



Preview - Information



Thank you for your interest in this product. Within this preview, you will see:

- ✓ A selection of Ready-To-Use Google Slides Lessons.
- ✓ A selection of worksheets included in the workbook.

When you make a purchase, you will receive a folder that contains the .pdf workbook file and a link to where you can make a copy of the Google Slides Lessons unit to your Google Drive.

Thank you for shopping with us. Please let us know if you have any questions at:

rob@supersimplesheets.com



Google Slides Lessons Preview





Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 2

3-Part Lesson Format

Part 1 – Minds On!

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

STAGES OF DEVELOPMENT

LEARNING GOAL

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

STAGES OF DEVELOPMENT

YES OR NO

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

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

Part 2 – Action!

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

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION

3-2-1 REFLECTION

Write 3 stages of life you learned.

Write 2 things people can do as they grow.

Write 1 thing that changes as people grow.



Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 2

GROWING UP STEP BY STEP

CROSSWORD PUZZLE

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

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

Across

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

Down

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

WHAT HELPS ME GROW

WORD SEARCH

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

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

| | | |
|------|--------|-------|
| Grow | Family | Safe |
| Home | Parent | Love |
| Care | Child | Learn |

1 Babies need help because they:

A) Are still learning B) Know everything

2 Our body needs food to:

A) Get energy B) Stop moving

3 Growing up happens:

A) Slowly over time B) In one day

4 Growing up means our body will:

A) Stay the same B) Change and grow

5 Learning new things helps our brain:

A) Stop working B) Grow smarter

6 Playing and moving helps our body:

A) Get smaller B) Grow strong

Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 2

HOW OUR BODY WORKS

QUICK TRUE OR FALSE

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

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

True
False

STAYING CLEAN OR NOT

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

| | | | | |
|--|--|--|--|--------------------------|
| | | | | <input type="checkbox"/> |
| | | | | <input type="checkbox"/> |

HEALTHY CHOICE

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

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

Answers _____



Workbook Preview



Grade 2 – Health

Human Development and Sexual Health

D1. demonstrate an understanding of factors that contribute to healthy development;

D2. demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being;

D3. demonstrate an understanding of factors that contribute to healthy development and well-being and how to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being;

well-being, health

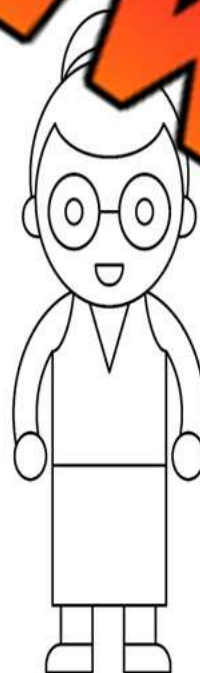
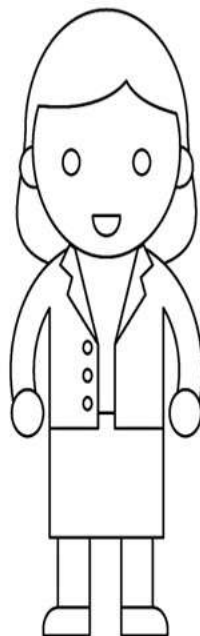
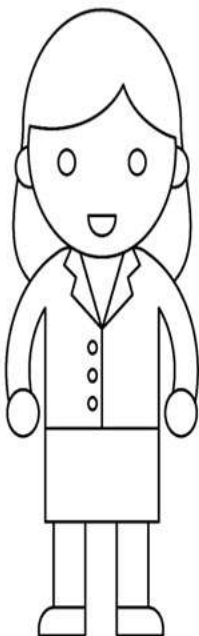
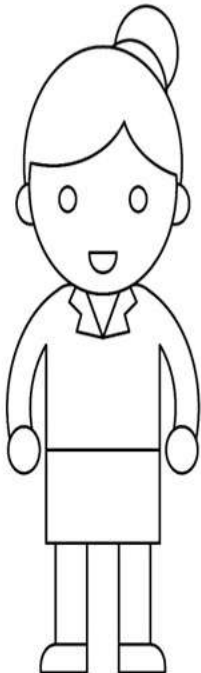
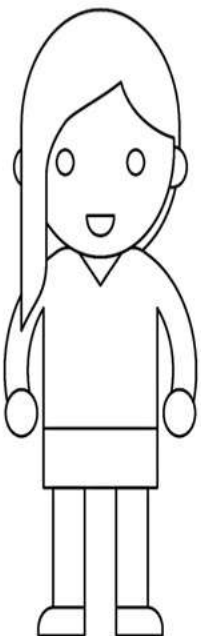
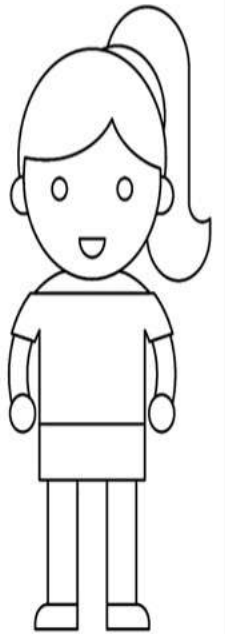
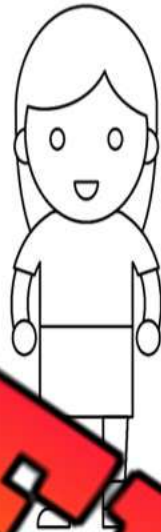
**Preview of 70 pages from
this product that contains
121 pages total.**

| | | |
|-------------|--|---------------------|
| D1.4 | Outline the basic stages of human development | 6-32, 87-90 |
| D1.5 | Demonstrate the ability to identify and appreciate aspects of how their bodies work and describe what they can do to ensure that they will continue to appreciate their bodies as they grow and change | 33-73, 79-80, 87-90 |
| D2.4 | Demonstrate an understanding of and apply practices that contribute to the maintenance of good oral health | 74-90 |

NAME: _____

HUMAN DEVELOPMENT

PREVIEW



Stages of Development

From Newborn to Senior

Baby Stage (0-2 years)

Babies cry, sleep, and drink milk. They learn to walk and say first words.

Kid Stage (3-12 years)

Kids play, learn, and go to school. They make friends and discover hobbies.

Youth Stage (13-18 years)

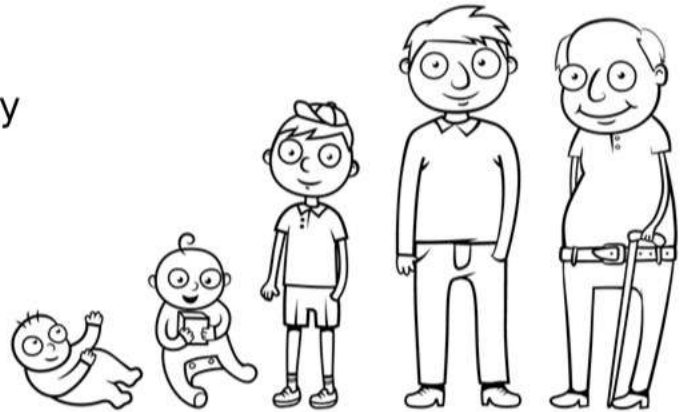
Youths grow a lot and attend high school. They make friends and think about the future.

Adult Stage (19-64 years)

Adults work, sometimes go to college, and often have families. They make big decisions in life. Adults stop growing in height and their hair turns grey. Some men lose their hair.

Senior Stage (65+ years)

Seniors are older and usually don't work anymore. They enjoy hobbies, relax, and spend time with family.



PREVIEW

Name: _____

7

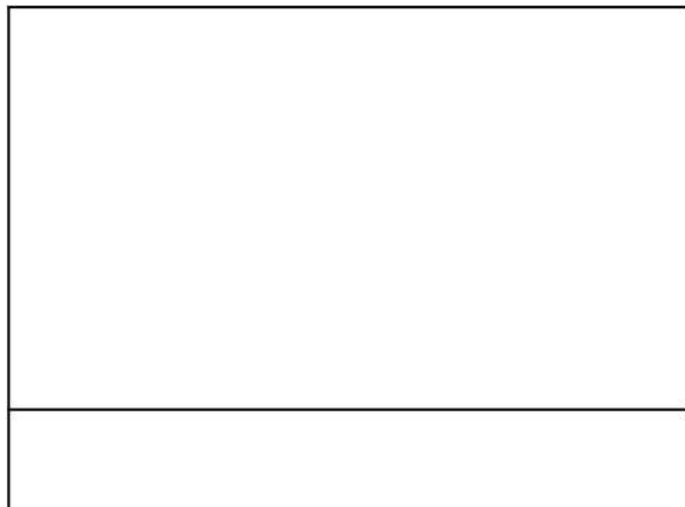
True or False

Is the statement true or false?

| | | |
|------------------------------|------|-------|
| 1. Babies can run fast. | True | False |
| 2. Kids like to play. | True | False |
| 3. Youths go to high school. | True | False |
| 4. Adults go to preschool. | True | False |
| 5. Seniors don't work a lot. | True | False |

Draw

Draw and label the 5 stages of development



PREVIEW

Activity – Life Stage Role Play

Objective

What are we learning about?

To understand the human life cycle by role-playing different life stages.

Materials

What you will need for the activity.

- Costume items (hats, scarves, glasses)
- Props (like toy canes, walking sticks)
- Cards with pictures and names written on them (baby, child, teenager, adult, elderly)



Instructions

How you will complete the activity.

1. Each student picks a card with a life stage written on it.
2. Find costume items and props that match your life stage.
3. Think about what people do at that life stage.
4. Form small groups and have students act like the person on your card to the rest of their group. The rest of the students in the group should guess which life stage they are acting out.
5. Optional: select volunteers to present their role play to the class.
6. Watch your classmates and guess their life stage.
7. Be respectful and attentive while others are performing.
8. After each presentation, discuss what you observed.
9. Put away costumes and props neatly at the end.

Name: _____

Role Play Topics

Cut out the topics below

Baby - A very little person who needs a lot of care and love.

Child - A kid who is older than a baby who goes to school and plays with friends.

Teenager - A person who is older than a child and is learning lots of new things.

Adult - A grown-up person who takes care of themselves and their family.

Elderly - Very old people who have lived a long time and need a bit more help.

Baby - A very little person who needs a lot of care and love.

Child - A kid who is older than a baby who goes to school and plays with friends.

Teenager - A person who is older than a child and is learning lots of new things.

Adult - A grown-up person who takes care of themselves and their family.

Elderly - Very old people who have lived a long time and need a bit more help.

Baby - A very little person who needs a lot of care and love.

Child - A kid who is older than a baby who goes to school and plays with friends.

Teenager - A person who is older than a child and is learning lots of new things.

Adult - A grown-up person who takes care of themselves and their family.

Elderly - Very old people who have lived a long time and need a bit more help.

Baby - A very little person who needs a lot of care and love.

Child - A kid who is older than a baby who goes to school and plays with friends.

Teenager - A person who is older than a child and is learning lots of new things.

Adult - A grown-up person who takes care of themselves and their family.

Elderly - Very old people who have lived a long time and need a bit more help.

Baby - A very little person who needs a lot of care and love.

Child - A kid who is older than a baby who goes to school and plays with friends.

Teenager - A person who is older than a child and is learning lots of new things.

Adult - A grown-up person who takes care of themselves and their family.

Elderly - Very old people who have lived a long time and need a bit more help.



Reflection

Answer the questions below

1) Which life stage did you role-play?

2) How do you think you will be at a different life stage?

3) What did you learn about how people change and grow?

4) Draw a picture of you in your role-play costume.



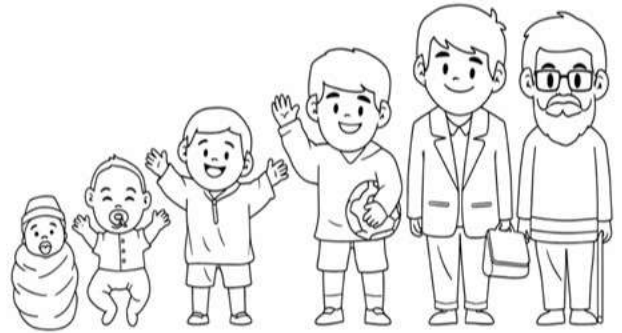
Growing Up Step by Step

Big Steps in Growing

When we grow up, we reach milestones. These are like special steps we take as we get older.

Learning Things

- Learning to talk starts by saying simple words and then making sentences.
- Learning to walk First we crawl, then stand, and finally take steps.



Growing at Your Own Pace

Everyone grows differently. Some might be walking early, while others take a bit more time. And that's okay!

Getting Taller and Smarter

As we grow, we get taller and learn more things. We learn and do so many fun activities at school and home.

Everyone is Special

Remember, each of us is special in our own way. Whether we learn things quickly or slowly, it's all part of our unique growth journey.

So, let's celebrate each step we take in growing up. Whether it's a new word we learn or a new game we play, every milestone is important in our growth!

True or False Is the statement true or false?

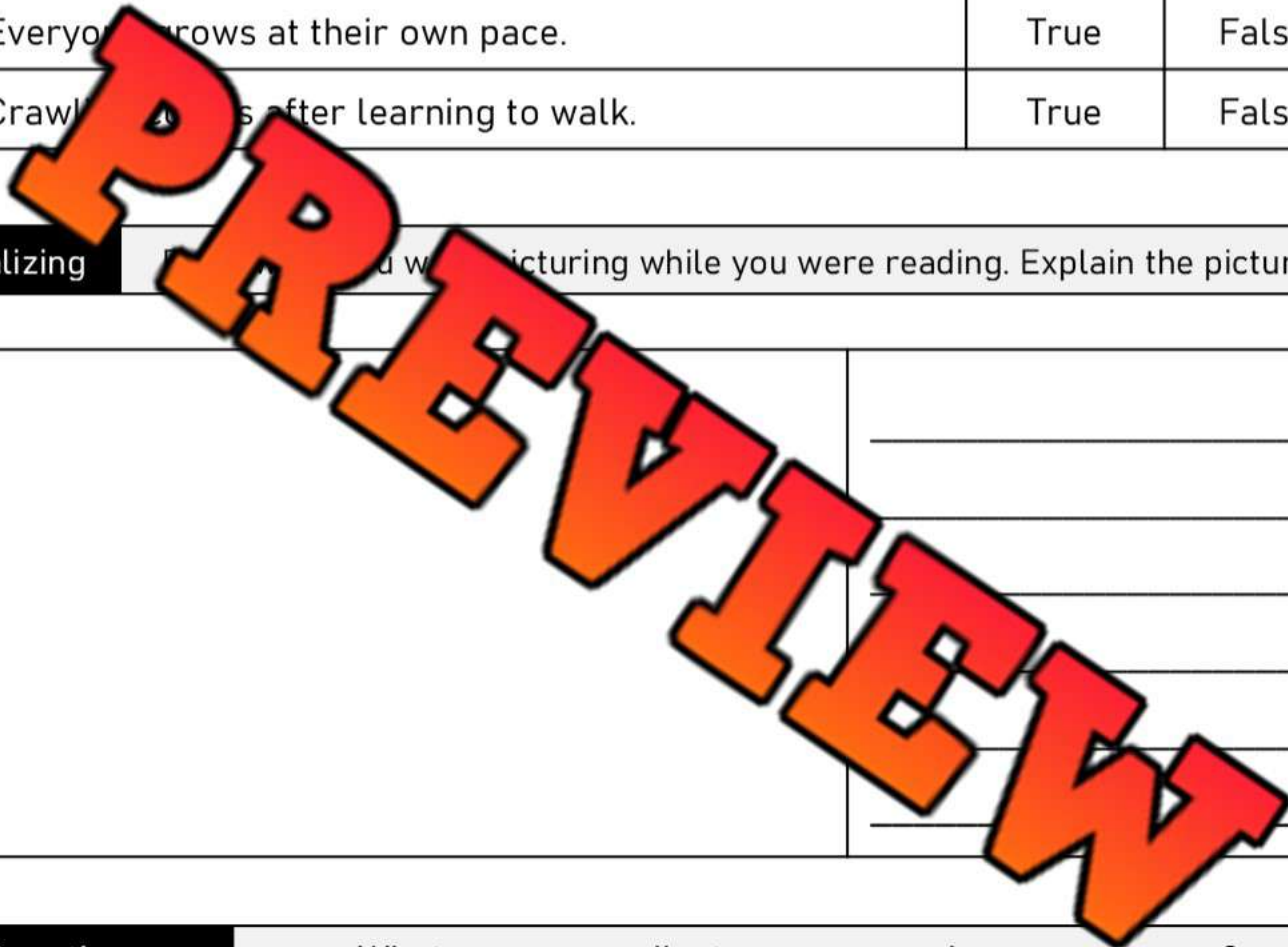
| | | |
|--|------|-------|
| 1. Learning to talk is a growth milestone. | True | False |
| 2. All children start walking at the same age. | True | False |
| 3. Some children learn to read before others. | True | False |
| 4. Everyone grows at their own pace. | True | False |
| 5. Crawling comes after learning to walk. | True | False |

Visualizing Draw a picture of what you were picturing while you were reading. Explain the picture.

| | |
|--|---|
| | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
|--|---|

Question What are some milestones we reach as we grow up?

| |
|---|
| <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
|---|



Activity – My Growth Journey

Objective

What are we learning about?

To help students understand personal growth by reflecting on how they have changed over time.

Materials: What you will need for the activity.

- 4 pictures (1, 3, 5, and now)
- Worksheet with space for pictures and reflections
- Glue sticks, crayons, markers



Instructions

How you will complete the activity

1. Paste Pictures: Students paste their pictures on the worksheet in the labelled boxes.
2. Reflection Page: On a separate reflection page, students write or draw something they learned or remember about each age (1, 3, 5, now).
3. Decorate: Let students decorate their worksheets with crayons and stickers.
4. Share: Students share their worksheets with a partner or the class.
5. Display: Display the worksheets in the classroom for everyone to see.

Name: _____

PREVIEW

Reflection

Write something special you learned or did at each age.

| Age 1 | Age 3 |
|---|---|
| When I was 1, I liked to <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | At 3, I learned to <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| Age 5 | Age 7 |
| At 5, I started <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | Now, I can <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

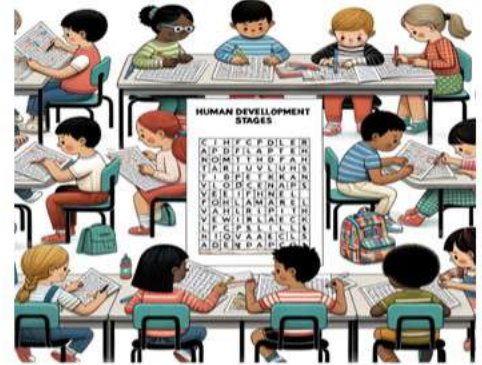
PREVIEW

Activity – Word Search on Growth Stages

Objective

What are we learning about?

To help students learn and reinforce key vocabulary related to the stages of human development through creating and solving word searches.



Materials

What you will need for the activity.

- Blank word search templates (grid paper).
- List of human development terms (e.g., infant, toddler, adolescent).
- Pencils and erasers.
- Coloured pencils/markers (optional for decorating).

Instructions

How you will complete the activity.

1. Introduce the concept of human development stages and discuss key terms.
2. Hand out the blank word search templates and the list of terms.
3. Instruct students to create their own word search by placing the terms in the grid, either horizontally, vertically, or diagonally.
4. Encourage them to fill the remaining spaces with random letters.
5. Once they have created their word searches, ask them to exchange papers with a classmate.
6. Each student then tries to find all the terms in the word search they received.
7. After completing the word searches, discuss the meanings of each term as a class.
8. Encourage students to ask questions about any terms they found confusing or interesting.
9. Conclude the activity by emphasizing the importance of understanding human growth.
10. Celebrate their efforts in learning and creating.

Words

List of words for the word search

| | | | |
|---------|---------|----------|-----------|
| BABY | KID | YOUTH | ADULT |
| NEWBORN | CHILD | TEEN | GROWNUP |
| B | SCHOOL | GROWING | PARENT |
| CRAWL | F | CHANGE | WORK |
| SLEEP | W | TALLER | JOB |
| MILK | FRIENDS | RESPONS | FAMILY |
| CRY | GAMES | BE | SCARE |
| WALK | HOBBIES | FEELINGS | HELP |
| TALK | TEACHER | FUTURE | DECISIONS |
| TINY | FUN | STRONG | OLDER |
| GROW | ACTIVE | HEALTHY | SENIOR |

PREVIEW

Name: _____

Word Search

Create your own word search below

Word Bank

| | | | |
|--|--|--|--|
| | | | |
| | | | |

PREVIEW

| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

Families Help Us Grow

Family Helps Us Grow

Families are like teams that help us grow up healthy and strong. They take care of us in many ways.

Differences of Families

- Some families are big with many people.
- Other families are small.
- Some children have one parent, and others with two.

What Families Do for Us

- Families give us love and comfort.
- They teach us how to eat healthy food.
- Families help us learn to play safely.
- They show us how to care for each other.

Every Family is Special

All families are different, and that's what makes them special. Whether big or small, families provide support, love, and care.

Families teach us important lessons about being kind and healthy. They help us grow into happy, strong people. Remember, no matter what your family looks like, it's a team that loves and supports you!



True or False Is the statement true or false?

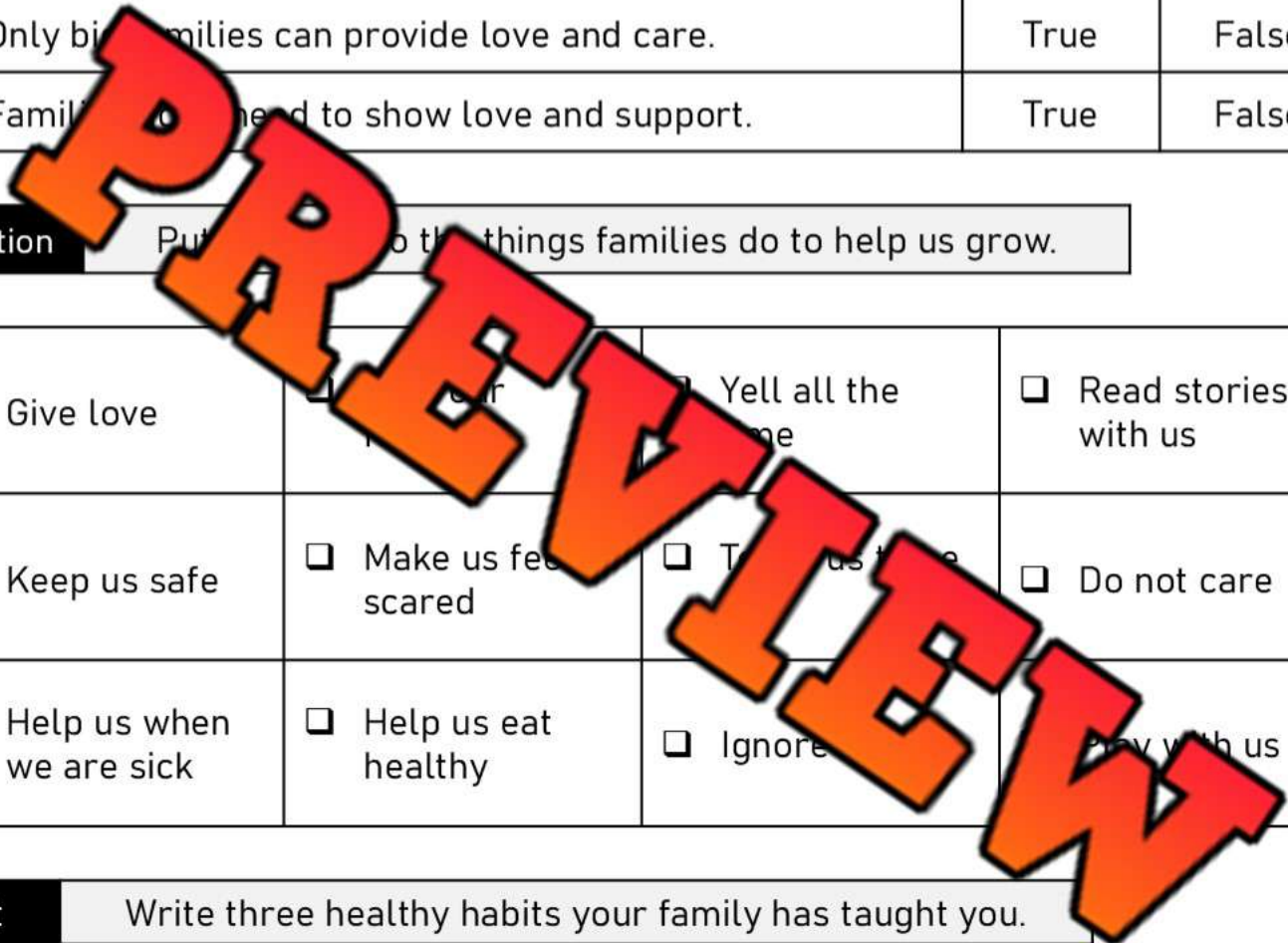
| | | |
|---|------|-------|
| 1. Families help us grow up healthy. | True | False |
| 2. All families look exactly the same. | True | False |
| 3. Families teach us to eat healthy foods. | True | False |
| 4. Only big families can provide love and care. | True | False |
| 5. Families need to show love and support. | True | False |

Direction Put a checkmark in the boxes next to the things families do to help us grow.

| | | |
|---|--|---|
| <input type="checkbox"/> Give love | <input type="checkbox"/> Yell all the time | <input type="checkbox"/> Read stories with us |
| <input type="checkbox"/> Keep us safe | <input type="checkbox"/> Make us feel scared | <input type="checkbox"/> Do not care |
| <input type="checkbox"/> Help us when we are sick | <input type="checkbox"/> Help us eat healthy | <input type="checkbox"/> Ignore us |

List Write three healthy habits your family has taught you.

| | |
|----|--|
| 1. | |
| 2. | |
| 3. | |



Direction

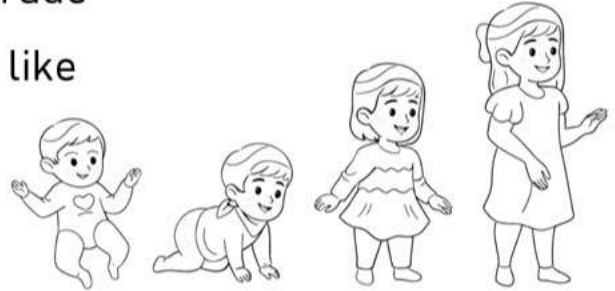
Name each family member and colour the picture.



The Journey of Growing Up

Baby Steps to Big Steps

When we're born, we start as tiny babies. Babies can't walk or talk but they grow quickly! By the time you're a Grade 2 student, you've learned so many things like walking, reading, and making friends.



Eating Right, Staying Fit

Our bodies need food for energy to grow. Think of eating colourful fruits and vegetables, like a rainbow, to keep you healthy. This helps you run faster, think better, and stay healthy.

Moving and Grooving

Exercise is fun! Running, jumping, and playing sports make our bodies strong and our minds happy. It's like how a puppy plays to get big and grow!

Feeling Great with Friends and Family

We need hugs, smiles, and kind words. This makes our hearts happy. Your family and friends help you feel loved and safe.

Nature's Lessons

Indigenous cultures teach us that growing up is like the seasons changing. Just like how spring turns to summer, we grow a little every day.

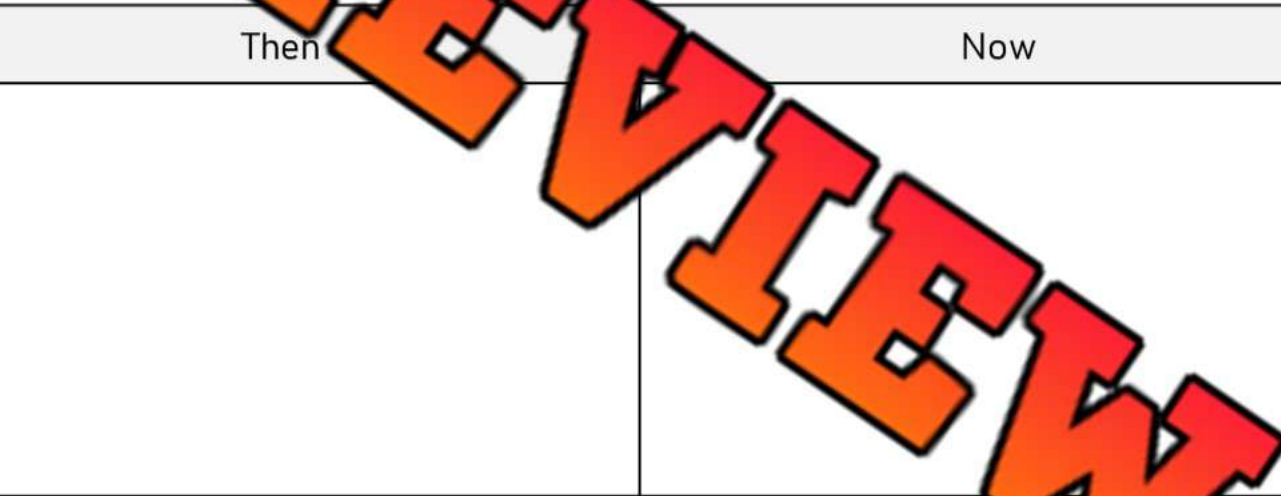
True or False

Is the statement true or false?

| | | |
|---|------|-------|
| 1. Babies learn to walk and talk very quickly. | True | False |
| 2. Eating fruits and vegetables is good for us. | True | False |
| 3. Exercise is not important for our health. | True | False |
| 4. We don't need hugs and kind words. | True | False |
| 5. Our families make us feel loved and safe. | True | False |

Then vs.
Now

Draw yourself as a baby in the first box and yourself now in the second box.

| Then | Now |
|---|---|
|  |  |

Question

What are some colourful fruits and vegetables you can eat to stay healthy and strong?

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) Exercising help our bodies grow. | T | F |
| 2) Only babies grow, not children or adults. | T | F |
| 3) Eating healthy food helps our bodies grow strong. | T | F |
| 4) Growing up means learning new skills like walking and talking. | T | F |

Name: _____

Is the statement true or false?

| | | |
|---|---|---|
| 1) Exercising help our bodies grow. | T | F |
| 2) Only babies grow, not children or adults. | T | F |
| 3) Eating healthy food helps our bodies grow strong. | T | F |
| 4) Growing up means learning new skills like walking and talking. | T | F |

Name: _____

Is the statement true or false?

| | | |
|---|---|---|
| 1) Exercising help our bodies grow. | T | F |
| 2) Only babies grow, not children or adults. | T | F |
| 3) Eating healthy food helps our bodies grow strong. | T | F |
| 4) Growing up means learning new skills like walking and talking. | T | F |

Name: _____

Is the statement true or false?

| | | |
|---|---|---|
| 1) Exercising help our bodies grow. | T | F |
| 2) Only babies grow, not children or adults. | T | F |
| 3) Eating healthy food helps our bodies grow strong. | T | F |
| 4) Growing up means learning new skills like walking and talking. | T | F |

Anishinaabe - The Seven Stages of Life

The Seven Stages of Life

The Anishinaabe culture teaches about seven important stages in life. Each stage has special lessons and responsibilities.

- **Infancy:** Babies learn trust and love. They need family to care for them.
- **Childhood:** Children explore and learn about the world.
- **Adolescence:** Teenagers learn who they are using bravery and honesty.
- **Young Adulthood:** Young adults start their own journeys and families.
- **Adulthood:** Adults care for others and use wisdom and truth to guide their families.
- **Elderhood:** Elders share stories and wisdom.
- **Ancestry:** Becoming an ancestor about living legacy. It's about being remembered for the love and teaching given to others.

Learning and Sharing

In each stage, we learn from teachings like kindness and respect. These lessons come from our families and community Elders.

Changing Roles

Our roles change as we grow. We start by learning, then we teach others, and finally, we share wisdom with the next generation. This cycle of learning and teaching keeps going, making each stage of life special and important.



True or False

Is the statement true or false?

| | | |
|--|------|-------|
| 1) Infants learn about trust and love. | True | False |
| 2) Children do not explore in childhood. | True | False |
| 3) Adolescents find out who they are. | True | False |
| 4) Roles do not change as we grow. | True | False |
| 5) Elders do not share their wisdom. | True | False |

Word Search Find the words in the wordsearch.

| | |
|----------|---------|
| Infant | Learn |
| Trust | Love |
| Role | Elder |
| Wisdom | Grow |
| Ancestry | Honesty |

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

Question

Which life stage are you in? What is your role?

Activity – Trivia Card Creation on Human Development

Objective

What are we learning about?

To help students understand and appreciate the different stages of human growth by creating and playing a trivia game.



Materials

What you will need for the activity.

- Index cards or blank sheets of cardstock – optional
- Markers, pens, or pencils
- List of 15 facts about human development stages (provided by the teacher).
- Scissors (optional, for cutting out cards)

Instructions

How you will complete the activity.

1. Start by discussing the different stages of human growth with the class.
2. Hand out the list of 15 human development facts to each pair of students.
3. Provide each pair with index cards or the multiple-choice template provided.
4. Instruct each pair to write 9 multiple-choice or true/false questions based on the facts.
5. Encourage them to make one question per card.
6. Once the cards are created, gather the students in a circle.
7. Each pair takes turns asking their questions to the class.
8. The rest of the class tries to answer the questions.
9. Discuss the correct answers and provide additional information as needed.
10. Conclude the activity by highlighting the importance of understanding human growth.

Fact Sheet

Exploring the Journey of Human Development from Birth to Aging.

| Life Stage | Fact 1 | Fact 2 | Fact 3 | Fact 4 | Fact 5 |
|---------------|---|--|---|---|--|
| Baby | Most babies start to walk between 9 and 15 months. | By 2 years, a baby's brain is about 80% of adult size. | Babies can recognize their mother's voice at birth. | At 6 months, many babies can say simple words like "mama". | Babies double their birth weight by 5 months. |
| Child | Children can have 10,000 teeth buds, but only 20 erupt. | Children can have 10,000 teeth buds, but only 20 erupt. | By age 6, children typically weigh about 20 kg. | Most children learn to read by age 7. | Children's heart rates are faster than adults'. |
| Teen | Teens grow about 10 cm per year during growth spurts. | Teens gain weight, but only 95% of its adult size by age 16, but continues to develop until the mid-20s. | Teens need about 8-10 hours of sleep each night. | Teens need about 8-10 hours of sleep each night. | Teens' lungs triple in size during adolescence. |
| Adult | Most adults reach their peak physical strength between 20 and 30 years. | On average, adult brains start to shrink slightly at 30. | Adults need 7-9 hours of sleep, but often get less. | Adults reach their maximum bone density in their 30s. | On average, an adult heart beats 60-100 times per minute. |
| Senior | By 75, the average person's muscle mass is roughly 50% of what it was in youth. | Seniors over 65 may need up to 14 hours to recover from a lack of sleep. | 25% of seniors over 70 experience some form of memory loss. | Many seniors over 65 take at least one prescription medicine. | Seniors may lose about 1 cm in height every 10 years after age 40. |

Trivia

Write your questions below

1)

a)

b)

c)

2)

a)

b)

c)

3)

a)

b)

c)

PREVIEW

Trivia

Write your questions below

7)

a)

b)

c)

8)

a)

b)

c)

9)

a)

b)

c)

PREVIEW

Story: Celebrating Our Bodies

Our Amazing Bodies

In Greenwood School, Mrs. Singh's grade 2 class was exploring the wonders of their bodies. "Our bodies are incredible," she began. "They help us play, move, and live!"

Luca, who loved football, said, "My strong legs let me kick the ball far." His mates cheered.



Emma, who loved singing, said, "My lungs help me breathe, and my voice helps me sing beautifully."

Mrs. Singh asked, "How do you keep your bodies healthy?"

Zoe replied, "By eating lots of fruits and vegetables."

"And playing outdoors!" Ali chimed in excitedly.

Mrs. Singh smiled. "Yes, our bodies are amazing for what they can do, not just how they look."

The class learned:

- Our bodies can do wonderful things.
- We should appreciate their abilities.
- Healthy habits are important for our bodies.

With joy and understanding, the students promised to always care for their amazing bodies.

True or False

Is the statement true or false?

| | | |
|--|------|-------|
| 1) Our legs help us to jump and run. | True | False |
| 2) Breathing is not important for singing. | True | False |
| 3) Eating candy keeps our bodies healthy. | True | False |
| 4) Playing soccer is a way to be active. | True | False |
| 5) Fruits and vegetables are healthy food choices. | True | False |

Fill in the Blank

Write the missing word.

| | | |
|---|-------|---------|
| 1) Our bodies help us _____ a _____. | Sit | Move |
| 2) Lucas loves to play _____. | Chess | Soccer |
| 3) Emma uses her breath to _____ beautiful _____. | _____ | Sing |
| 4) We can take care of our bodies by _____. | _____ | Reading |
| 5) _____ helps us feel calm and energetic. | _____ | _____ |

Question

What does your body do well?

Activity – Healthy Habits Jeopardy

Objective

What are we learning about?

To encourage learning about healthy lifestyle choices through a fun, interactive Jeopardy-style game focusing on Nutrition, Exercise, Sleep, and Dental Care.



Materials

What you will need for the activity.

- Large whiteboard to create the Jeopardy board.
- Markers or sticky notes to write categories and points.
- Cards with questions for each category.
- A bell or buzzer to answer.
- Scoreboard to keep track of points.

Instructions

How you will complete the activity.

1. Prepare the Jeopardy board by dividing the board into categories: Nutrition, Exercise, Sleep, and Dental Care.
2. Under each category, arrange points (e.g., 10, 20, 30, 40, 50 points).
3. Explain the rules of Jeopardy to the students, including how to ask a question.
4. Divide the class into teams, assigning each team a turn to choose a category and point value.
5. Read the question aloud from the chosen category and point value.
6. The first team to ring the bell or buzzer gets to answer.
7. If they answer correctly, award them the points. If not, another team can answer.
8. Continue the game until all questions have been answered.
9. Tally the points to determine the winning team.
10. Conclude by discussing what they learned about healthy habits.

Reflection

Answer the questions below

| 1 Points | 2 Points | 3 Points | 4 Points | 5 Points |
|--|---|---|---|---|
| What do you use to brush your teeth? (Toothbrush) | What mineral makes bones strong? (Calcium) | What should you do before eating? (Wash hands) | What's a healthy breakfast grain? (Oatmeal) | At what age do people become seniors? (65) |
| What vitamin is in oranges? (C) | What is a good food for teeth? (Milk) | At what age do you become a teenager? (13) | How many hours do teens need to sleep? (9-10) | Name a tooth only in adults. (Wisdom tooth) |
| What do babies drink? (Milk) | Name a food that's unhealthy. (Candy) | How long should you brush your teeth each time? (2 min) | What grain is healthy? (Wheat) | What hormone controls growth? (Growth hormone) |
| What's the first meal you eat after sleeping? (Breakfast) | What's a sign you're sleepy? (Yawning) | What's the first stage of life? (Baby) | Name a food rich in fiber. (Beans) | How many hours should kids sleep? (10) |
| What fruit is red and round? (Apple) | Name a crunchy vegetable. (Carrot) | What stage comes after being a teenager? (Adult) | Name a green vegetable that's full of vitamins. (Broccoli) | How many teeth do adults have? (32) |



Story: Healthy Eating Rainbow

Rainbow Feast: Aisha's Healthy Adventure

Once upon a time, in a magical kitchen, there was a beautiful rainbow made entirely of different foods. Each colour in the rainbow represented a type of food that helps our bodies grow strong and healthy.



Red foods, like strawberries and tomatoes, help keep our hearts strong. Orange foods, such as carrots and oranges, are great for our eyes. Yellow foods, like bananas, give us energy. Green foods, including broccoli and spinach, make our bones strong and healthy. Blue and purple foods, such as blueberries and grapes, help our brains stay smart.

One sunny day, a little girl named Aisha decided to pick one food from each colour of the rainbow. She had juicy red strawberries, crunchy orange carrot, a sweet yellow banana, some fresh green lettuce, and a bunch of purple grapes. After eating her colourful meal, Aisha felt happy, energetic, and ready to play.

Aisha learned that eating a variety of coloured foods is not only fun but also helps her body in many ways. She promised to eat her healthy eating rainbow every day. This way, she would grow up strong, smart, and full of life. Aisha told her friends about the food rainbow, and they all agreed to try it too. Together, they enjoyed exploring different foods and colours, making every meal a fun and healthy adventure.

True or False

Is the statement true or false?

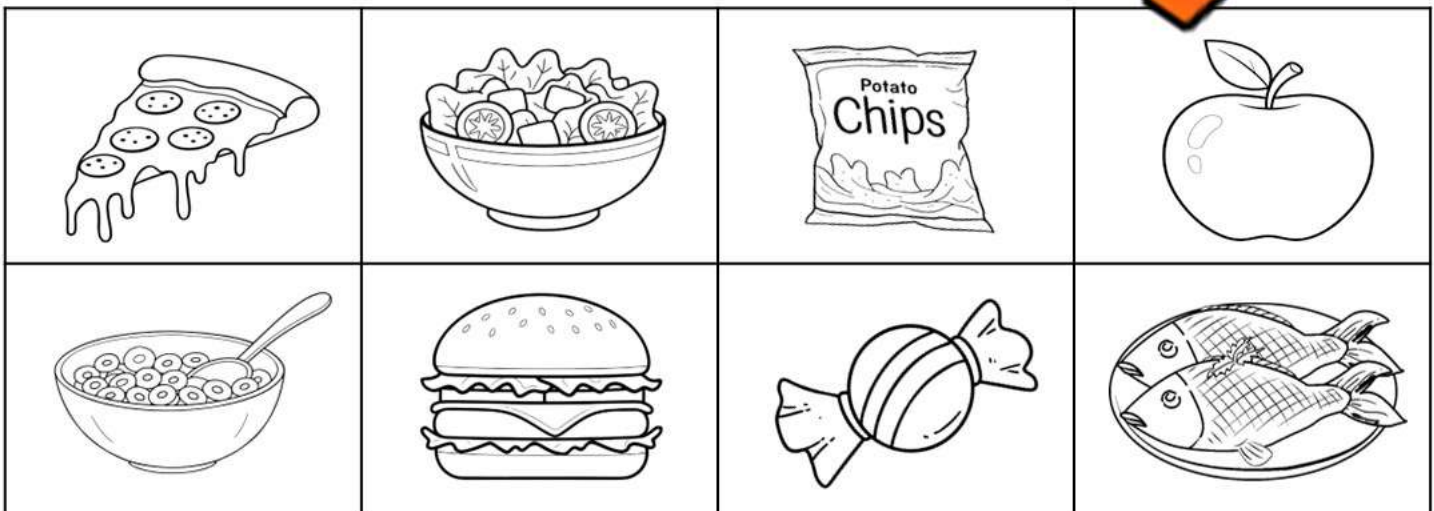
| | | |
|--|------|-------|
| 1) Red foods help keep our hearts strong. | True | False |
| 2) Orange foods are bad for our eyes. | True | False |
| 3) Bananas give us energy to play. | True | False |
| 4) Green foods make our brains smart. | True | False |
| 5) Eating a variety of foods keeps us healthy. | True | False |

Fill in the blanks. Write the missing word.

| | | |
|---|---------|---------|
| 1) Red foods _____ us healthy. | Lungs | Hearts |
| 2) Green foods make _____ strong. | Bones | Muscles |
| 3) Blue and purple foods help our _____. | Brain | Teeth |
| 4) Aisha felt _____ after eating the rainbow. | | Happy |
| 5) Eating different _____ is fun and healthy. | colours | Sweets |

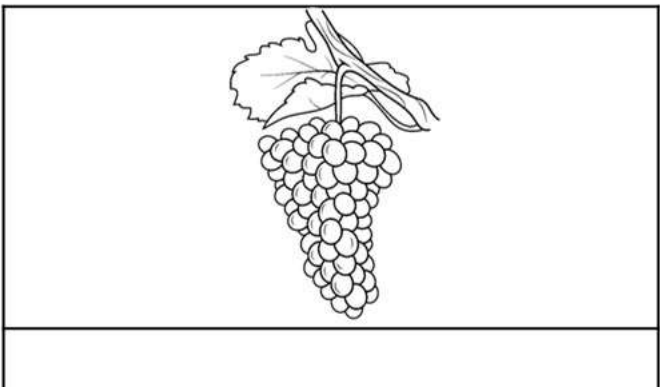
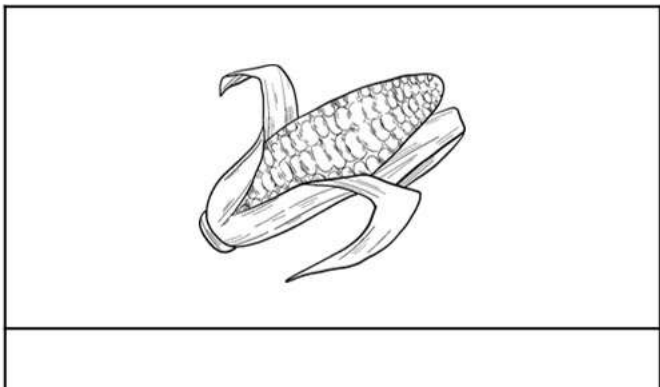
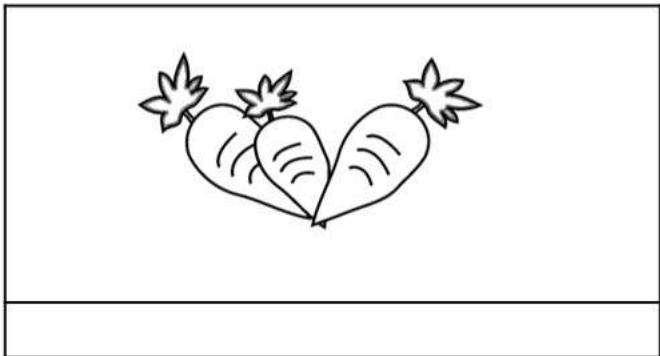
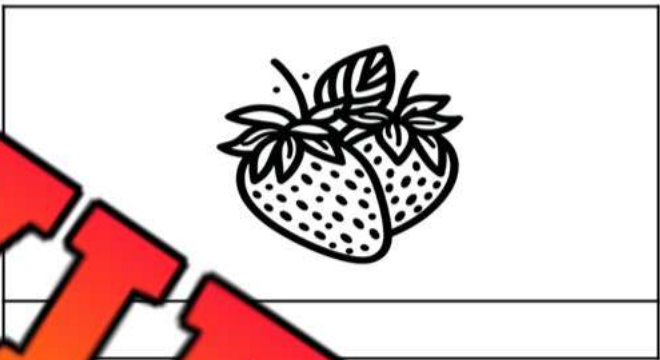
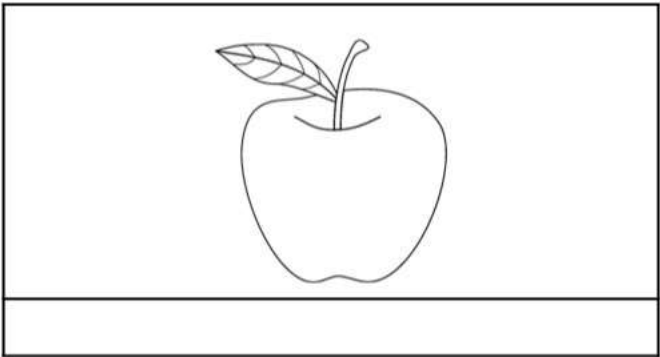
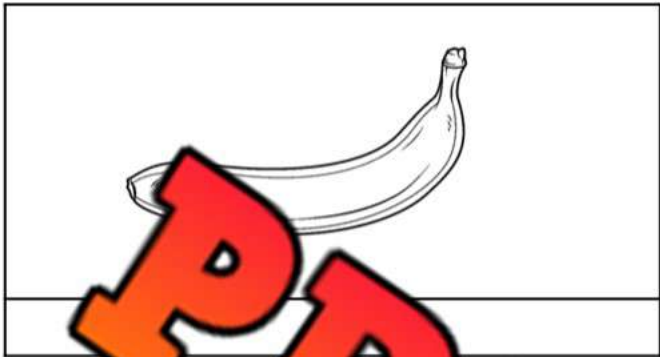
Direction

Colour the foods that help your body grow.



Health Benefits of Different Foods

Think Write one health benefit of each food below



PREVIEW

Activity – My Healthy Plate

Fill your plate with healthy foods that help you grow strong! Divide your plate into 3 parts:

1. **Fruits and Veggies:** Draw colourful fruits and vegetables in one half. These give you vitamins to stay healthy!
2. **Protein Power:** In one-quarter, draw proteins like chicken, eggs, or fish. Protein helps your muscles grow!
3. **Calcium:** In the last quarter, draw foods like milk or yogurt. Calcium makes your bones strong!



Poster – How Food Helps Me Grow

Instructions

Choose some of the foods below and draw a poster that shows how these foods help our bodies.

| | |
|---------------------------------|---|
| 1. Red: Strawberries | Keeps the heart strong with antioxidants. |
| 2. Red: Watermelon | Hydrates and supports heart health. |
| 3. Orange: Carrots | Great for eyes and full of vitamins. |
| 4. Orange: Mango | Boosts eye health and immune system. |
| 5. Yellow: Pineapple | Provides energy and aids digestion. |
| 6. Yellow: Corn | Good for energy boosting carbohydrates. |
| 7. Green: Kiwi | Strengthens bones and boosts immunity. |
| 8. Green: Peas | Good for bones and helps protein. |
| 9. Blue: Blueberries | Enhances brain function and memory. |
| 10. Purple: Eggplant | Supports brain health with nutrients. |
| 11. Purple: Blackberries | Good for brain health and high in vitamins. |
| 12. Red: Cherries | Heart-healthy and rich in nutrients. |
| 13. Orange: Pumpkin | Great for eyesight and rich in Vitamin A. |
| 14. Yellow: Yellow Bell Peppers | Provides energy and vitamin C. |
| 15. Green: Kale | Promotes strong bones and packed with vitamins. |

Story: Exercise and Play

Omar's Active Days

In a lively town, there lived a cheerful boy named Omar. Omar loved to play outside, whether it was sunny or rainy. He enjoyed running and playing all sorts of games with his friends.



One day, Omar's teacher explained that exercise and play are important for our bodies and minds. He said, "When you run and play, your heart becomes strong, your muscles grow, and your mind becomes sharp." Omar thought this was amazing!

Omar learned that playing sports like soccer, swimming, and playing with friends, helps his body in many ways. It made him feel energetic, and smart. He also found out that exercise can be fun, like a game of catch or a dance party in the living room.

From that day, Omar decided to play and exercise every day. He realized it made him feel great and kept him healthy. He invited his friends to join, and together they discovered the joy of movement. They laughed, played, and stayed active, growing stronger and smarter each day.

True or False

Is the statement true or false?

| | | |
|--|------|-------|
| 1) Playing sports makes our hearts stronger. | True | False |
| 2) Exercise can make us feel tired. | True | False |
| 3) Sports like soccer are good for our bodies. | True | False |
| 4) Running helps our minds stay sharp. | True | False |
| 5) Exercise is only for sunny days. | True | False |

Draw two active activities and two not active activities.

| | | | |
|--------|--|------------|--|
| ACTIVE | | NOT ACTIVE | |
| | | | |

Word Search

Find the words in the wordsearch:

| | |
|----------|------------|
| Running | Biking |
| Jumping | Climbing |
| Skipping | Stretching |
| Dancing | Hiking |
| Swimming | Playing |

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

Direction

Circle the correct name of the exercise or activity.

| | | | |
|---|-------------------|--|--------------------|
|  | Dancing |  | Studying |
| | Sleeping | | Playing |
| | Reading | | Watching TV |
|  | Running |  | Playing basketball |
| | Swimming | | Kicking a ball |
| | Jumping | | Swimming |
|  | Sitting |  | Walking |
| | Running | | Jumping rope |
| | Sleeping | | |
|  | Throwing a ball |  | Driving a car |
| | Dancing | | Riding a bicycle |
| | Playing badminton | | Sitting |

PREVIEW

Activity – Physical Activities Challenge

Objective

What are we learning about?

To encourage students to engage in different physical activities by drawing random challenges and performing the actions written on the paper.

Materials

What will you need for the activity?

- Strips of paper for simple physical activities written on
- A container to hold the strips
- Open space for students to move and safely



Instructions

How will you complete the activity?

1. Write simple physical activities on strips of paper such as "Tap on one foot for 10 seconds," "Do 5 jumping jacks," "Spin in a circle 2 times," and "Touch your toes and stretch."
2. Place all the strips of paper in the container.
3. One by one, students come up to the front, close their eyes, and draw a strip from the container.
4. The student reads or has the teacher read the activity aloud.
5. The student performs the activity in front of the class. Optional: the rest of the class can perform the activity as well.
6. Repeat until all students have drawn and completed an activity.

Challenge

Cut out the activity strips below, draw one from the pile, and do the action on the strip!

| No. | Activity Description |
|-----|---|
| 1 | Hop on one foot for 10 seconds |
| 2 | Do 5 jumping jacks |
| 3 | Spin in a circle 3 times |
| 4 | Touch your toes and stretch |
| 5 | Run in place for 15 seconds |
| 6 | Do 10 hops |
| 7 | Balance on one foot for 10 seconds |
| 8 | Pretend to swim for 10 seconds |
| 9 | March like a soldier for 10 seconds |
| 10 | Flap your arms like a bird for 10 seconds |
| 11 | Stretch and reach for the sky for 5 seconds |
| 12 | Crawl like a bear for 5 seconds |
| 13 | Do a silly dance for 15 seconds |
| 14 | Jump as high as you can 3 times |
| 15 | Walk backwards for 10 steps |
| 16 | Do the crab walk for 10 seconds |
| 17 | Shake your hands in the air for 10 seconds |
| 18 | Tiptoe quietly for 10 seconds |
| 19 | Roll your arms 5 times |
| 20 | Wiggle like a worm for 5 seconds |

PREVIEW

Newspaper Article: Sleep and Dreams

Dreamy Nights: The Magic of Sleep

Published on January 15, 2024

Every time you close your eyes and drift off to sleep, your body goes on a magical journey of growth and healing. Dr. Emma Lee, a sleep expert, says, "Sleep is like a superpower for our bodies and minds. It helps us grow, makes us feel happy, and gives us energy for a new day." Did you know kids aged 6 to 12 need 10-12 hours of sleep each night?

Eight-year-old Jacob shared his experience, "When I get lots of sleep, I feel like a superhero the next day. I can run faster and think better!" Sleep is

like charging a battery; it powers you up! Fun fact: Your body grows the most when you are asleep!

Dreams are another wonderful part of sleep. They are stories our minds create while we rest. Dr. Lee explains, "Dreams can be exciting adventures or funny scenarios that happen when we sleep. They are a way for our brain's way of being creative."

So, remember, getting enough sleep makes you healthier, happier, and full of energy. And when you dream, your imagination takes flight in the most fantastic ways!



True or False Is the statement true or false?

| | | |
|--|------|-------|
| 1. Sleep helps our bodies grow. | True | False |
| 2. Kids should sleep 8 hours a night. | True | False |
| 3. Good sleep makes us feel happy. | True | False |
| 4. Being tired helps us think better. | True | False |
| 5. Dreams are the stories in our mind. | True | False |

Directions Write 3 reasons below why sleep is important.

Helps Us Grow

Makes Us Happy

Question How much sleep do you get? Explain your sleep routine.

Newspaper Article: Mindfulness and Emotions

Understanding Feelings: A Mindful Journey

Published on January 15, 2024

In a world of different feelings, learning to understand and manage them is like going on an exciting journey. Dr. Sara Chen, a child psychology expert, says, "Mindfulness means paying attention to what we feel inside. It's like being a detective of our own emotions!"

Eight-year-old Alex shared his story: "When I feel sad or mad, I take deep breaths and think about why I feel this way. It really helps!" Mindfulness is about noticing our feelings without getting lost in them. Did you know that taking five slow breaths can make you feel better?

Dr. Chen suggests simple things like breathing slowly, talking about our feelings, and even closing our eyes to think quietly. These practices help us feel calmer and understand ourselves better.

Plus, children who understand their feelings do better in school.

So, remember, being aware of our feelings is like taking care of a garden inside our minds. It keeps us healthy and happy. And just like Alex, we can all learn to be great at understanding our emotions.



PREVIEW

True or False

Is the statement true or false?

| | | |
|--|------|-------|
| 1. Mindfulness means not thinking at all. | True | False |
| 2. Talking about feelings can help us. | True | False |
| 3. Mindfulness can make us feel calmer. | True | False |
| 4. We should ignore our sad feelings. | True | False |
| 5. Taking deep breaths can make you feel better. | True | False |

Directions

Draw a line to match the situation to the feeling.

| | | |
|-------------------------|--------------------------|--------|
| 1. Finishing homework | <input type="checkbox"/> | sad |
| 2. Losing a toy | <input type="checkbox"/> | loved |
| 3. Playing with friends | <input type="checkbox"/> | upset |
| 4. Getting a hug | <input type="checkbox"/> | happy |
| 5. Being teased | <input type="checkbox"/> | scared |

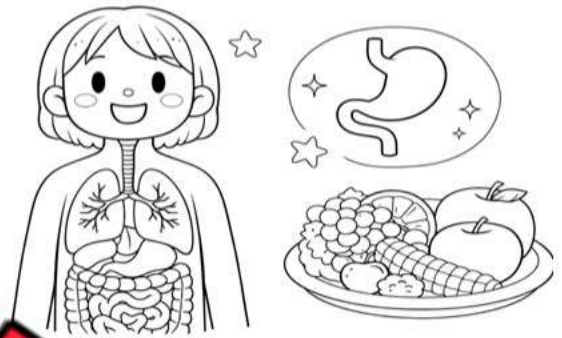
Question

Which mindfulness strategy could you use more - talking about feelings, slow breathing, closing your eyes? Explain.

Our Amazing Body Systems

Breathing and Living

Our body has a special system for breathing called the respiratory system. It includes our nose, throat, and lungs. When we breathe in, our lungs fill with air. This air has oxygen, which is very important for our body to work and play. Did you know every cell in our body needs oxygen to work properly?



Eating and Energy

The digestive system helps turn food into energy. It starts in our mouth when we eat our yummy food. Then, the food travels down the esophagus to our stomach and intestines. Here, our body takes all the good parts of the food. These good parts are vitamins and minerals that help us grow and give us energy to play and learn.

Working Together





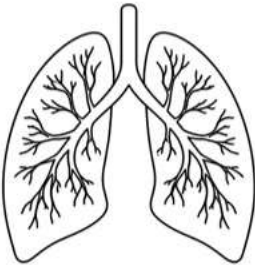
Both the respiratory and digestive systems are friends and work together. When we breathe, we give our body the air it needs. When we eat, we give our body the food it needs. Together, they keep us healthy, strong, and full of energy.

Remember, taking deep breaths and eating healthy foods like fruits and vegetables are great ways to help our body systems do their job well!

True or False Is the statement true or false?

| | | |
|--|------|-------|
| 1. Our lungs are part of the respiratory system. | True | False |
| 2. We breathe in food with our lungs. | True | False |
| 3. Oxygen is important for our cells. | True | False |
| 4. The stomach is part of the digestive system. | True | False |
| 5. Breathing helps us turn food into energy. | True | False |

Direction Write 'D' if the picture is part of the digestive system and 'RS' if it is part of the respiratory system.

| | | | | |
|--|---|--|---|--|
|  |  |  |  |  |
| | | | | |

Question What is the digestive system and how does it work?

Nature Helps Us Stay Healthy

Breathing Fresh Air

Nature gives us fresh air to breathe. Trees and plants make air clean by taking in carbon dioxide and giving out oxygen. Breathing fresh air is good for our lungs and helps us think better.

Drinking Clean Water

Clean water comes from nature too. It's important for drinking and keeping us hydrated. Water from rivers and lakes is cleaned before it comes to our taps.



Feeling Calm in Nature

Spending time in nature, like in parks or forests, makes us feel calm and happy. It's like nature is a big, peaceful playground.

- Trees and plants give us fresh air.
- Rivers and lakes provide clean water.
- Parks and forests help us relax.

Nature is like a caring friend. It helps keep our bodies and minds healthy. Remember to enjoy and take care of nature, just like it takes care of us!

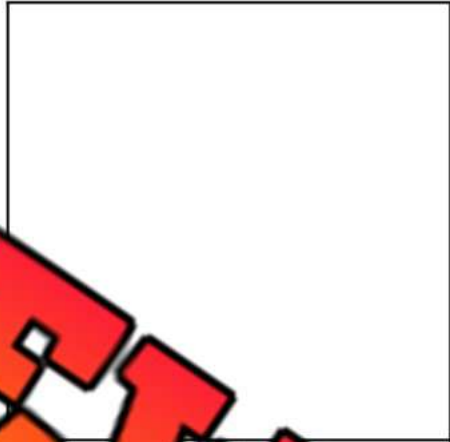
True or False Is the statement true or false?

| | | |
|--|------|-------|
| 1. Trees help clean the air we breathe. | True | False |
| 2. Dirty water is good for our health. | True | False |
| 3. Nature can make us feel happy and calm. | True | False |
| 4. Plants do not need air to grow. | True | False |
| 5. Spending time in parks can be relaxing. | True | False |

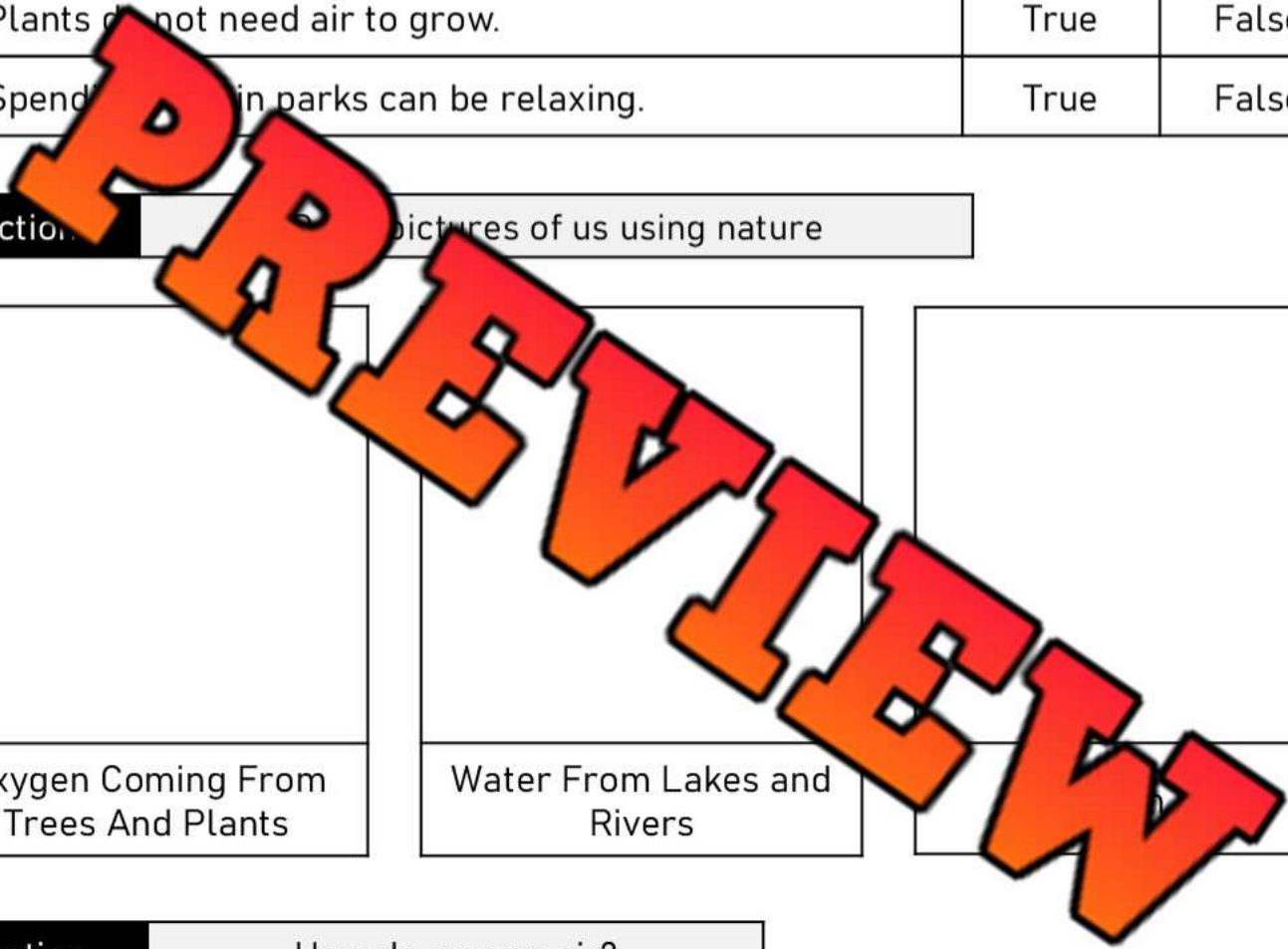
Directions: Draw pictures of us using nature


Oxygen Coming From
Trees And Plants


Water From Lakes and
Rivers



Question How do we use air?



Global Health Traditions

Different Ways to Stay Healthy

People all over the world have their own special ways to stay healthy. These traditions show how different cultures take care of their health.



Examples of Health Practices

- Yoga in India: Yoga is a mix of stretching and breathing that helps people feel calm and strong.
- Herbal Teas in China: In China, people drink special teas made from plants to feel better when they are sick.
- Meditation in Japan: In Japan, people practice meditation to clear their minds and relax.

Learning from Each Other

Each of these practices teaches us something important. Yoga helps our bodies and minds work together. Herbal teas show us that plants can make us feel better. Meditation teaches us to be calm and focused.

It's great to learn about health traditions from different cultures. They show us many ways to be healthy and happy!

Word Search

Find the words in the wordsearch.

| | |
|------------|--------|
| Yoga | Tea |
| Meditation | China |
| Japan | India |
| Health | Global |
| Plants | Candy |

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

Visualizing

Draw a picture of you while you were reading. Explain the picture.

| | |
|--|--|
| | |
| | |
| | |
| | |
| | |

Fill in the Blanks

Write the missing word.

| | | | |
|----|---|---------|---------|
| 1) | Yoga is a health practice from _____. | India | Canada |
| 2) | Herbal teas in China are made from _____. | Plants | Candy |
| 3) | Meditation in Japan helps people feel _____. | Calm | Excited |
| 4) | Sitting _____ during meditation helps us focus. | Quietly | Loudly |
| 5) | Drinking _____ tea can help when we're sick. | Herbal | Soda |

Story: Our Emotional Toolbox

Lily's Emotion Toolbox

Once upon a time, there was a young girl named Lily who had a magical toolbox. This wasn't an ordinary toolbox; it was filled with tools to help her understand and express her emotions.

One day, Lily felt angry because her brother took her favourite toy. She opened her toolbox and found the 'Deep Breathing Tool.' She took deep breaths, and her anger began to fade away.

PREVIEW

PREVIEW

The next day, Lily felt sad because her friend was sick and couldn't come to play. She reached into her toolbox and pulled out the 'Talking Tool.' She talked to her mom about her feelings and felt much better.

Then, there was a day when Lily felt scared about a thunderstorm. She used the 'Imagination Tool' from her toolbox. She imagined the thunder was a big drum in a band, and she felt less scared.

Lily also learned that being happy is an emotion. On a sunny day, she used her 'Gratitude Tool.' She thought about all the things she was thankful for, like her family and friends.

One evening, Lily felt confused about feeling both happy and sad. Her mom explained that it's okay to have mixed feelings. She used her 'Understanding Tool' to accept these feelings.

PREVIEW

PREVIEW

When Lily felt nervous about a school test, she used her 'Preparation Tool.' She studied and practiced, which made her feel more confident.

Lily learned that it's important to express her emotions. With her 'Expression Tool,' she drew pictures or wrote stories about how she felt.

Lily's emotional toolbox taught her many lessons. She learned that it's okay to have different feelings and there are healthy ways to cope with them. She was grateful for her magical toolbox, which helped her grow and understand herself better.

True or False

Is the statement true or false?

| | | |
|---|------|-------|
| 1) Lily used deep breathing to calm her anger. | True | False |
| 2) Talking about feelings never helps. | True | False |
| 3) Imagination can make scary things feel less scary. | True | False |
| 4) Feeling _____ is an important emotion. | True | False |
| 5) Expressing feelings through drawing or writing is helpful. | True | False |

Questioning

Write questions you have after reading the text.

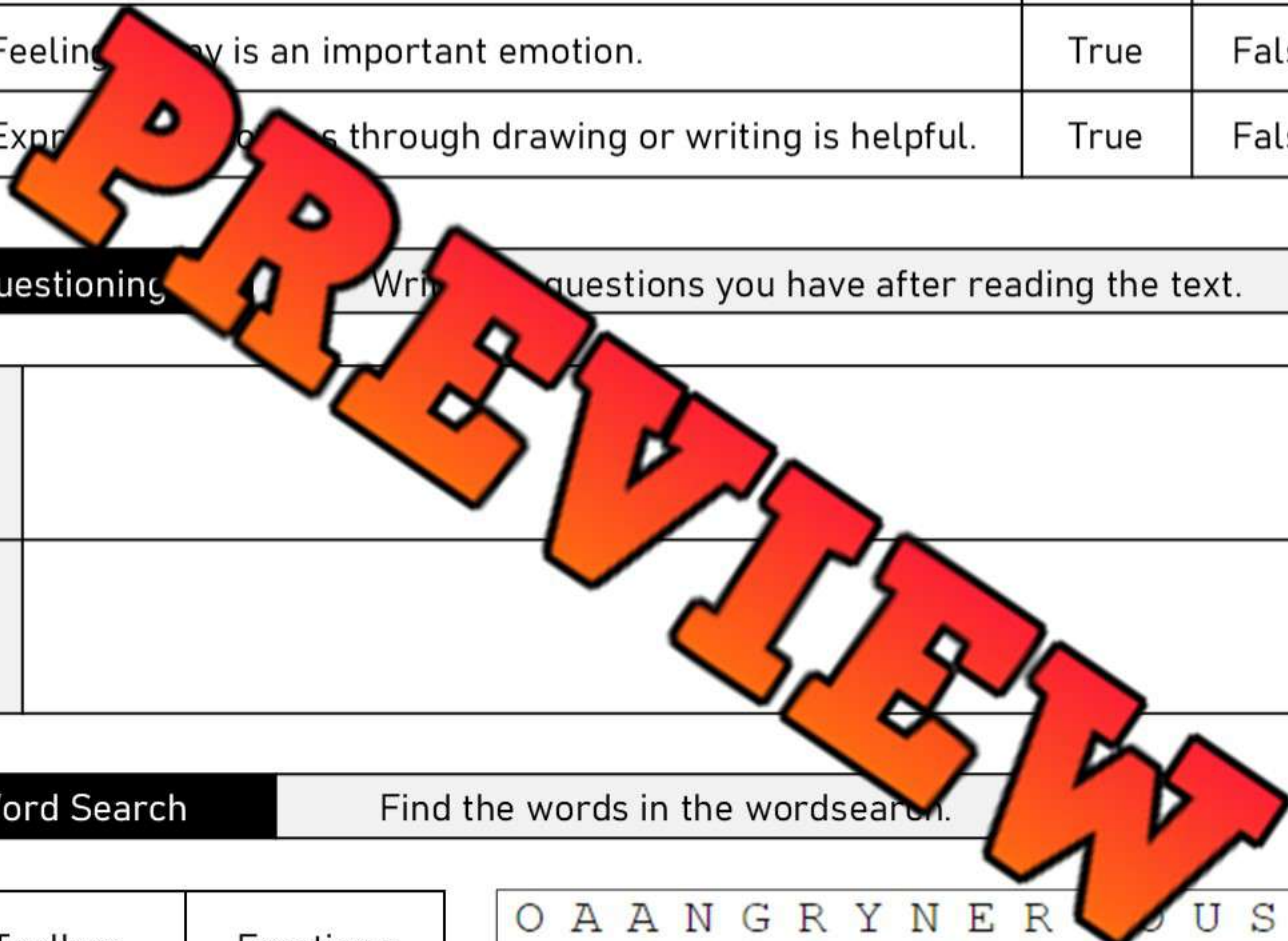
| | |
|----|--|
| 1) | |
| 2) | |

Word Search

Find the words in the wordsearch.

| Toolbox | Emotions |
|---------|----------|
| Angry | Sad |
| Talking | Scared |
| Happy | Nervous |
| Lily | Help |

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



Exit Cards

Cut Out

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

Name: _____

Is this a healthy way to express feelings?

| | | |
|--|-----|----|
| 1) Talking to a trusted adult when you feel sad. | Yes | No |
| 2) Yelling at others when you are angry. | Yes | No |
| 3) Taking deep breaths to calm down. | Yes | No |
| 4) Using words to say how you feel. | Yes | No |
| 5) Hitting or pushing when upset. | Yes | No |

Name: _____

Is this a healthy way to express feelings?

| | | |
|--|-----|----|
| 1) Talking to a trusted adult when you feel sad. | Yes | No |
| 2) Yelling at others when you are angry. | Yes | No |
| 3) Taking deep breaths to calm down. | Yes | No |
| 4) Using words to say how you feel. | Yes | No |
| 5) Hitting or pushing when upset. | Yes | No |

Name: _____

Is this a healthy way to express feelings?

| | | |
|--|-----|----|
| 1) Talking to a trusted adult when you feel sad. | Yes | No |
| 2) Yelling at others when you are angry. | Yes | No |
| 3) Taking deep breaths to calm down. | Yes | No |
| 4) Using words to say how you feel. | Yes | No |
| 5) Hitting or pushing when upset. | Yes | No |

Name: _____

Is this a healthy way to express feelings?

| | | |
|--|-----|----|
| 1) Talking to a trusted adult when you feel sad. | Yes | No |
| 2) Yelling at others when you are angry. | Yes | No |
| 3) Taking deep breaths to calm down. | Yes | No |
| 4) Using words to say how you feel. | Yes | No |
| 5) Hitting or pushing when upset. | Yes | No |

Staying Clean and Healthy

Why Hygiene Matters

Hygiene means keeping our bodies clean. It is very important for staying healthy and feeling good. Did you know that by just washing your hands, you can stop germs that cause colds by nearly 20%?

That's a lot of sniffles and sneezes we can avoid!

Washing Hands

- Before eating
- After playing outside
- After using the bathroom



Washing our hands with soap and water gets rid of germs. **Germs** are tiny, invisible things that can make us sick. In fact, studies show that people touch their faces about 16 times an hour, which is a lot of chances for germs to get into our bodies! We should wash our hands for 20 seconds, which is about as long as singing the 'Happy Birthday' song twice! Did you know that if we all washed their hands correctly, we could save more lives than any single vaccine or medical treatment?

Bathing Regularly

Taking a bath or shower helps clean our whole body. It washes away dirt and germs. We should bathe regularly, like after a day of playing or before bedtime. Bathing not only keeps you clean, but it can also help you sleep better at night.

True or False

Is the statement true or false?

| | | |
|---|------|-------|
| 1. Washing hands can stop germs from spreading. | True | False |
| 2. We only need to bathe once a month. | True | False |
| 3. Germs are invisible but can make us sick. | True | False |
| 4. People touch their face 16 times an hour. | True | False |
| 5. Washing hands is only needed before meals. | True | False |

Question

Explain the importance of hygiene like taking a bath regularly?



Think

Check all the things that make your body healthy.

| | |
|--------------------------|---|
| <input type="checkbox"/> | 1) Washing hands before eating |
| <input type="checkbox"/> | 2) Skipping handwashing after using the bathroom. |
| <input type="checkbox"/> | 3) Using soap and water to wash hands |
| <input type="checkbox"/> | 4) Bathing or showering regularly |
| <input type="checkbox"/> | 5) Playing outside and never cleaning up |

Dental Care Adventures

Brush and Floss Daily

Brushing your teeth twice a day helps them stay strong and healthy. When you brush, think of yourself as a superhero battling tiny, invisible bugs that can harm your teeth. It's also important to floss every day to clean the spaces between your teeth, where your brush can't go. This keeps your smile bright and your teeth happy!

Dentist Visits

Visiting the dentist is an adventure! They check your teeth and use cool tools to help them stay healthy. Going to the dentist twice a year is very important.



Eat Healthy

Fruits and vegetables are great for your teeth. They help scrub them clean as you chew. Eating crunchy foods like apples and celery is like giving your teeth a mini-brush! Also, reducing sugary snacks is important, as too much sugar can be bad for your teeth. Remember, a healthy diet leads to a healthy smile!

When Baby Teeth Fall Out

Your baby teeth will fall out as you grow. This is exciting! If a tooth is wiggly, let it fall out on its own. You might even get a surprise from the Tooth Fairy!

True or False

Is the statement true or false?

| | | |
|--|------|-------|
| 1. We should brush our teeth once a day. | True | False |
| 2. Dentists use special tools for our teeth. | True | False |
| 3. Flossing helps clean between our teeth. | True | False |
| 4. We visit a dentist only when in pain. | True | False |
| 5. Apple and carrots help clean our teeth. | True | False |

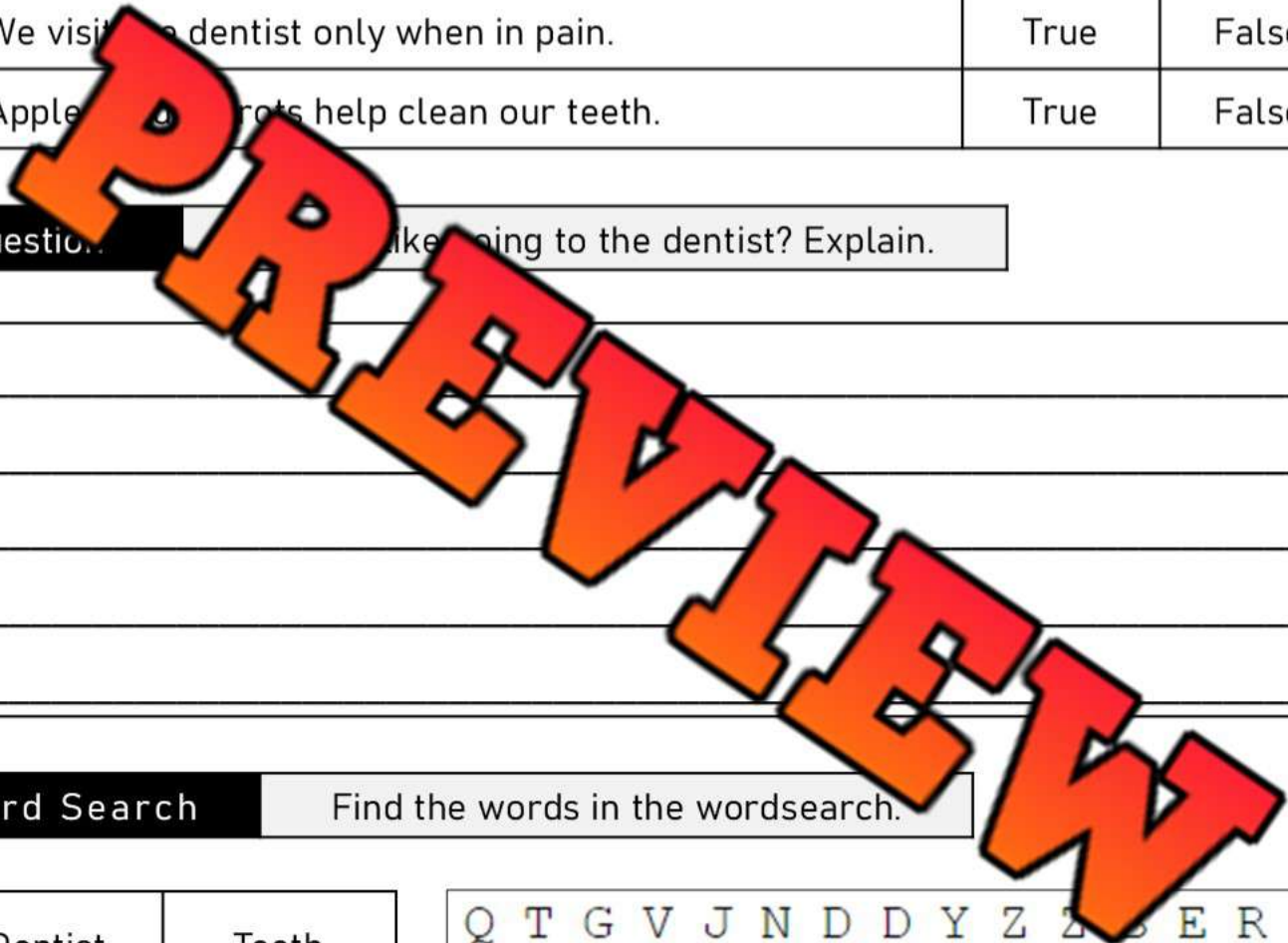
Question Do you like going to the dentist? Explain.

Word Search

Find the words in the wordsearch.

| | |
|---------|-------|
| Dentist | Teeth |
| Tools | Brush |
| Twice | Clean |
| Between | Fruit |
| Pain | Floss |

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



Scenarios

Circle if it is healthy or unhealthy behaviour

| # | Scenario Description | Healthy | Unhealthy |
|----|--|---------|-----------|
| 1 | Brushing teeth after breakfast and before bedtime. | Healthy | Unhealthy |
| 2 | Flossing gently between each tooth every day. | Healthy | Unhealthy |
| 3 | Forgetting to brush teeth at night. | Healthy | Unhealthy |
| 4 | Eating popcorn as an after-school snack. | Healthy | Unhealthy |
| 5 | Using a toothpick instead of floss to clean teeth. | Healthy | Unhealthy |
| 6 | Chewing on a hard object that could crack a tooth. | Healthy | Unhealthy |
| 7 | Wearing a mouth guard while playing sports. | Healthy | Unhealthy |
| 8 | Drinking water instead of sugary drinks. | Healthy | Unhealthy |
| 9 | Opening packages with your teeth. | Healthy | Unhealthy |
| 10 | Visiting the dentist for a regular check-up. | Healthy | Unhealthy |
| 11 | Sipping soda throughout the day. | Healthy | Unhealthy |
| 12 | Waiting too long to tell an adult about a toothache. | Healthy | Unhealthy |
| 13 | Choosing carrots and celery for a crunchy snack. | Healthy | Unhealthy |
| 14 | Snacking on sticky sweets like caramel. | Healthy | Unhealthy |
| 15 | Smiling after brushing to check for a clean mouth. | Healthy | Unhealthy |
| 16 | Letting a loose tooth fall out naturally. | Healthy | Unhealthy |
| 17 | Brushing too hard and hurting your gums. | Healthy | Unhealthy |
| 18 | Trying to pull out a tooth before it's ready. | Healthy | Unhealthy |
| 19 | Learning about dental tools during a dentist visit. | Healthy | Unhealthy |
| 20 | Playing with dental instruments without permission. | Healthy | Unhealthy |

Community Helpers in Health

Who Keeps Us Healthy?

There are special people in our community who help us stay healthy. They are like superheroes for our bodies!



- Doctors: They are like body detectives. They find out what is making us feel sick and help us get better.
- Nurses: Nurses are our best friends. They help doctors and also make sure we are comfortable and safe.
- Dentists: These are tooth experts! They keep our smiles bright and teach us how to brush and floss properly.

How They Help Us

- Doctors and nurses work in hospitals or clinics. They use their knowledge, medicine, and kind words to heal us.
- Dentists work in dental offices. They check our teeth, clean them, and fix any tooth troubles.

Remember, these community helpers are here to keep us healthy and strong. We can help them by eating healthy, brushing our teeth, and always being brave!

True or False Is the statement true or false?

| | | |
|---|------|-------|
| 1. Doctors are like body detectives. | True | False |
| 2. Nurses only work at night. | True | False |
| 3. Dentists help keep our teeth healthy. | True | False |
| 4. A doctor's tool is called a stethoscope. | True | False |
| 5. You visit a doctor only when you have a toothache. | True | False |

Draw Draw a doctor uses to help people.



Question Describe a time you went to the doctor.

Activity – Oral Health Pictionary

Objective

What are we learning about?

To learn about oral health through drawing and guessing games.



Materials

What you will need for the activity.

- White paper
- Markers
- Cards with oral health-related words (toothbrush, toothpaste, floss, teeth, candy, calcium)

Instructions

How to complete the activity

1. Split the class into two teams, making two groups of desks.
2. Have one student from Team A pick up and read a card. They should keep the card a secret from everyone else.
3. The student then draws what's on the card on a white piece of large paper. The drawing should be about oral health.
4. Start a timer for 2 minutes. During this time, Team B guesses the word being drawn.
5. If Team A guesses the drawing correctly before the timer goes off, they earn a point.
6. Next, it's Team B's turn. A student from Team B picks a card and draws, while their team guesses.
7. Alternate turns between the two teams, letting different students draw each time.
8. Continue the game until all the cards have been used. Keep track of points for each team.
9. At the end, count up the points. The team with the most points is the winner of Oral Health Pictionary!

Pictionary Topics

Cut out the topics below

Pictionary Cards: Dental Care Essentials

Toothbrush

Mouthwash

Oranges

Toothpaste

Apples

Cheese

Apple

Dentist

Teeth

Tooth Fairy

Water

Milk

Gum

X-ray

Dental Chair

Tongue

Carrots



Reflection

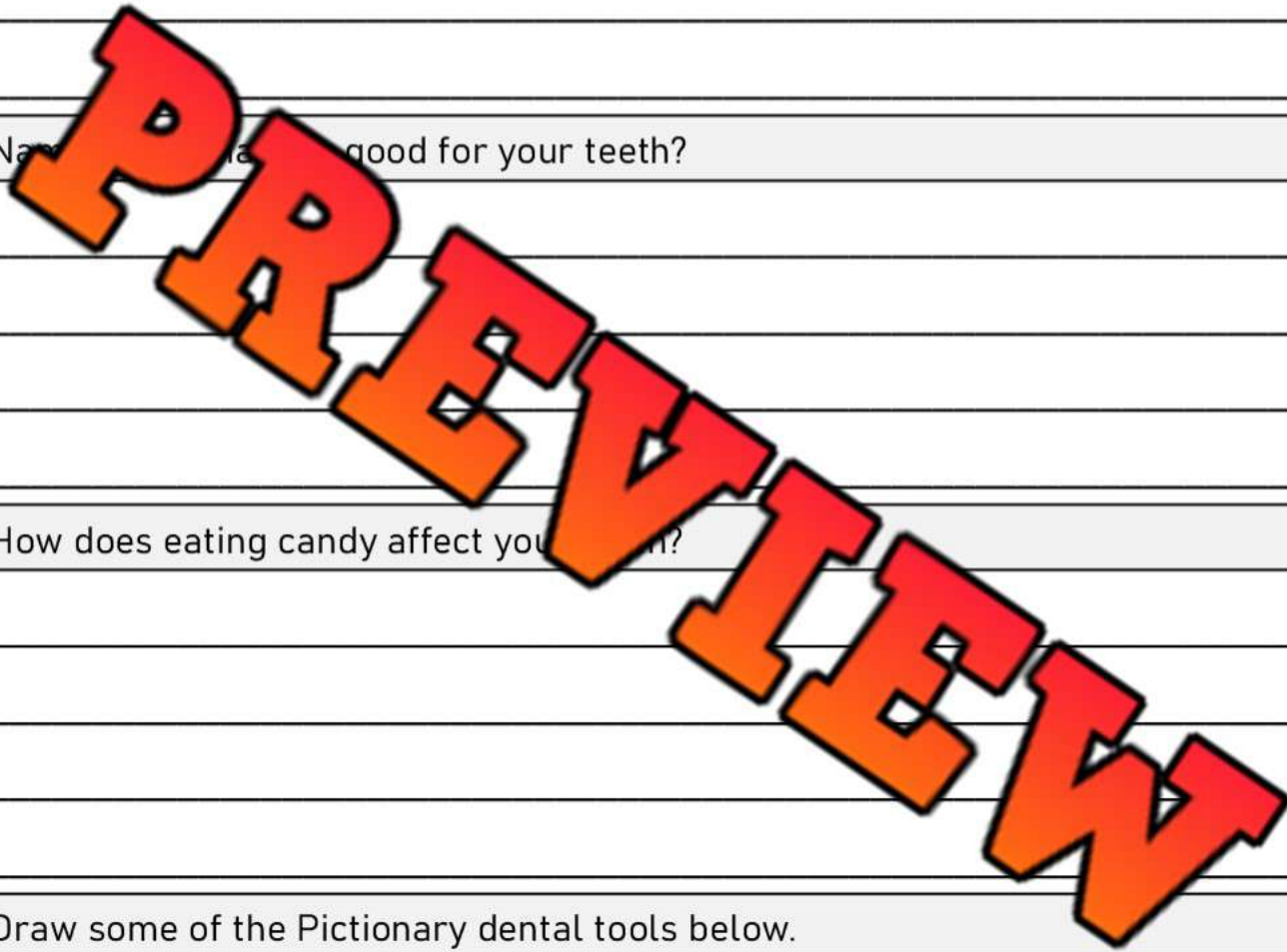
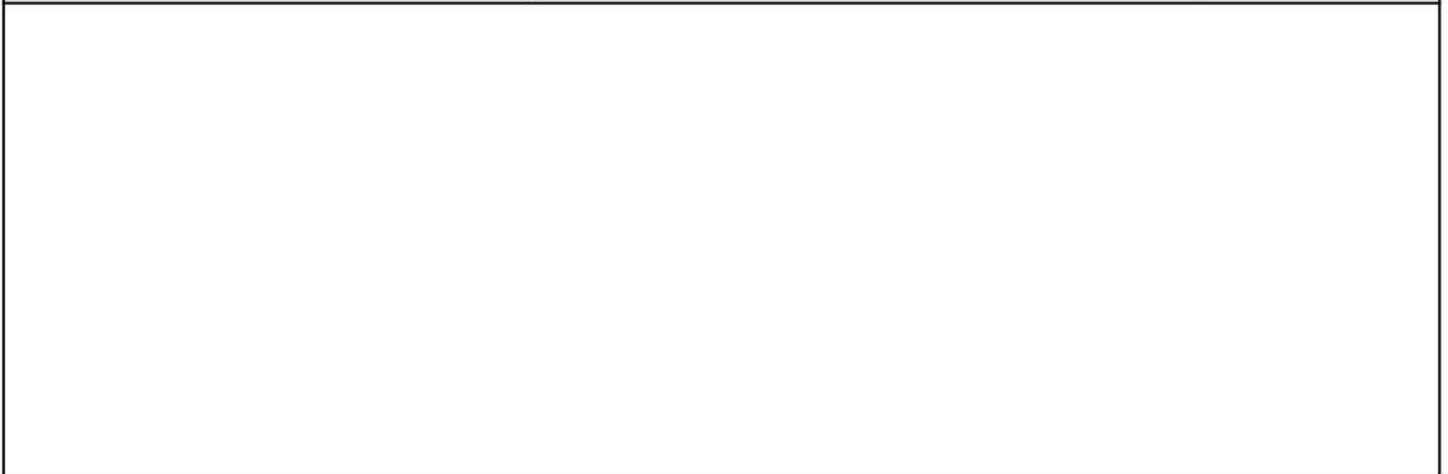
Answer the questions below

1) Why is it important to brush and floss your teeth?

2) Name _____ good for your teeth?

3) How does eating candy affect your _____?

4) Draw some of the Pictionary dental tools below.



Unit Test – Human Development

Multiple Choice

/10

| | |
|---|---|
| 1. What colour foods help our heart? a) Green b) Blue c) Red d) Yellow | 2. Who needs sleep the most? a) Adults b) Seniors c) Babies d) Teens |
| 3. Who has the most energy? a) Youths b) Kids c) Babies d) Adults | 4. What do seniors enjoy? a) Running fast b) Homework c) Hobbies d) Going to school |
| 5. What do seniors usually not do anymore? a) Work b) Sleep c) Eat d) Play | 6. What do we need to feel happy? a) Hard work b) Money c) Rain d) Snow |
| 7. What is good for our teeth? a) Candy b) Apples c) Soda d) Cookies | 8. What makes our lungs healthy? a) Fresh air b) Fresh water c) Loud noises d) Hot days |
| 9. How often should we visit the dentist? a) Once a year b) Twice a year c) Every month d) Every week | 10. What helps our bones? a) Green foods b) Red foods c) Yellow foods d) Blue foods |

Define

What do the terms below mean?

| Term | Definition - What does it mean? |
|----------|---------------------------------|
| Flossing | |
| Hygiene | |
| Life | |

Scenarios

Read the scenario and circle the best way to handle it

1) Sarah's tooth is wiggly. What should she do?

- a) Eat hard candy
- b) Pull it out fast
- c) Let it fall naturally
- d) Ignore it

2) Jason feels sad after a game. What can help?

- a) Stay alone
- b) Blame friends
- c) Eat lots of candy
- d) Take deep breaths

3) Alex wants to be strong. How should he start?

- a) Eat only candy
- b) Never exercise
- c) Play sports
- d) Watch more TV