



Preview – Information



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Ontario Health Curriculum Mental Health – Grade 1

3-Part Lesson Format

Part 1 – Minds On!

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

FEELINGS AND EMOTIONS

LEARNING GOAL

We are learning to **name and talk** about our feelings so we can understand ourselves and others, share how we feel, and take care of our mental health each day.

FEELINGS AND EMOTIONS

LABEL THE EMOTIONS

Drag the feeling word to the face that shows that feeling.

Nervous
Mad
Worried
Relaxed
Happy
Excited
Proud
Shock

Part 2 – Action!

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

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION

QUICK DRAW

• Can you name a time you felt happy?

• Draw an emoji on a paper that shows a happy feeling.

Ontario Health Curriculum

Mental Health – Grade 1



HANDLING EMOTIONS

QUICK TRUE OR FALSE

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

- 1) It is good to keep our feelings a secret all the time.
- 2) Yelling at others is a safe way to handle big feelings.
- 3) Talking to a grown-up can help us feel better.
- 4) Taking a short break can help us calm down.
- 5) Feelings can change during the day.

True
False



POSITIVE OR NEGATIVE

Read each sentence or thought. If it shows happy and helpful thinking, choose **Positive**. If it shows sad or unhelpful thinking, choose **Negative**.

- 1) I can try again.
- 2) I will never get this right.
- 3) This is hard, but I can do it.
- 4) I give up.
- 5) I will ask for help.
- 6) No one likes me.
- 7) I can learn from my mistake.
- 8) I am not good at anything.
- 9) I will keep practising.
- 10) This is too hard for me.

Positive **Negative**



WORD SEARCH

Find and circle the thankful words in the puzzle.

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

Care	Thankful	Kind
Friend	Help	Happy
Family	Gift	Thanks

Ontario Health Curriculum Mental Health – Grade 1



HEALTHY FOOD, HEALTHY BRAIN

ODD ONE OUT

Look at the foods. Which food is the odd one out? Circle the food that is different.

1





2





3





4







EXERCISE AND MENTAL HEALTH

GOOD OR BAD

Look at each picture. Drag it to the correct box: good or bad for our brain.

Good for our brain











Bad for our brain

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

- Sleep helps our brain rest.
- We should go to bed at the same time each night.
- It is healthy to stay up very late every night.
- Sleep makes us feel tired all day.
- A quiet and dark room can help us sleep.






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Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 1

3-Part Lesson Format

Part 1 – Minds On!

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

KNOWING OUR BODY PARTS

LEARNING GOAL

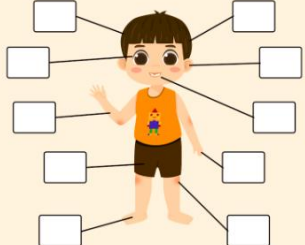
We are learning to name our body parts and say what they do so we can understand how our body works and how to take good care of it every day.



KNOWING OUR BODY PARTS

LABEL THE BODY PARTS

Drag each letter to the correct body part it points to.



A	B
C	D
E	F
G	H
I	J

A	Head
B	Knee
C	Leg
D	Foot
E	Hair
F	Arm
G	Ear
H	Teeth
I	Fingers
J	Eye

Part 2 – Action!

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

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION

QUICK DRAW

What body parts did we learn about today? Can you name some body parts you can see?

Draw a body on a paper. Add the head, eyes, ears, nose, mouth, arms, hands, legs, and feet.



Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 1

LOVING OUR BODIES

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

	A	B
1 Are all bodies the same?	A) No	B) Yes
2 What should you say about your body?	A) Kind words	B) Mean words
3 Should we compare our bodies to others?	A) Yes	B) No
4 What helps you feel strong inside?	A) Staying sad about our body	A) Loving yourself
5 How should you feel about your body?	A) Ashamed	B) Proud
6 What do our bodies help us do?	A) Run and play	B) Nothing

THE BODY SIGNALS

Look at each picture. Drag the correct body signal word under each child.

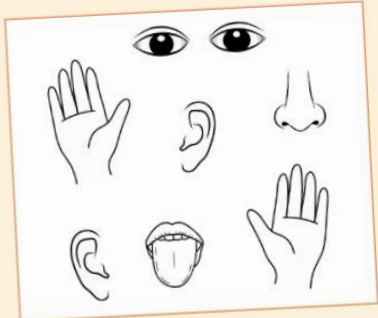
			
			

- Hurt
- Thirsty
- Tired
- Too hot
- Happy
- Too cold
- Sleepy
- Sick

PLACE THE FIVE SENSES

Look at the sense pictures. Drag each one to the correct place.
Put the eyes, ears, nose, tongue, and hands where they belong.





Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 1

GERMS AND HEALTH

WORD SEARCH

Find and circle the germs and health related words.
Cross out each word when you find it.

Water	Germ	Elbow
Cold	Soap	Sick
Cough	Clean	Sneeze
	Healthy	

HEALTHYFTN
SSZOVJANIU
NVGSLTYLGP
EOEYSLXKCC
ECRZNINJLO
ZOMSQTCMEU
ELSOPZCKAG
SDWATERONH
PSNPTELBOW

HAND WASHING

HOW TO WASH

Look at the pictures. Put the steps in the right order to show how to wash your hands.









- 1 Wet hands with water
- 2 Apply plenty of soap
- 3 Wash for 30 seconds
- 4 Rinse with water
- 5 Dry your hands

THE RIGHT WAY TO SNEEZE

Look at the pictures. Drag the pictures into the correct box.
Put safe sneezing in the "Correct" box. Put unsafe sneezing in the "Wrong" box.

Wrong
















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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

ASAXTJIT
WUXSRIBNA
CNIWEBIKE
RLMAEZTZR
PTYLIEAMU
PARKBALLN
PLAYHIHWI
JYTI GRASS

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?

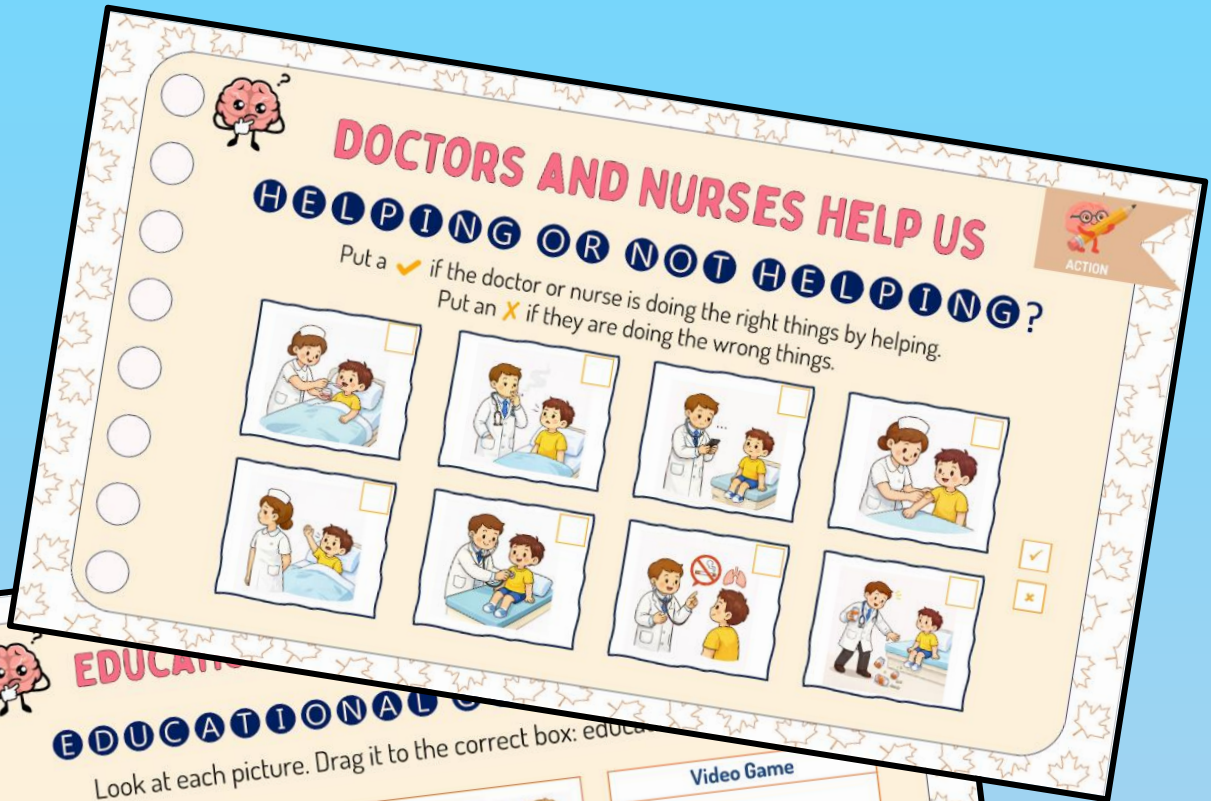
Look at each picture. Find the actions that help keep you healthy.
Write the correct letters in the answer box.

					
A Breathing clean air	B Playing and running outside	C Smoking cigarettes	D Taking deep breaths	E Breathing dirty smoke	F 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.

ACTION

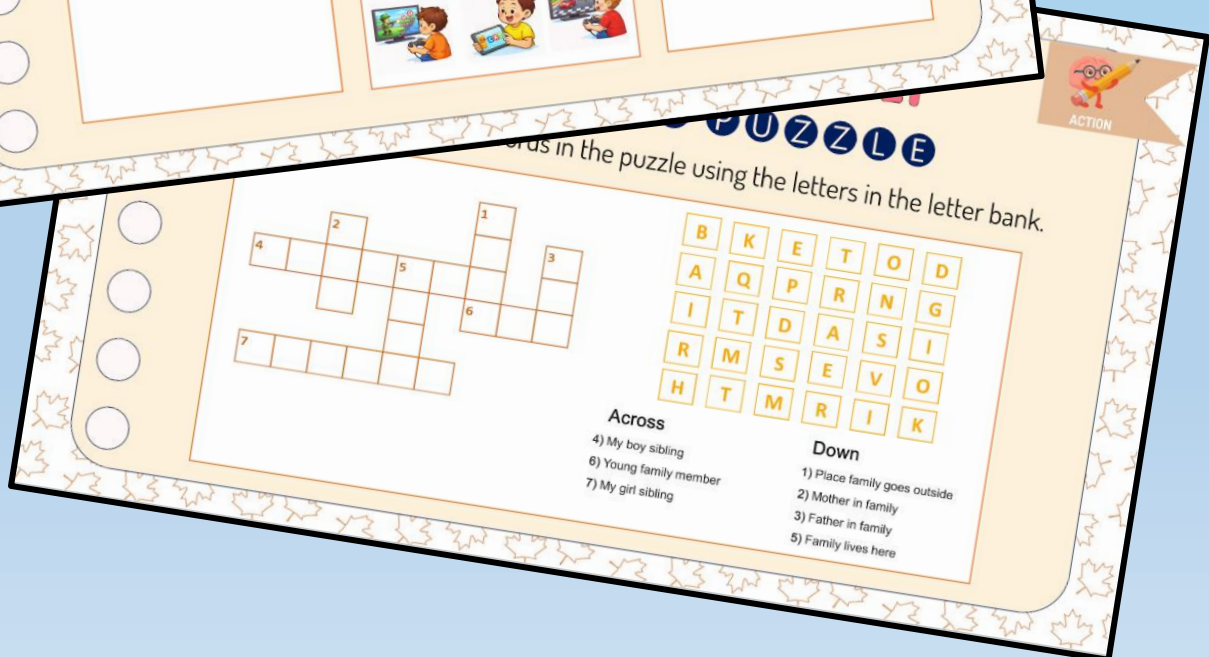


EDUCATIONAL

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

Educational Game

Video Game



PUZZLE

Words 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	K

Across

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

Down

- 1) Place family goes outside
- 2) Mother in family
- 3) Father in family
- 5) Family lives here



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Ontario Health Curriculum

Personal Safety & Injury Prevention – Grade 1

3-Part Lesson Format

Part 1 – Minds On!

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

KNOWING YOUR HOME ADDRESS

LEARNING GOAL

We are learning to **say and remember our home address and phone number** so we can tell a safe adult or helper where we live in an emergency.

KNOWING YOUR HOME ADDRESS

QUICK TRUE OR FALSE

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

1) Police officers can help you in an emergency.	
2) Your address does not matter if you are lost.	
3) It is good to remember your phone number.	
4) Helpers need your address in an emergency.	
5) You should not tell helpers where you live.	

True
False

Part 2 – Action!

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

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION

QUICK DRAW

- Can you say your home address out loud?
- Draw a picture of your house and write your house number on it.



Ontario Health Curriculum

Personal Safety & Injury Prevention – Grade 1

 **HOW TO CALL 9-1-1 SAFELY** 

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

1 What should you do first?
A) Hide B) Find a phone

2 How should you talk on the phone?
A) Calm and clear B) Yelling loudly

3 What number do you press in a big emergency?
A) 1-2-3 B) 9-1-1

4 Is 9-1-1 for small problems?
A) Yes B) No

5 Why do we call 9-1-1?
A) To talk for fun B) To get help fast

6 What should you tell the helper?
A) Your name & what happened B) A funny joke

SAFE PICK-UP ROUTINES 

WORD SEARCH

Find and circle the safe pick-up words hidden in the puzzle.

School	Car	Home
Teacher	Safe	Wait
Adult	Parent	Plan
	Trust	

THOMEVGS
RSBHZFTHC
UJADULTRH
SOVFWAITO
TTYHENCNO
TEACHERREL
PARENTZNZ
CARQBPLAN

Show your answer with a thumbs up  or thumbs down 

1) Should we look both ways before crossing the street? ☐

2) Is it safe to run into the road without looking? ☐

3) Do we stay seated while the bus is moving? ☐

4) Is it safe to walk far away from the grown-up with you? ☐

5) Should we wait for the bus to stop before getting on? ☐



Ontario Health Curriculum

Personal Safety & Injury Prevention – Grade 1



RESPECTING PERSONAL SPACE

PERSONAL SPACE CHECK

Look at each picture. Put ✓ if they respect personal space. Put ✗ if they do not.

✓
✗



Look at the pictures about bullying and

1 		
2 		
3 		
4 		

TRUE OR FALSE

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

1) Washing your hands after eating helps keep friends safe.	
2) It is funny to give someone food they are allergic to.	
3) It is safe to share food with everyone at school.	
4) Some people need extra care because of allergies.	
5) Allergies can make people itchy or sick.	

True
False



Google Slides Lessons Preview





Ontario Health Curriculum Healthy Eating Unit – Grade 1

3-Part Lesson Format

Part 1 – Minds On!

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

RAINBOW FOODS

LEARNING GOAL

We are learning to **identify** rainbow foods and their colours so we can choose healthy fruits and vegetables and understand how each colour helps our bodies grow strong.

RAINBOW FOODS

SORT THE FOODS

Look at each food. Drag each picture into the box with the matching colour.

Red	Yellow/Orange	Green	Blue

Part 2 – Action!

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

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION

QUICK DRAW

What yellow foods did we learn about today? Can you name some yellow fruits or vegetables?

Choose one yellow fruit or vegetable you learned about, like a banana or lemon. Draw it on your paper using a pencil.



Ontario Health Curriculum Healthy Eating Unit – Grade 1

FRUIT AND VEGGIE

LABEL THE FOODS

Look at each food picture. Drag the word fruit or vegetable under each food image.

FRUIT
VEGETABLE

 POTATO	 CUCUMBER	 EGGPLANT	 CARROT	 BROCCOLI
 TOMATO	 MANGO	 LETTUCE	 CHERRIES	 CORN

UNHEALTHY FOODS

ODD ONE OUT

Look at the foods. Which food is the odd one out? Circle the food that is different.

1   

2   

3   

4   

Move the letter A or B into the correct box.

1 Why do we eat breakfast?
A) To get energy B) To feel sleepy

2 When do we eat breakfast?
A) At night B) In the morning

3 What happens if you skip breakfast?
A) You feel hungry B) You feel full

4 Which food is good for breakfast?
A) Candy B) Fruit

5 What kind of foods are best for breakfast?
A) Junk foods B) Healthy foods

6 What happens when your tummy is empty?
A) Hard to think B) Easy to focus



Ontario Health Curriculum Healthy Eating Unit – Grade 1

PROTEIN HELPS US GROW

LABEL THE FOODS

Look at each food picture. Drag the word Protein or Not Protein under each food image.

 CHICKEN	 EGGS	 APPLE	 RICE	 CHEESE
 BREAD	 LETTUCE	 MEAT	 BEANS	 PEPPER

Protein
Not Protein

THE WORLD OF FOODS

SORT THE FOODS

Look at each food picture. Decide if the food is a healthy snack. Drag each food into the correct box.

Healthy Snacks	Unhealthy Snacks
          	

THE WORLD OF FOODS

MAKE YOUR FAVOURITE CULTURAL MEAL

Look at the food pictures. Drag the foods you like onto the plate. Make your favourite cultural meal.

