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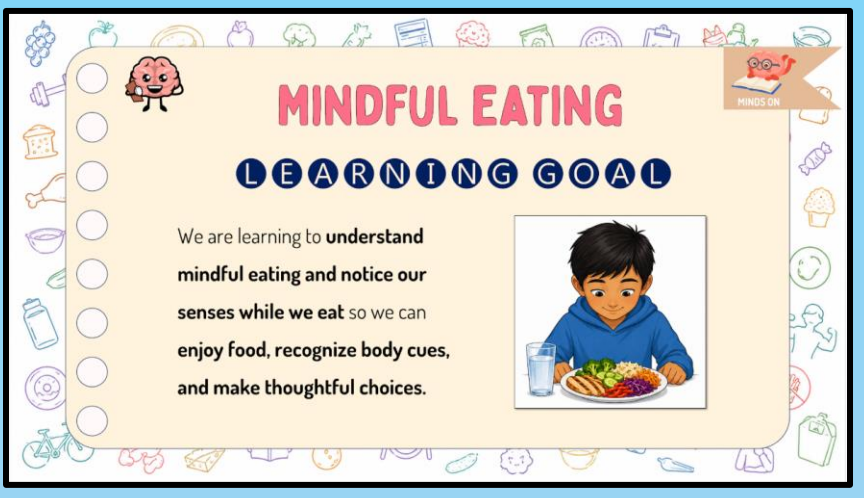
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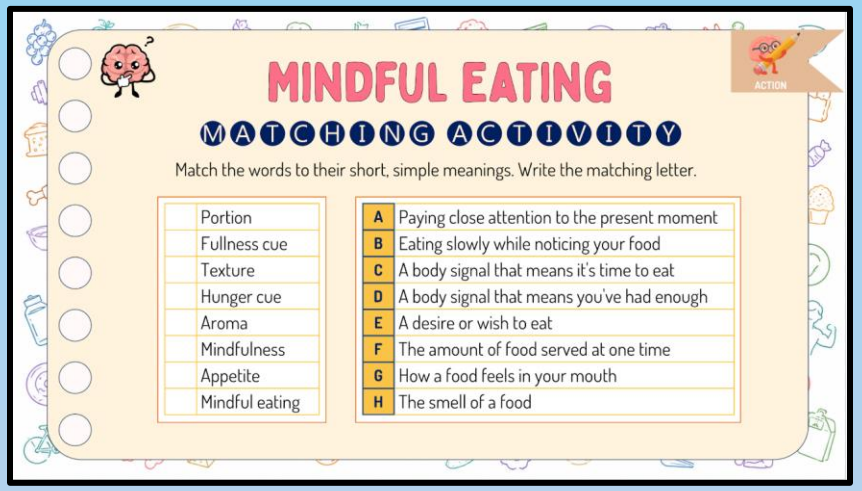
Ontario Health Curriculum
Healthy Eating– Grade 6

3-Part Lesson Format

Part 1 – Minds On!

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



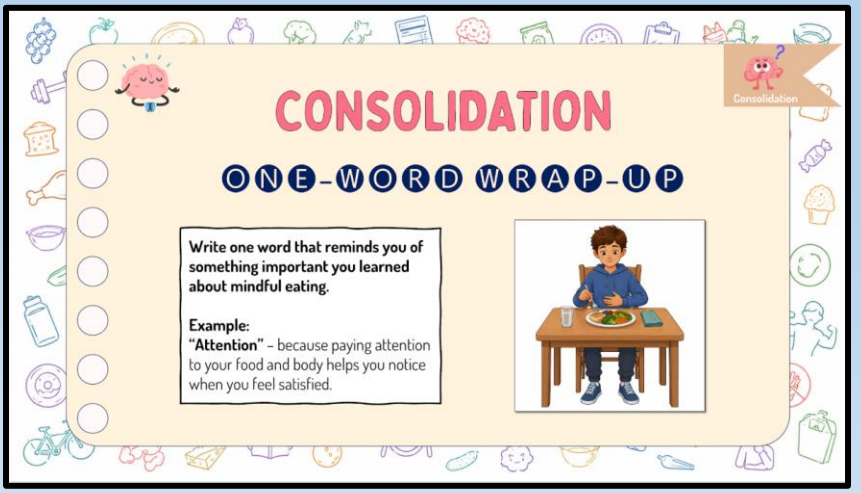


Part 2 – Action!

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

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!



Ontario Health Curriculum
Healthy Eating– Grade 6



Ontario Health Curriculum
Healthy Eating– Grade 6



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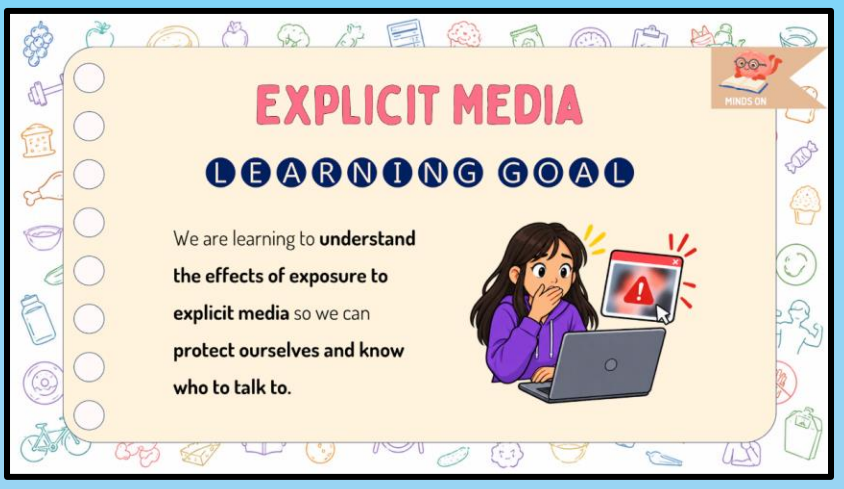
Ontario Health Curriculum

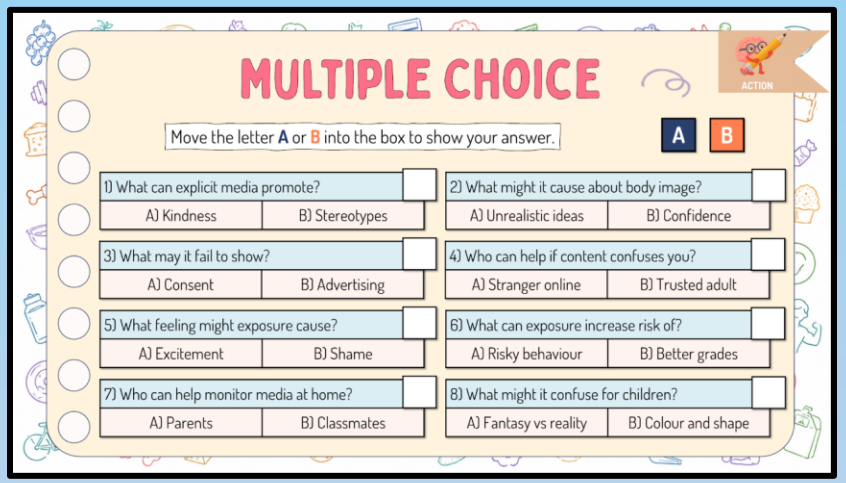
Human Development & Sexual Health– Grade 6

3-Part Lesson Format

Part 1 – Minds On!

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- Discussion Questions
- Quotes
- And More!



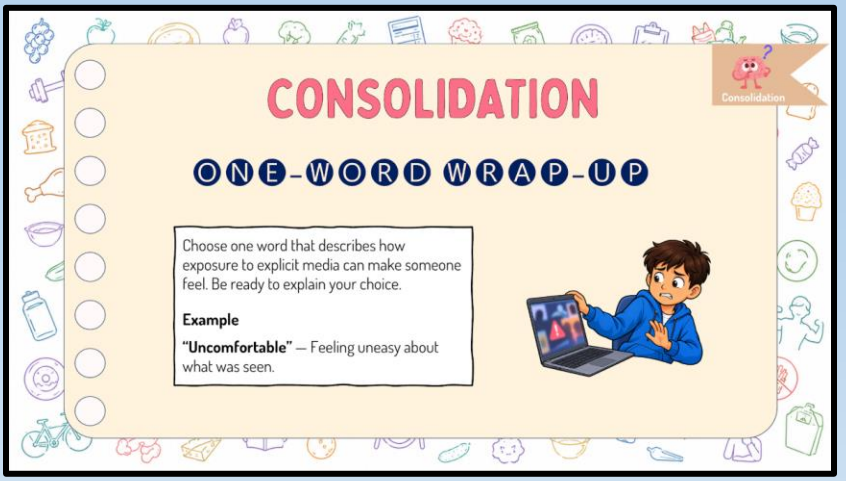


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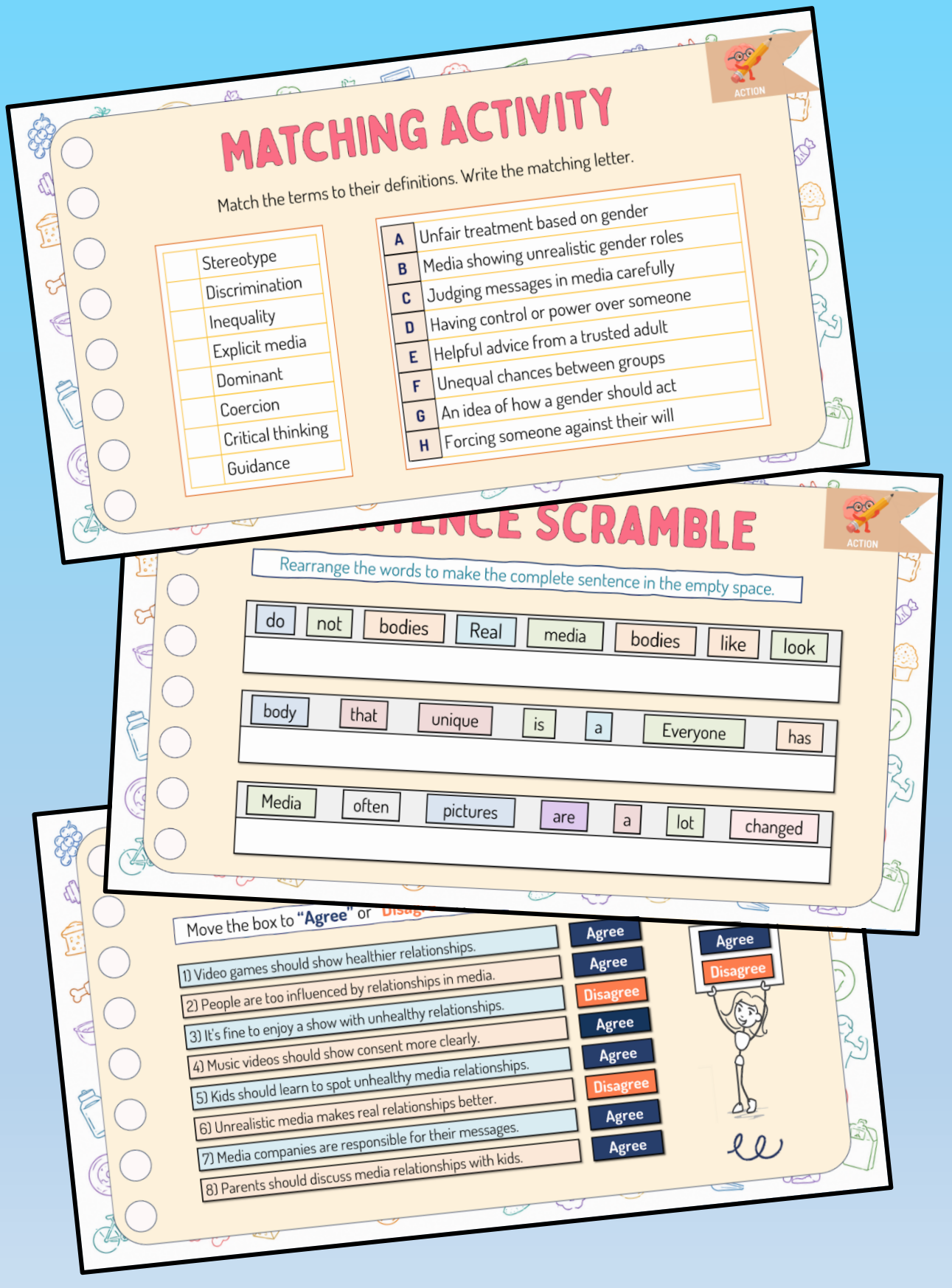
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Ontario Health Curriculum

Human Development & Sexual Health– Grade 6



Ontario Health Curriculum

Human Development & Sexual Health– Grade 6



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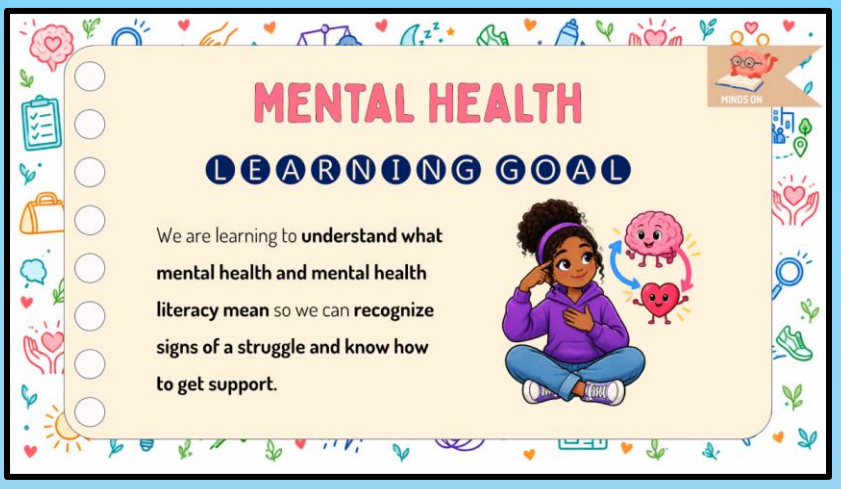
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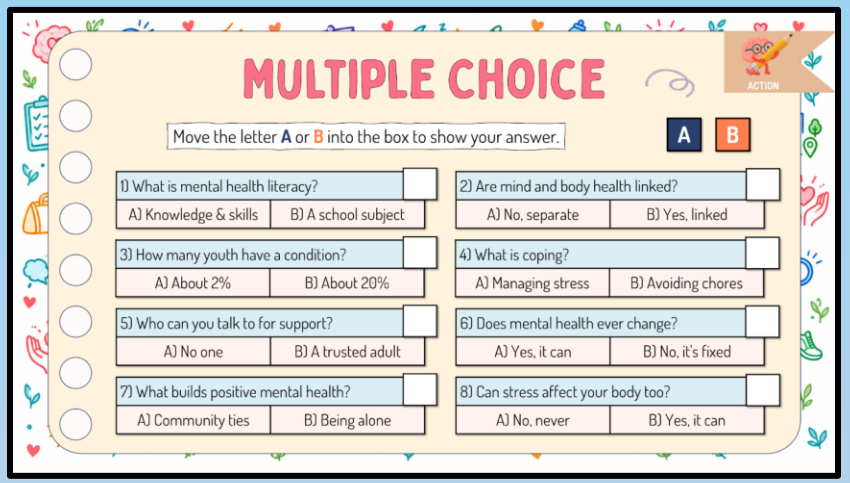
Ontario Health Curriculum
Mental Health Literacy– Grade 6

3-Part Lesson Format

Part 1 – Minds On!

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



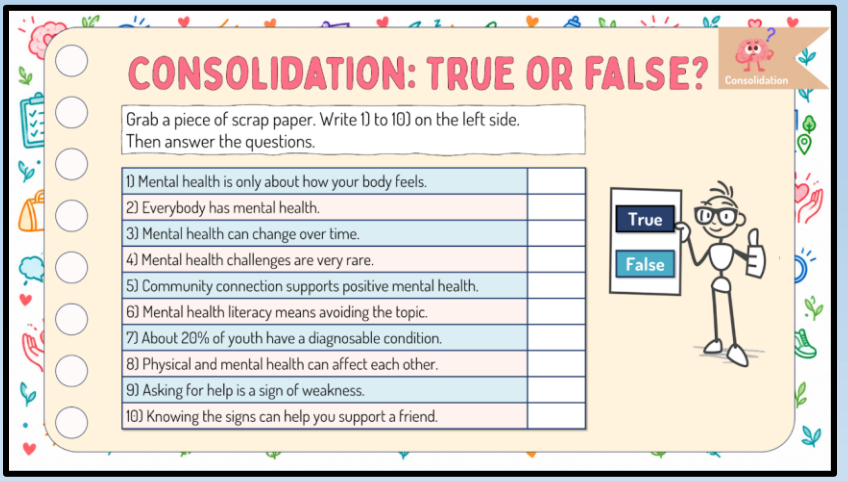


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Ontario Health Curriculum
Mental Health Literacy– Grade 6



Ontario Health Curriculum
Mental Health Literacy– Grade 6



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Ontario Health Curriculum

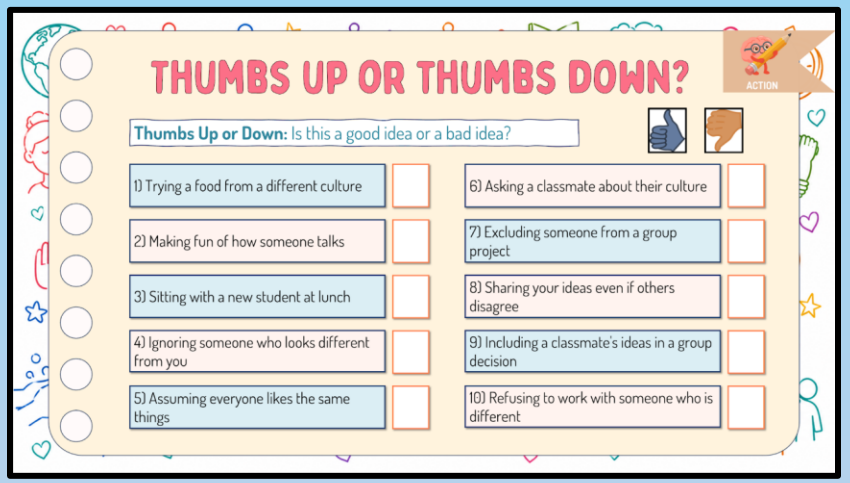
Personal Safety & Injury Prevention– Grade 6

3-Part Lesson Format

Part 1 – Minds On!

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- Quotes
- And More!



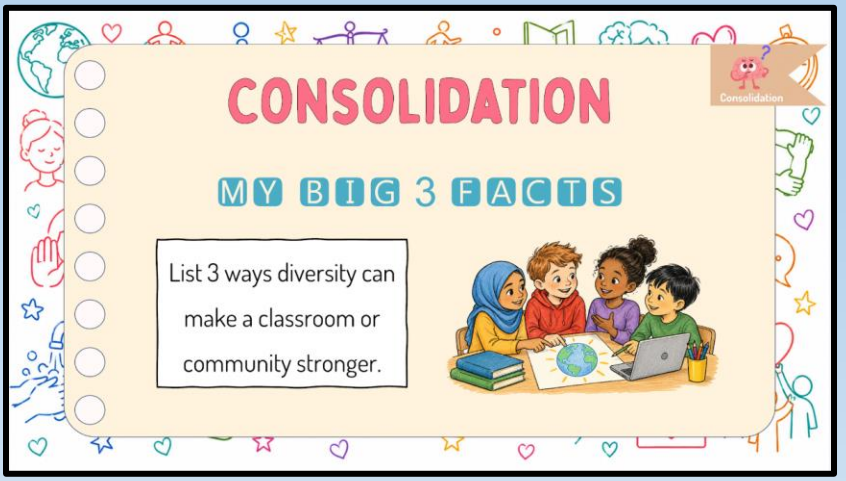


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Part 3 – Consolidation!

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Ontario Health Curriculum

Personal Safety & Injury Prevention– Grade 6



Ontario Health Curriculum

Personal Safety & Injury Prevention– Grade 6



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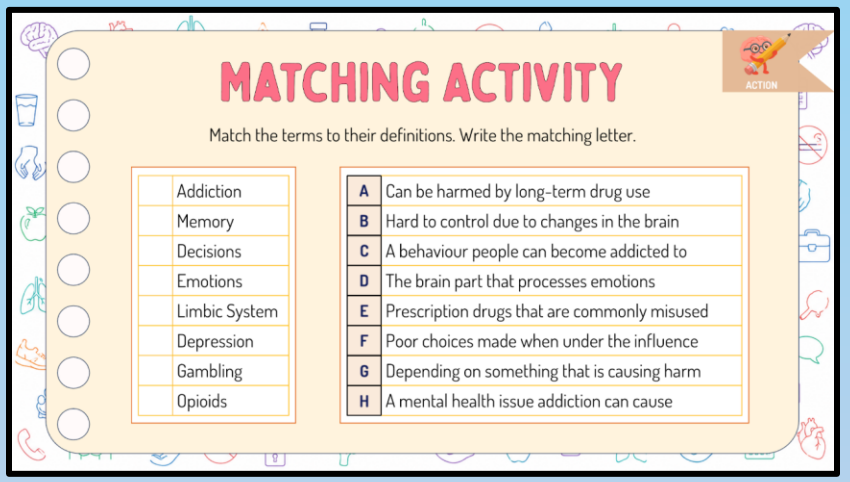
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Ontario Health Curriculum
Substance Use Addictions– Grade 6

3-Part Lesson Format

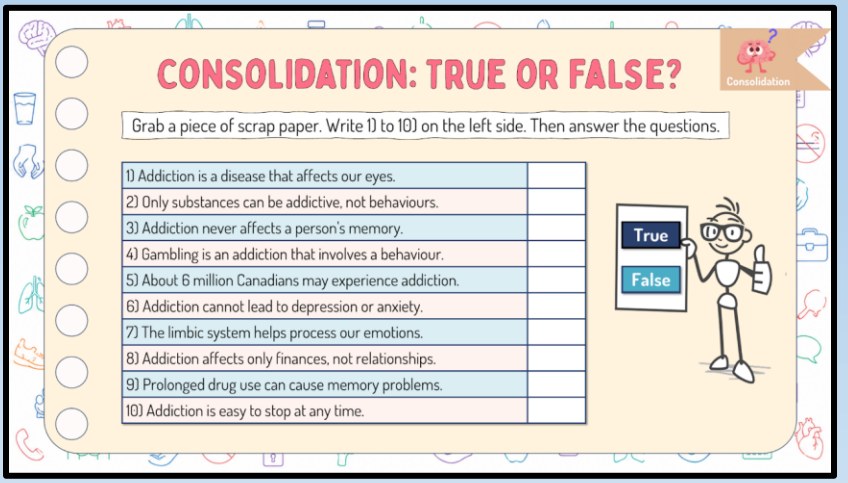
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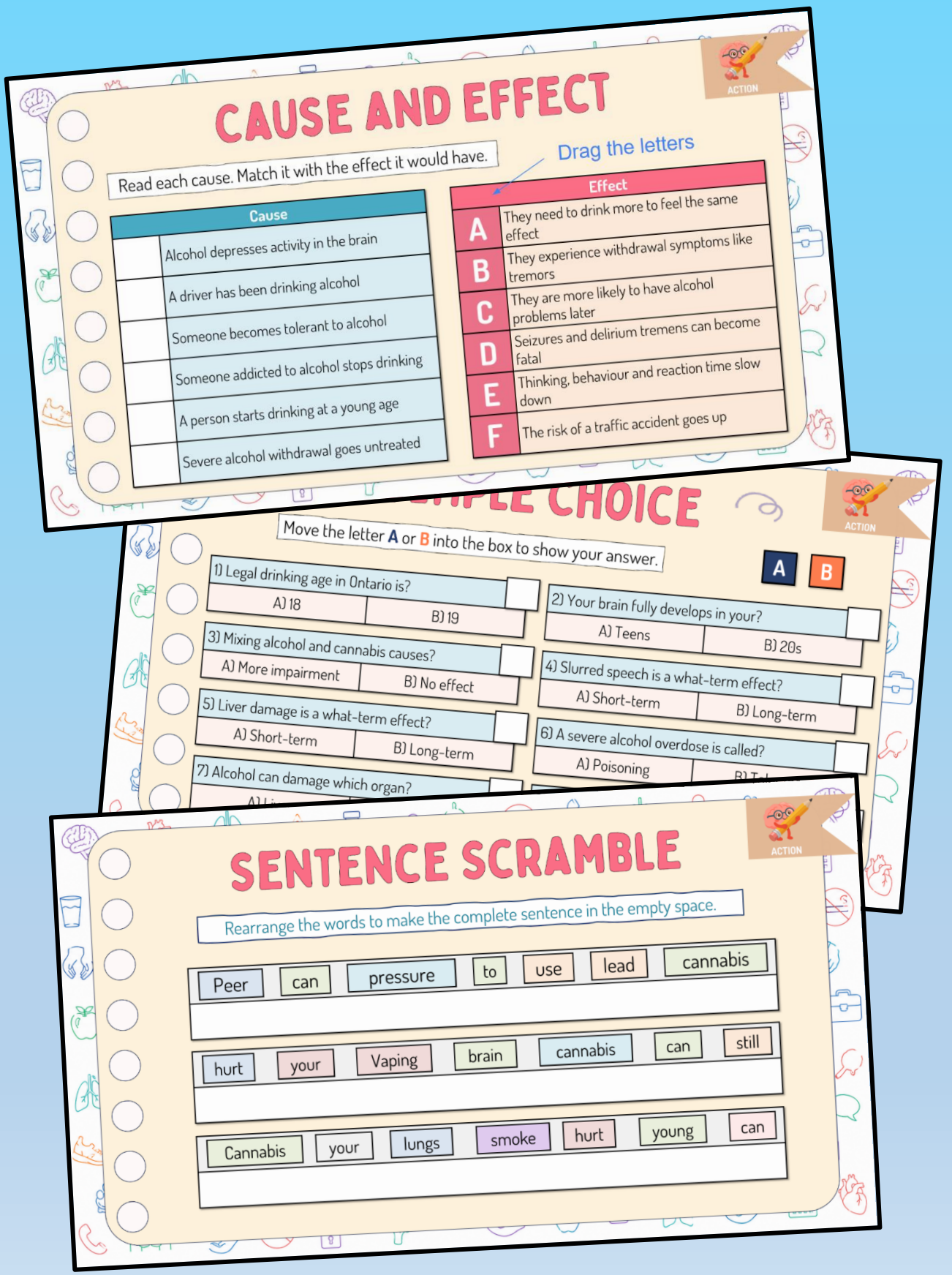


Part 2 – Action!
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- Exit Cards
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Ontario Health Curriculum
Substance Use Addictions– Grade 6



Ontario Health Curriculum
Substance Use Addictions– Grade 6



THUMBS UP OR THUMBS DOWN?

ACTION

Thumbs Up or Down: Is this a good idea or a bad idea?

1) Telling a trusted adult about withdrawal symptoms
2) Trying to detox from opioids completely alone
3) Giving a friend your leftover opioid medication
4) Asking a pharmacist how methadone treatment works
5) Calling a doctor before stopping a prescription
6) Stopping a strong medication overnight with no advice
7) Joining a support group during recovery
8) Refusing to tell anyone about severe symptoms
9) Skipping support meetings once symptoms start improving
10) Researching withdrawal to help support a friend

Look at the list below. Sort each one into the correct category: LSD, Psilocybin, or DMT.

1) Known on the street as acid
2) Chemical name is lysergic acid diethylamide
3) Naturally occurs in certain mushrooms
4) Short name for dimethyltryptamine
5) Found in certain types of mushrooms
6) A highly potent drug with serious risks
7) Found naturally in certain plants
8) Also known as magic mushrooms
9) Produces intense hallucinations

LSD
Psilocybin
DMT

ACTION

the effect it would have.

Cause	
	Nicotine paralyses the cilia lining the airways
	Vape aerosol carries nickel and lead particles
	Companies add fruit and candy flavours to vapes
	Ontario sets the legal purchase age at 19
	Nicotine reaches the brain within ten seconds
	Nicotine exposure continues before age 25

Effect	
A	Younger students cannot buy vapes in stores
B	Memory, attention and thinking are affected
C	Colds and chest infections become more common
D	Heart rate and blood pressure rise quickly
E	Vaping appeals far more strongly to teenagers
F	Heavy metals build up in lung tissue