



Preview - Information



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- ✓ A selection of Ready-To-Use Google Slides Lessons.
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Google Slides Lessons Preview





Ontario Health Curriculum Substance Use Addictions – Grade 1

3-Part Lesson Format

Part 1 – Minds On!

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

USING SCREENS IN A HEALTHY WAY

LEARNING GOAL

We are learning to understand screen time and how it affects our bodies so we can make healthy choices about when to use screens and when to play, move, and rest.

USING SCREENS IN A HEALTHY WAY

HEALTHY OR NOT HEALTHY

Read each sentence carefully. Drag the correct answer (Healthy or Not Healthy) beside each sentence.

- 1) Watching a short show and then going outside to play.
- 2) Playing video games all night and not sleeping.
- 3) Riding a bike with friends after using a tablet.
- 4) Turning off the screen and helping family at home.
- 5) Looking at a screen for many hours without stopping.

Healthy
Not Healthy

Part 2 – Action!

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

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION REFLECTION

Complete these sentences to reflect on what you learned about using screens in a healthy way:

- 1) A fun activity without screens is _____
- 2) One good rule for screen time is _____
- 3) A fun thing I can do with my family without screens is _____

Ontario Health Curriculum Substance Use Addictions – Grade 1

A FUN OUTDOOR ADVENTURE

WORD SEARCH

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

Bike	Sun	Tree
Walk	Grass	Play
Park	Run	Ball

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

BAD FOR OUR BODIES

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

1 What can smoke do to our lungs? A) Make them stronger B) Make them sick	2 What kind of air is best for our body? A) Smoky air B) Fresh air
3 Why is smoking bad for our lungs? A) Smoke makes lungs sick B) It makes lungs strong	4 What helps our heart stay healthy? A) Exercise and fresh air B) Smoke and dirty air
5 Which choice helps our body feel strong? A) Sitting near smokers B) Breathing fresh air	6 How can smoking affect running? A) It makes running easy B) It makes running hard

WHICH ACTION HELPS?

Look at each picture. Find the actions that help us stay healthy.
Write the correct letters in the answer box.

A	B	C	D	E	F
Breathing clean air	Playing and running outside	Smoking cigarettes	Taking deep breaths	Breathing dirty smoke	Drinking water and staying active
Answers					



Ontario Health Curriculum Substance Use Addictions – Grade 1

DOCTORS AND NURSES HELP US

HELPING OR NOT HELPING?

Put a if the doctor or nurse is doing the right things by helping.
Put an if they are doing the wrong things.

EDUCATIONAL

EDUCATIONAL

Look at each picture. Drag it to the correct box: educational or video game.

Educational Game

Video Game

WORD PUZZLE

Fill in the puzzle using the letters in the letter bank.

B	K	E	T	O	D
A	Q	P	R	N	G
I	T	D	A	S	I
R	M	S	E	V	O
H	T	M	R	I	E

Across

- 4) My boy sibling
- 6) Young family member
- 7) My pet sibling

Down

- 1) Place family goes outside
- 2) Home in family
- 3) Father in family
- 8) Family lives here



Workbook Preview



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.	

NAME: _____

SUBSTANCE USE, ADDICTION, AND RELATED BEHAVIOURS

PREVIEW



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 Screen Time?

- Better Sleep: Turning off screens before bed helps us sleep. Our bodies need rest to grow strong.
- Play More: When we put down 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 out what things we are good at.

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

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 should always stay indoors and play video games.	True	False
5) Family time is a good way to spend time.	True	False

Draw

Draw activities that make you feel happy and healthy.

Reading a book

Playing soccer

Drawing pictures

Eating Fruits

Riding a bike

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

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?

- Picture cards (of activities and non-screen activities)
- Two labels: SCREEN TIME and NO SCREEN TIME
- Pocket chart, board, or table

Instructions

How will you complete it?

1. Place the labels SCREEN TIME and NO SCREEN TIME on the board or table.
2. Have the picture cards ready where all students can see them.
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.

Screen Time Choices

Cut out

Cut out the pictures.



PREVIEW

Story: Outdoor Adventure

Alex's Outdoor Fun

Once upon a time, in a cozy little town, lived a boy named Alex and his dog, Buster. One sunny afternoon, Alex turned off his video game and decided, "Let's find an adventure with Buster!"



First, they went to the park to play soccer. Alex kicked the ball, and Buster chased it, wagging his tail. "That's fun!" Alex laughed.

Then, they found a trail and went for a walk. They saw trees, flowers, and even a rabbit! "Wow, nature is beautiful!" Alex said.

After the walk, they had a race back home. Alex ran as fast 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.

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 did not enjoy the outdoor adventure.	True	False
5) Alex will explore more tomorrow.	True	False

Fill in the Blank Write the missing word.

1) Alex turned off his _____ game to _____.	Outside	Inside
2) Alex and Buster played _____ the park.	Soccer	Video games
3) They went for a walk and saw _____.	Ants	Birds
4) Alex and Buster had a _____ back home.	Nap	Race
5) At night, Alex felt _____ and happy.	Tired	Excited

Directions

Draw three activities that make you feel energetic and happy.

Activity – Outdoor Match-Up

Objective

What are we learning about?

To help students identify outdoor activities and match them with the things they need or see when doing these activities.

**Materials**

What do you need for the activity?

- Worksheet
- Crayons or coloured pens

Instructions

How will you complete the activity?

1. Look at the pictures of outdoor activities on the left side.
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.

Match-Up Activity

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



Playing soccer



Going for a walk



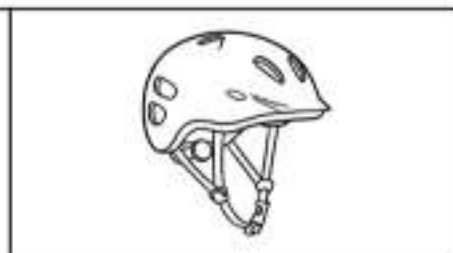
Riding a bike



Playing at the park



Exploring nature



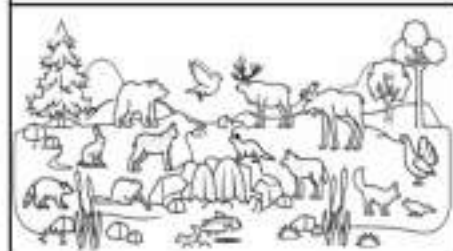
Helmet



Bench and slide



Net



Birds and animals

PREVIEW

What Happens When People Smoke?

Why Smoking is Bad

When people smoke cigarettes, they breathe smoke that has many bad chemicals. These chemicals can make our bodies sick.



What's in a Cigarette?

- Nicotine: Makes it hard to stop smoking cigarettes.
- Tar: This sticky stuff coats the lungs.
- Carbon Monoxide: This is bad for our hearts.

How Smoking Hurts Us

- Lungs Get Sick: Smoking can make it hard to breathe and run fast.
- Heart Works Harder: The heart has to work harder to pump blood through smoke, which is not healthy.
- Other Sickesses: Smoking can lead to many other problems 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.

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 and vegetables keep our body strong.	True	False
5. Water keeps us healthy.	True	False

Think

Put a checkmark in the boxes that show the harmful effects of smoking.

<input type="checkbox"/> Hard to breathe	<input type="checkbox"/> Can play more
<input type="checkbox"/> Hurts lungs	<input type="checkbox"/> Coughs a lot
<input type="checkbox"/> Clean air	<input type="checkbox"/> Kills people
<input type="checkbox"/> Feel sick	<input type="checkbox"/> Feel happy
<input type="checkbox"/> Strong lungs	<input type="checkbox"/> Get tired fast

Question

How does smoking affect our lungs?

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

Story: Healthy Lungs, Happy Life

Breath of Joy

Once upon a time, in a sunny park, lived a joyful boy named Alex. Alex loved playing outside, running under the big trees, and laughing with his friends. One sunny day, Alex's teacher, Ms. Lee, talked to the class about lungs, two special balloons in our chest that help him breathe.



Ms. Lee showed Alex and his friends a game called deep breathing. They would take a big breath in, filling their lungs with fresh air, and then slowly let it out. Alex felt his chest rise and fall, and he noticed his lungs getting stronger and happier with each breath.

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.

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) Running makes our lungs stronger.	True	False
5) Fresh air makes our lungs happy.	True	False

Colour

the pictures that show healthy lungs.



Question

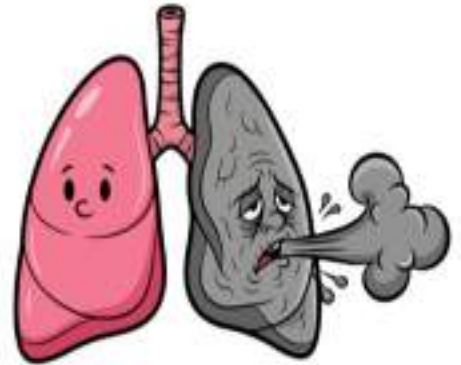
Why is fresh air important?

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 ways to keep their lungs strong.



Materials

What do you need for the activity?

- Worksheet with lung pictures
- Crayons or colored 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.

Draw

Draw what healthy and unhealthy lungs look like.

Healthy Lungs

Unhealthy Lungs



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 We Need For Us

- Harmful Chemicals: Vapes have bad chemicals that can make us sick.
- Not Safe for Lungs: Breathing in vapour can hurt our lungs, making it hard to breathe and breathe in.
- Very Addictive: Vapes are very addictive, making it hard for people to stop using them.

Saying No to Vaping

It is important to say no to vaping and cigarette smoking 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.

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 _____ is good for our health.	True	False
5. Water _____ than vape liquids.	True	False

Think

Choose what keeps your lungs safe from vaping.

<input type="checkbox"/>	1) Say NO if someone offers you a vape.
<input type="checkbox"/>	2) Try vaping because friends are doing it.
<input type="checkbox"/>	3) Tell a teacher or parent.
<input type="checkbox"/>	4) Breathe clean air and move away from smoke.
<input type="checkbox"/>	5) Choose healthy activities like playing outside or sports.

Question

What can we do to keep our lungs healthy?

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 feel 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

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 can make smoking and vaping look fun.	True	False

Think _____ Circle the correct answer.

1) What do smoking and vaping do to your lungs?	A) Make people want to smoke or vape	B) Help lungs
2) What should kids choose to do when they see a bad smoking or vaping ad?	A) To not smoke or vape	B) Vape or smoke
3) Which helps your lungs stay healthy?	A) Breathing smoke	B) Breathing clean air
4) What should you do when you see a bad smoking or vaping 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?

Colour

Colour the picture using crayons and coloured pencils.

DON'T VAPE!



BAD FOR YOUR HEALTH!

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 who looked like a hero. She asked Alex about it. Alex sat down beside her, with a gentle smile and said, "Sara, real heroes make choices that keep them strong and happy. Smoking and vaping can hurt us, making it hard to run, play, or even be a hero."

Sara thought about Alex's words. She loved playing tag with her brother, and laughing without coughing. "So, choosing to not 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.

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 and Sara choose health.	True	False
5) Painting is a healthy activity.	True	False

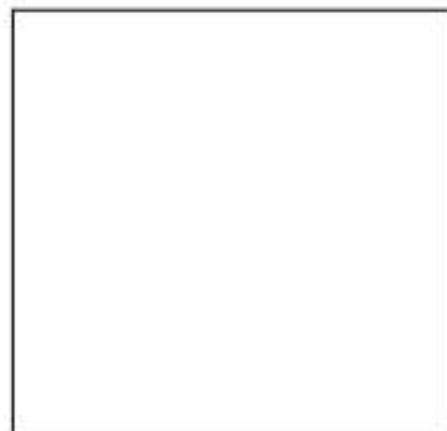
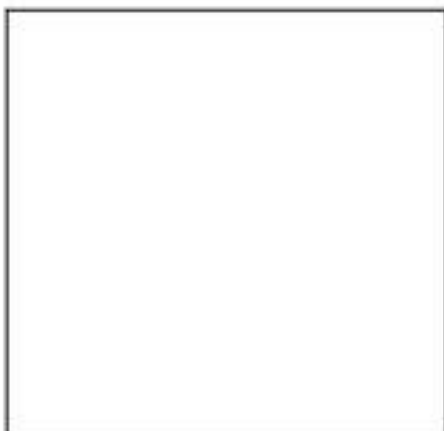
Fill in the Blank

Write the missing word.

1) Sara looks up to her _____.	Brother	Sister
2) Alex enjoys _____ and playing _____.	Soccer	Video games
3) Smoking and vaping can _____ us.	Help	Make us sick
4) Being _____ is cooler than smoking.	Sick	Healthy
5) Sara and Alex enjoy _____ outdoors.	Painting	Smoking

Directions

Draw three pictures showing how Sara and Alex stay healthy.



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.



Helping Us Quit

- Talk about health: They tell people why smoking is bad for our health.
- Give Advice: They give us advice to stop smoking.
- Support Groups: They help all people to find groups to help them quit.

Why Quitting Is Good

Quitting smoking makes our lungs healthy. It means we can run and play without getting tired quickly. When people stop smoking, their lives become 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.

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) Doctors help people on stopping smoking.	True	False

Identify and colour the words GREEN if it helps your body and RED if it hurts your body.

Doctor	Exercise	Fruits	Nurse
Clean air	Smoke	Vegetables	Medicine
Exercise	Vaping	Rest	Check-ups
Washing hands	Junk food	Rest	Hospital

Question

How do doctors help smokers?

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 work in hospitals and _____.

bad

They _____ stay strong.

stop

They tell people _____
for the body.

sick

Doctors and nurses help us breathe _____.

body

They give advice to help people _____
smoking.

good

We can visit doctors to stay _____.

healthy

Doctors and nurses want us to make _____
choices.

easier



Being safe is important and fun!

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

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

Newspaper Article: Gaming and Health Balance

Fun Games and Healthy Play

Published on February 1, 2024

Video games are so fun. Kids and even grown-ups love playing them. But did you know it is important to 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.

When you play, it is great to enjoy games, but it is also important to move and play outside. This makes our bodies strong and our hearts happy. We should play outside just as much as we play video games.



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

Draw

things you could do when not playing video games

Word Search

Find the words in the wordsearch.

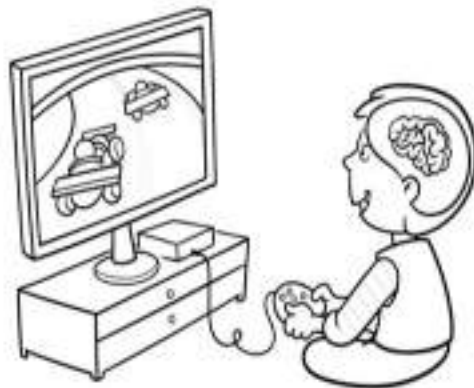
Game	Play
Run	Jump
Ball	Move
Happy	Park
Hour	Rest

N S J J F C D I K L N 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

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 Tired: 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 are some ways to do that:

- 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!


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) Stretching is a healthy break.	True	False
5) Sitting is okay for legs.	True	False

Visualizing

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

	_____

Question

How can we take a healthy break?

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 table to display categories and points
- Cards with questions and answers for each category
- Buzzer or bell (optional for timing)
- Score sheet to keep track of team points



Instructions

How you will complete the activity.

1. Divide the class into teams.
2. Teams choose a point value category, and the teacher reads the question 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.

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 better outdoor activity than sitting for a long time?	What's better than sitting for a long time?	Why is it important to rest your eyes? (eye strain, headaches, etc.)	What is a risk of vaping?
What should you drink a lot of every day? (Water)	What should you do after sitting a long time? (Stretch)	Why do you feel tired after sitting a long time?	What's bad about too much video gaming?
What's a healthy treat to have sometimes?	Why are fruits and veggies good? (Vitamins)	What's a good habit before bedtime? (Reading)	What should 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)

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 are they different from Video Games?

- **Learning Content:** Educational games help us learn new things while having fun.
- **Skill Building:** They help us get better at solving problems and thinking.
- **Less Flashy:** They might not have as many bright colours or loud sounds as other video games.

What About Other Video Games?

Video games are mostly for fun. They have exciting stories and 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!

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 can learn words from games.	True	False
5) Educational games have lots of learning.	True	False

Questioning

Write questions you have after reading the text.

1)	
2)	

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 J O 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

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?

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2) Educational games can help you learn.	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

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 choosing when to stop, when to take breaks, and which games help them learn.

Materials

What do you need for the activity?

- Scenario cards about using screens and games
- Open space in the classroom for role playing



Instructions

How will you complete the activity?

1. The teacher explains that screens can be helpful, but we must use them 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.

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.

You forget to eat because you are on the screen.

Your tablet battery runs out.

You want to turn the TV off, but the TV is still on.

You read about screen time.

It is bedtime, but you are still on the phone.

Your body feels stiff from sitting for a long time.

You want to play a game that helps you learn.

You want to play a loud game with lots of characters.

Your teacher shows a math game on the tablet.

You can choose between a learning game and a fighting game.

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

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 dice, and they laughed when Dad made funny faces.

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

On another evening, big brother Liam proposed, "How about a pizza night together?" They made a pizza with lots of toppings, and it was the 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.

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 went for a 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 _____.		_____

Question

What did the family do when the TV stopped working?

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 video 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

PREVIEW

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.

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 my day at all today," confessed Alex. "Me neither," said the other.

PREVIEW

PREVIEW

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.

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 swings and slides made them laugh.	True	False
5) They made them feel like a team.	True	False

Questioning

Write 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 L 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

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 for 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, play food, or a toy car)
- A designated area for role-playing

Instructions

How you will complete the 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 acting 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.

Scenarios

Role-Play Scenarios

1. Picking between sugary cereal and oatmeal with fruit.
2. Deciding between an apple or a bag of chips.
3. Opting to play outside or stay indoors playing video games.
4. Choosing between a soda during lunch.
5. Selecting to watch TV or doing a fun dance.
6. Watching TV instead of playing outside after school.
7. Deciding how long to brush your teeth.
8. Choosing to do homework right after school or watching TV.
9. A friend asks you to play soccer or watch cartoons.
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

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 tablets, phones, and screens before bed can make it hard for us to sleep. Light from screens tricks our brains into thinking it is still day.

Good Bedtime Habits

- Book Time: Read a book instead of watching TV or playing games.
- Quiet Games: Play with puzzles or quiet toys.
- Story Time: Listen to a bedtime story from someone.

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!

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?

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	

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	

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, happy and comfortable at home.

Materials

What do you need for the activity?

- Blank paper or drawing paper
- Crayons, markers, or colored pencils



Instructions

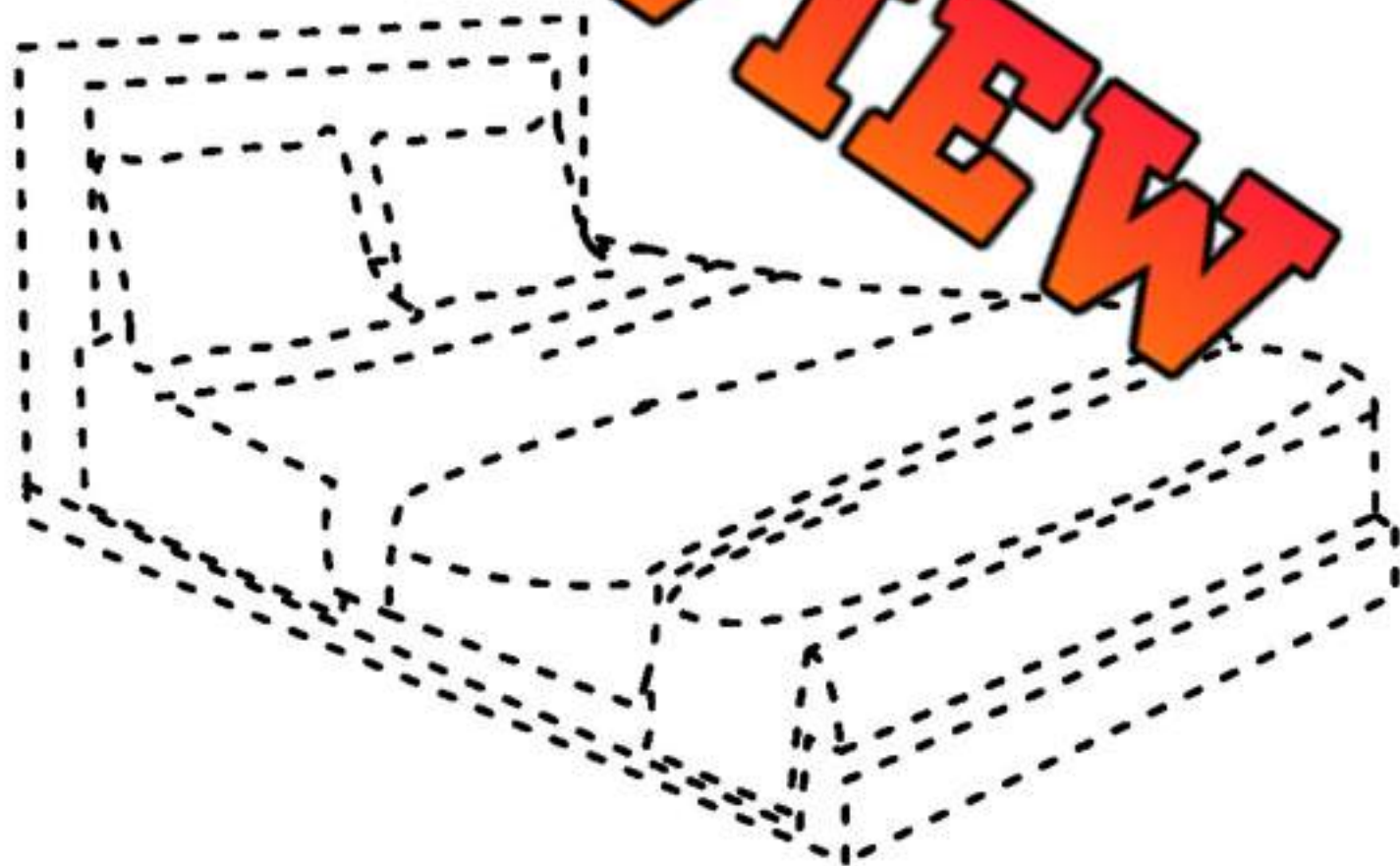
How will you complete the activity?

1. Think about your bedroom or a bedroom you would like to have.
2. Look at the big box on the page. This is where you will draw.
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.

**Bedroom
Design**

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

PREVIEW



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 tablet, but sometimes he felt very tired and overwhelmed in his mind.



One day, Sam's teacher, Mrs. Lee, talked about something called mindfulness and meditation. "It's like going on an adventure inside your mind," she said, "a quiet time when you can feel calm and happy."

The next day, instead of turning on his tablet, Sam tried sitting quietly. He closed his eyes, took deep breaths, and imagined he was in a peaceful forest. He could hear birds singing and feel a gentle breeze.

Sam felt something amazing—he was calm and happy, just by sitting quietly! He learned he could have fun adventures without a tablet.

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.

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) Meditation made Sam feel calm and happy.	True	False
5) Quiet adventures are like secret treasures.	True	False

Fill in the Blank!

Write the missing word.

1) Sam loved playing _____.	Bike	Tablet
2) Mrs. Lee talked about _____.	Mindfulness	Running
3) Sam imagined being in a _____ for _____.	Peaceful	Loud
4) During meditation, Sam felt _____ and _____.		Calm
5) Sam found _____ in quiet time without screens.	Freedom	

Draw

What makes you feel peaceful and happy?

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 happy and strong.



Good Things About Outdoor Play

- Fresh Air: Clean air is great for our lungs.
- Exercise: Running, jumping, and climbing make our muscles strong.
- Sunshine: The sun gives us vitamin D, which keeps us healthy.

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.

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. Sunshine is not important for health.	True	False
5. Climbing playgrounds makes our muscles strong.	True	False

Directions: Draw pictures of outdoor fun.

Running Race

Jumping

Climbing 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	

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 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 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 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 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

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.

- Whiteboard or paper
- Markers or colored pencils
- Timer
- List of healthy and unhealthy habits (for teacher's reference)



Instructions

How you will complete the activity.

1. Divide the class into two teams.
2. Explain that they will draw and guess healthy and unhealthy habits.
3. The teacher selects a habit from the list without telling the students which habit it is.
4. A student from Team 1 comes up and reads the habit secretly to the class.
5. The student has 1 minute to draw the habit on the whiteboard or paper.
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.

Cards

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

Vegetables

Watching TV

Running

Biking

Water

Sleeping

Jumping

Sitting

Reading

Lifting Weights

Walking

Jumping Rope

Eating Candy

Swimming

Playing Video Games



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



Healthy | Unhealthy



Healthy | Unhealthy



Healthy | Unhealthy

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, well-being, 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 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.

Spelling Bee

List of spelling words

Easy	Moderate	Hard
Eat	Fruit	Brush
Wash	Drink	Water
Bath	Sleep	Breakfast
Play	Snack	Stretch
Rest	Smile	Health
Apple	Share	Vegetables
Jump	Happy	W
Sit	Fresh	Protein
Walk	Taste	Balance
		Exercise

PREVIEW

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 will you need for the activity?

- Blank grid paper and pencils (students creating their own word searches)
- A list of healthy habits (e.g. 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.

Healthy Habits

Use the terms below for your word search

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

PREVIEW

Name: _____

Word Search

Create your own word search below.

Word Bank

Word Bank			

PREVIEW

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.

- Snowman game templates (blank snowman grids).
- Dry erase markers or chalk.



Instructions

How to complete the activity

1. Recall Health Topics: Start by reminding students of the topics they've learned about in class.
2. Explain Snowman: Demonstrate how to play the Snowman game on a whiteboard or chalkboard. Explain that for each incorrect guess, a part of the snowman is drawn, starting from the bottom snowball to the sad face. The snowman template will be: lower snowball, middle snowball, top snowball (head), and stick arms, eyes, nose, mouth. This would allow 9 mistakes.
3. Game Setup: Distribute blank Snowman game templates to the students. Students 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.

Healthy Habits

Use the terms below for the Snowman Game

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

PREVIEW

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 _____ for your word below

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

Unit Test – Addiction and Behaviours**Multiple Choice**

/10

<p>1. What helps us sleep well?</p> <p>a) Watching TV b) Playing video games c) Turning off screens d) Eating</p>	<p>2. What makes our bodies healthy and happy?</p> <p>a) Sitting inside b) Playing outside c) Watching movies d) Drinking soda</p>
<p>3. Why is drinking water good for us?</p> <p>a) Makes us run faster b) Improves breathing c) Hurts our lungs d) Is good for health</p>	<p>4. What is not good for our hearts?</p> <p>a) Eating fruits b) Running c) Carbon Monoxide d) Drinking water</p>
<p>5. What activity is healthy for our lungs?</p> <p>a) Deep breathing b) Smoking c) Vaping d) Sitting all day</p>	<p>6. What should we do instead of playing video games?</p> <p>a) Watch TV b) Drink soda c) Eat more snacks because we're bored d) Play outside</p>
<p>7. What's important to say no to?</p> <p>a) Exercise b) Smoking and vaping c) Eating vegetables d) Drinking water</p>	<p>8. What helps us grow?</p> <p>a) Staying up late b) Eating fruits and vegetables c) Smoking d) Drinking soda</p>
<p>9. Why play outside instead of screen time?</p> <p>a) It's boring b) For exercise and fresh air c) Screens are healthier d) You can't learn outside</p>	<p>10. What is part of a balanced routine?</p> <p>a) Only screen time b) Skipping meals c) Staying up all night d) Learning and play time</p>

Matching

Match the terms with what they mean

Screen Time

 Good for your body

Healthy

 Breathing in vapour

Vaping

 Watching TV or playing games

Scenarios

Read the situation and circle the best way to handle it.

1) What should you do if you are bored to death?

- 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