5. A bedtime routine makes it hard to sleep.	True	False

Draw

Draw pictures showing good bedtime habits.

Reading Books	Playing Puzzles	Listening to Stories

Question

What helps you fall asleep?

_____

_____

_____

_____

_____

PREVIEW

Curriculum Connection
CD1.1

Exit Cards

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

Name: _____

Write or draw 3 things that can help you sleep.

1	
2	
3	

Name: _____

Write or draw 3 things that can help you sleep.

1	
2	
3	

Name: _____

Write or draw 3 things that can help you sleep.

1	
2	
3	

Name: _____

Write or draw 3 things that can help you sleep.

1	
2	
3	

PREVIEW

Name: _____ 61

Curriculum Connection
D3.2

Activity – My Bedroom Set Up

Objective What are we learning about?

Students will draw their ideal bedroom to show the things that make them feel safe, happ[illegible]nd comfortable at home.

Mate[illegible] [illegible] you need for the activity?

- Blank paper or [illegible]
- Crayons, markers, or [illegible]



Instructions How will you complete the ac[illegible]?

1. Think about your bedroom or a bedroom you [illegible] to h[illegible]
2. Look at the big box on the page. This is where you will dra[illegible]
3. Start with tracing the bed in your bedroom.
4. Draw other things you like, such as toys, books, a lamp, or a window.
5. You may draw yourself in your bedroom if you want.
6. Colour your picture carefully and neatly.
7. When you are finished, put your name on your paper.
8. Be ready to show and talk about your bedroom drawing with the class or your teacher.

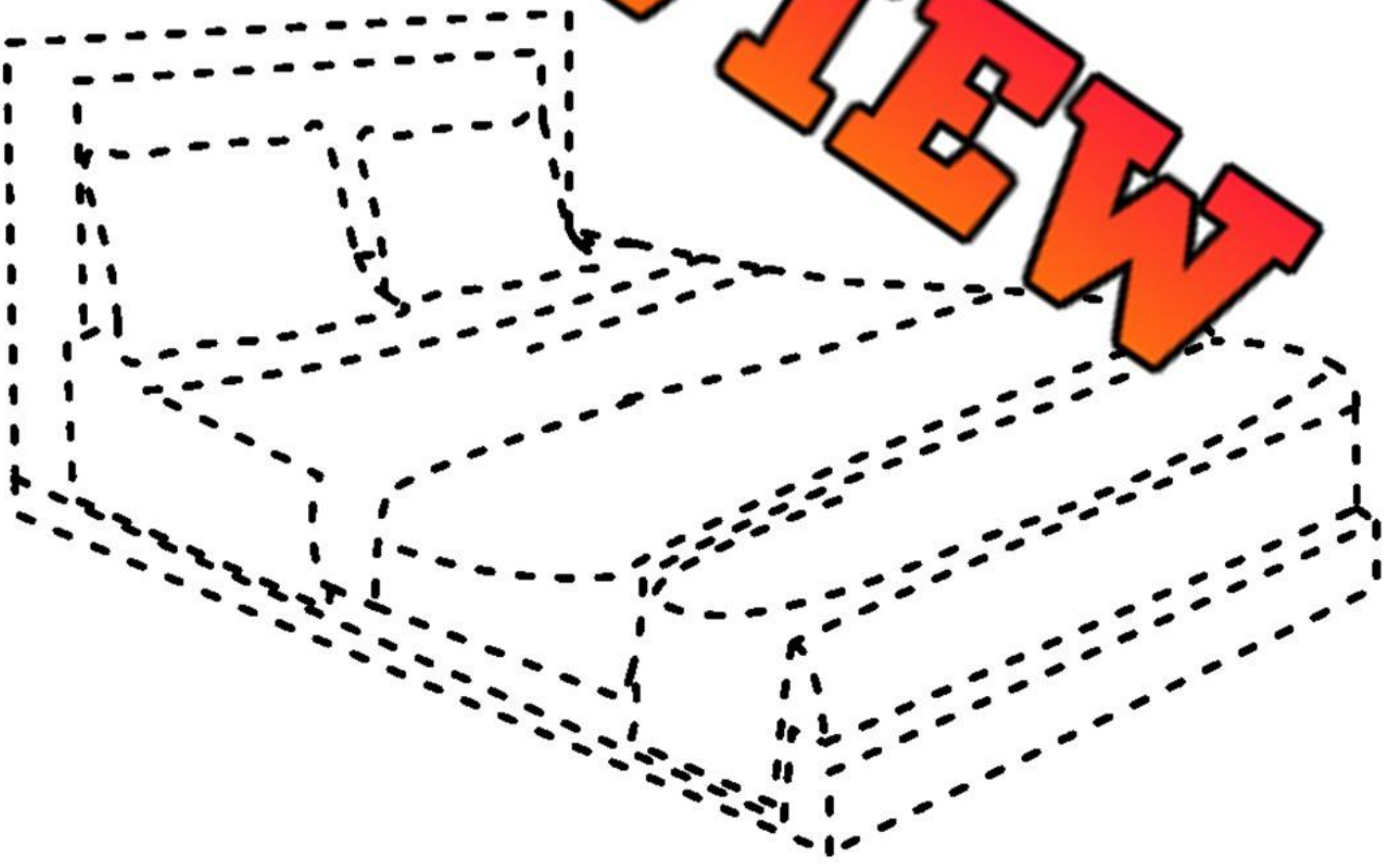
PREVIEW

Name: _____ 62

Curriculum Connection
D3.2

Bedroom Design	Design your dream bedroom starting by tracing the bed to make it cozy for a good night's sleep.

PREVIEW



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Name: _____ 63

Curriculum Connection
D3.2

Story: Mindful Quiet Time

Quiet Time Adventures



In the town of Willow Creek, there was a curious boy named Sam. Sam loved playing on his ta[illegible] but sometimes he felt very tired a[illegible] his mind.

One day, Sa[illegible], M[illegible] Lee, talked about something called mindfulness a[illegible]ditat[illegible] like going on an adventure inside your mind," she said, "a q[illegible]me whe[illegible] can feel calm and happy."

The next day, instead of turning [illegible] tabl[illegible] tried sitting quietly. He closed his eyes, took deep breaths [illegible]magi[illegible] was in a peaceful forest. He could hear birds singi[illegible] a ge[illegible] breeze.

Sam felt something amazing—he was calm and happy, [illegible] quietly! He learned he could have fun adventures without a[illegible]en.

From then on, Sam spent some time each day on his quiet time adventures. He found out that mindfulness and meditation were like secret treasures for his mind and heart.

Sam still liked his tablet, but now he also loved exploring the quiet and beautiful places in his mind.

PREVIEW

Name: _____ 64

Curriculum Connection
D3.2

True or False

Is the statement true or false?

1) Sam disliked all his quiet time.	True	False
2) Mrs. Lee taught Sam about mindfulness.	True	False
3) Sam imagined he was in a noisy city.	True	False
4) Medita[illegible]made Sam feel calm and happy.	True	False
5) Quiet [illegible]ntures are like secret treasures.	True	False

PREVIEW

Fill in the Bla[illegible]

Wr[illegible]the missing word.

1)	Sam loved playi[illegible] _____	Bike	Tablet
2)	Mrs. Lee talked about _____ [illegible]	Mindfulness	Running
3)	Sam imagined being in a _____ for [illegible]	aceful	Loud
4)	During meditation, Sam felt _____ and [illegible]	[illegible]	Calm
5)	Sam found _____ in quiet time without screens.	Fu[illegible]	dom

Draw

What makes you feel peaceful and happy?

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Name: _____ 65

Curriculum Connection
D3.2

The Benefits of Outdoor Play

Why Play Outside?



Playing outside is not just fun, it is good for us too! When we play in the sun and fresh air, we feel h[illegible]y and strong.

Goo[illegible]tdoor Play

- Fres[illegible] Air: [illegible] clean air is great for our lungs.
- Exercise: [illegible]g, jum[illegible]d climbing make our muscles strong.
- Sunshine: The sun[illegible]s vita[illegible]D, which keeps us healthy.

PREVIEW

Playtime Ideas

- Have a race with friends.
- Play hide and seek.
- Climb on the playground.

Why It Is Better Than Screens

Screens are fun, but they do not help us run fast or jump high. Playing outside makes our bodies and minds healthy.

Let's Go Play!

Next time you have free time, try to play outside. You can see beautiful things, make new friends, and have big adventures. Outdoor play is a special way to grow up happy and healthy.

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Name: _____ 66

Curriculum Connection
D3.2

True or False

Is the statement true or false?

1. Outdoor play is bad for us.	True	False
2. Fresh air is great for our lungs.	True	False
3. Playing outside gives us vitamin D.	True	False
4. Sunshin is not important for health.	True	False
5. Climbi aygrounds makes our muscles strong.	True	False

PREVIEW

Directio

ee pictures of outdoor fun.

Running Race	Jumping	g Trees

Word Scramble

Unscramble the words using the word list.

HIDE AND SEEK	TAG	HOPSCOTCH	SOCCER
BASKETBALL	FRISBEE	JUMP ROPE	RACING

GAT		HCTOOPSH	
RCOESC		KEES DNA HIED	
SIEFRBE		LEBAKTASBL	

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Curriculum Connection
CD1.1

Exit Cards

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

Name: _____

Is it healthy (H) or unhealthy (UH)?

1) Fresh	H	UH
2) W e	H	UH
3) Runn g out		UH
4) Getting sunshi side		
5) Playing video games a day.		UH
6) Climbing	H	U

Name: _____

Is it healthy (H) or unhealthy (UH)?

1) Fresh air	H	UH
2) Watching screens	H	UH
3) Running outside	H	UH
4) Getting sunshine outside	H	UH
5) Playing video games all	H	UH
6) g	H	UH

Name: _____

Is it healthy (H) or unhealthy (UH)?

1) Fresh air	H	UH
2) Watching screens	H	UH
3) Running outside	H	UH
4) Getting sunshine outside	H	UH
5) Playing video games all day.	H	UH
6) Climbing	H	UH

Name: _____

Is it healthy (H) or u

1) Fresh air	H	UH
2) Watching screens	H	UH
3) Running outside	H	UH
4) Getting sunshine outside	H	UH
5) Playing video games all day.	H	UH
6) Climbing	H	UH

PREVIEW

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Name: _____ 72

Curriculum Connection
D3.2

Pictionary – Drawing Healthy Habits

Objective What are we learning about?

To help students understand and differentiate between healthy and unhealthy habits through a fun drawing and guessing game.

Materials What you will need for the activity.

- W[illegible]board or [illegible]aper
- Ma[illegible]s or c[illegible]
- Timer
- List of healt[illegible]unhe[illegible]s (for teacher's reference)



Instructions How you wil[illegible]mple[illegible]t

1. Divide the class into two teams.
2. Explain that they will draw and guess hea[illegible]a[illegible]at[illegible]y[illegible]its.
3. The teacher selects a habit from the list without [illegible]g it [illegible]e tu[illegible]nts.
4. A student from Team 1 comes up and reads the habit secr[illegible]
5. The student has 1 minute to draw the habit on the whiteboard o[illegible]per.
6. Team 1 tries to guess the habit based on the drawing.
7. If Team 1 guesses correctly, they earn a point. If not, Team 2 gets a chance to guess.
8. Alternate turns between Team 1 and Team 2, with different students drawing each time.
9. Discuss each habit after it's guessed, explaining why it's healthy or unhealthy.
10. The team with the most points at the end wins.

PREVIEW

Name: _____ 73

Curriculum Connection
D3.2

Cards Have students choose a card from below to draw. Is the thing or action healthy or unhealthy?

Vegetables	Watching TV
Running	Biking
[illegible]	Water
Sleeping	Jumping
Sitting	[illegible]ding B[illegible]
Lifting Weights	Walking
Jumping Rope	Eating Candy
Swimming	Playing Video Games

PREVIEW

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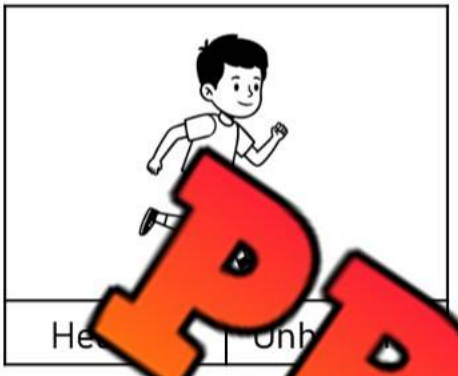
Name: _____ 74

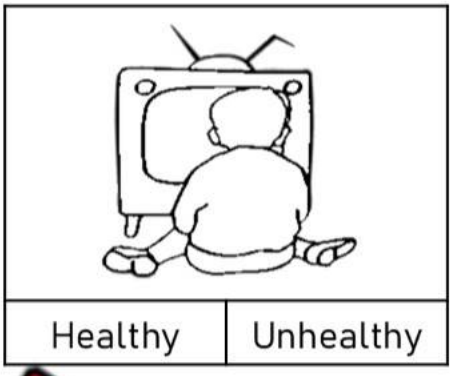
Curriculum Connection
D3.2

Choosing Healthy and Unhealthy Habits

Think | Circle if the habit is healthy or unhealthy



Healthy | Unhealthy



Healthy | Unhealthy



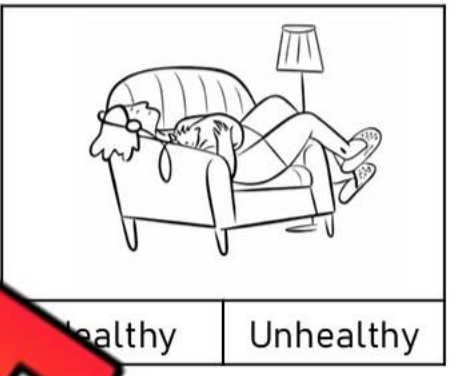
Healthy | Unhealthy



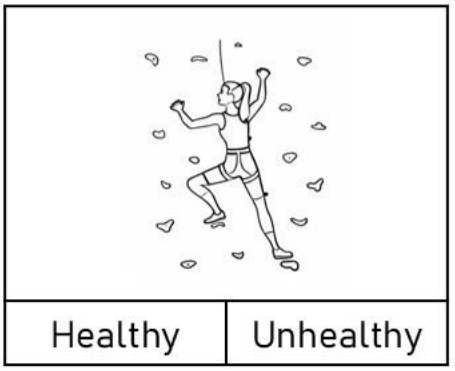
Healthy | Unhealthy



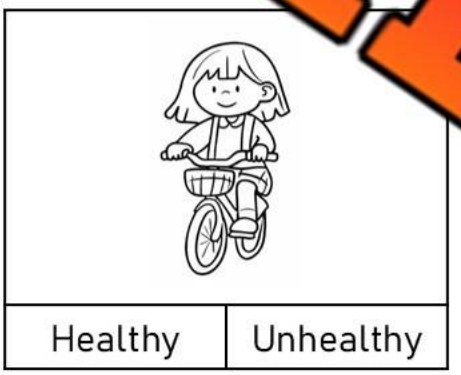
Healthy | Unhealthy



Healthy | Unhealthy



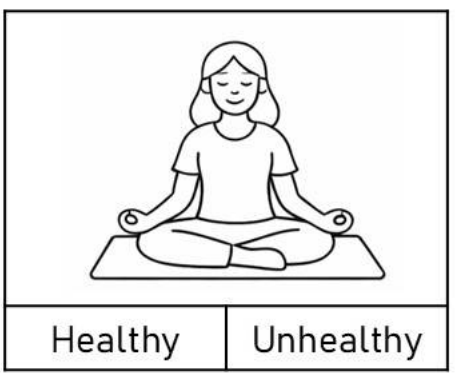
Healthy | Unhealthy



Healthy | Unhealthy



Healthy | Unhealthy



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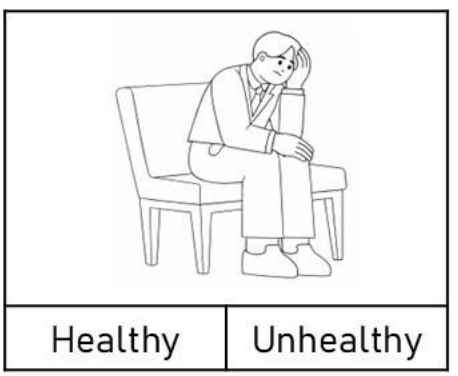
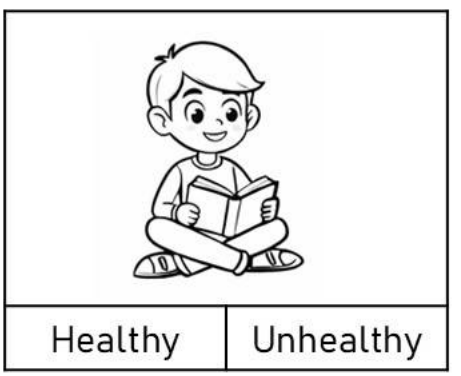


Healthy | Unhealthy



Healthy | Unhealthy

PREVIEW

Name: _____ 75

Curriculum Connection
D3.2

Reflection | Answer the questions below.

1) What is your favourite healthy habit and why?

2) How do yo[illegible]tside?

3) Draw your favourite healthy habit.

PREVIEW

Name: _____ 76

Curriculum Connection
D3.2

Activity – Spelling Bee: Health Vocabulary

Objective What are we learning about?

To enhance students' vocabulary on health and well-being through a fun and interactive spelling bee.



Materials What you will need for the activity.

- List of health-related words (e.g., exercise, nutrition, smoking, screen, sleep, water, fruits, vegetables, hygiene, wellness)
- Microphone (optional for amplifying voices)
- Small prizes or certificates for participants
- Whiteboard or blackboard

Instructions How you will complete the activity.

1. Prepare a list of health-related words appropriate for Grade 1 students.
2. Explain the rules of a spelling bee to the class.
3. Students take turns coming to the front of the class.
4. The teacher reads out a word and uses it in a simple sentence.
5. The student spells the word out loud.
6. If correct, the student moves to the next round; if not, they sit down but are praised for trying.
7. Continue until one student remains or everyone has had a chance to spell.
8. Celebrate all participants with small prizes or certificates.
9. Discuss the meanings of the words after the bee to reinforce understanding.

PREVIEW

Name: _____ 77

Curriculum Connection
D3.2

Spelling Bee | List of spelling words

Easy	Moderate	Hard
Eat	Fruit	Brush
	Drink	Water
Was	Sleep	Breakfast
Bath	n	Stretch
Play	lack	Health
Rest	Smile	bles
Apple	Share	
Jump	Happy	Protein
Sit	Fresh	Balance
Walk	Taste	Exercise

PREVIEW

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D3.2

Activity – Word Search: Find the Healthy Habits

Objective What are we learning about?

To reinforce students' understanding of healthy habits through the fun activity of completing or creating word searches.



Materials What you will need for the activity.

- Blank grid paper and pencils (for students creating their own word searches)
- A list of healthy habits (e.g., brushing teeth, fruits, sleep, water, hygiene)

Instructions How you will complete the activity.

1. Each student gets a blank word search grid.
2. Choose 8 words from the list on the next page.
3. Write these words in your word search grid. They can go up, down, or across.
4. Fill in the other spaces with different letters.
5. Trade your word search with a classmate and try to find their words!
6. Remember to write neatly so your words are easy to find.
7. Have fun searching!
8. Tip: Think about why each word is important as you search.

PREVIEW

Name: _____ 79

Curriculum Connection
D3.2

Healthy Habits | Use the terms below for your word search

Eat	Apple
Sleep	Water
Drink	Walk
[illegible]	Ball
[illegible]	Share
[illegible]	Clean
Bath	Rest
Brush	Veggie
Smile	[illegible]
Jump	[illegible]
Fruit	[illegible]
Milk	Climb
Salad	Bike
Hike	Skate
Dance	Yoga
Exercise	Outdoors

PREVIEW

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Word Search | Create your own word search below.

Word Bank			



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Activity – Vocabulary Snowman

Objective What are we learning about?

To enhance students' understanding and retention of new vocabulary related to the content they have been learning in class through a fun game of Snowman.

Materials What you will need for the activity.



- S[illegible]tes (blank snowman grids).
- Dry [illegible]lk.

PREVIEW

Instructions How [illegible] activity

1. Recall Health Topics: Start by remi[illegible] the topics they've learned about in class.
2. Explain Snowman: Demonstrate how to pla[illegible]man [illegible]iteboard or chalkboard. Explain that for each incorrect g[illegible] par[illegible] an is drawn, starting from the bottom snowball to the sad fa[illegible]mple w[illegible]e: lower snowball, middle snowball, top snowball (head), ar[illegible]e, e[illegible]e, mouth. This would allow 9 mistakes.
3. Game Setup: Distribute blank Snowman game templates to the [illegible]de[illegible]dents can use the terms on the next page (this should help with spelling).
4. Play in Pairs: Students pair up. One student thinks of a word and draws blanks on the template for each letter.
5. Guessing the Word: The partner guesses letters. If a letter is correct, it's added to the blanks. If not, a part of the snowman is drawn.
6. Discover and Discuss: The game continues until the word is guessed or the snowman is completed.
7. Rotate and Repeat: After a few rounds, have students switch partners for fresh gameplay and new word challenges.

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Curriculum Connection
D3.2

Healthy Habits | Use the terms below for the Snowman Game

Eat	Apple
Sleep	Water
Drink	Walk
[illegible]	Ball
[illegible]	Share
[illegible]	Clean
Bath	Rest
Brush	Veggie
Smile	[illegible]
Jump	[illegible]
Fruit	[illegible]
Milk	Climb
Salad	Bike
Hike	Skate
Dance	Yoga
Exercise	Outdoors

PREVIEW

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D3.2

Snowman

With a partner, one person chooses a word. They count the number of letters in their word and write that many blanks. The other person guesses the letters until they figure out the word.

Draw Your Snowman

Cross off incorrect guesses

a b c d e f g h i j k l m

n o p q r s t u v w x y z

Write the number of blanks for your word below

PREVIEW

Draw Your Snowman

Cross off incorrect

a b c d e f g h i j k l m

n o p q r s t u v w x y z

Write the number of blanks for your word below

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Name: _____ 86

Unit Test – Addiction and Behaviours

Multiple Choice /10

1. What helps us sleep well? a) Watching TV b) Playing video games c) Turning [illegible]reens d) Eating [illegible]	**2. What makes our bodies healthy and happy?** a) Sitting inside b) Playing outside c) Watching movies d) Drinking soda
3. Wh[illegible]oking b[illegible] a) Makes us ru[illegible] b) Improves brea[illegible] c) Hurts our lungs d) Is good for health	**4. What is not good for our hearts?** a) Eating fruits b) Running [illegible] Carbon Monoxide [illegible]king water
5. What activity is healthy for our lungs? a) Deep breathing b) Smoking c) Vaping d) Sitting all day	**[illegible]ld we do instead of playing [illegible]ideo [illegible]** a) W[illegible]V b) [illegible] soda c) Eat [illegible]s beca[illegible]'re bored d) Play outs[illegible]
7. What's important to say no to? a) Exercise b) Smoking and vaping c) Eating vegetables d) Drinking water	**8. What helps us grow?** a) Staying up late b) Eating fruits and vegetables c) Smoking d) Drinking soda
9. Why play outside instead of screen time? a) It's boring b) For exercise and fresh air c) Screens are healthier d) You can't learn outside	**10. What is part of a balanced routine?** a) Only screen time b) Skipping meals c) Staying up all night d) Learning and play time

PREVIEW

Matching

Match the terms with what they mean

Screen Time	❑ Good for your body
Healthy	❑ Breathing in vapour
Va	❑ Watching TV or playing games

PREVIEW

Scenarios

ad th tion and circle the best way to handle it.

1) What should you do b d to s ?
a) Play video games
b) Read a book
c) Watch TV
d) Eat candy

2) If you want to play, what's a healthy choice?
a) Run outside
b) Sit and draw
c) Play a video game
d) Watch a movie

3) Why is it good to have less screen time?
a) More time to play outside
b) You can watch more TV
c) It's not good; more screen time is better
d) You can play more video games

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