



Preview – Information



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

- ✓ A selection of Ready-To-Use Google Lesson Slides for each unit included in this bundle.

When you make a purchase, you will receive a link to where you can make copies of the Google Lesson Slides 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

Substance Use Addictions – Grade 3

3-Part Lesson Format

Part 1 – Minds On!

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

LEGAL & ILLEGAL SUBSTANCES

LEARNING GOAL

We are learning to **identify** legal and **illegal** substances so we can **make** safe choices, understand why some substances can be harmful, and know how to stay healthy and safe.

LEGAL & ILLEGAL SUBSTANCES

QUICK TRUE OR FALSE

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

1) Children should only take medicine from a trusted adult.	
2) It is okay to take something if you do not know what it is.	
3) Illegal substances are safe to use.	
4) Making safe choices helps keep us healthy.	
5) Medicines are legal drugs that help us when we are sick.	

True
False

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 words that describe legal drugs.	Write 2 problems caused by illegal drugs.	Write 1 reason to avoid illegal substances.
--	---	---

Ontario Health Curriculum

Substance Use Addictions – Grade 3



ACTION

UNDERSTANDING ADDICTION

WORD SEARCH

Find and circle the words hidden in the puzzle.

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

Choices	Friends	Sugar
Smoke	Habits	Body
Alcohol		Nicotine



ACTION

YES OR NO

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

1) A trusted adult can help someone stop using nicotine.	
2) Smoking and vaping are healthy choices.	
3) Learning about nicotine helps us make safe choices.	
4) Children should use nicotine products.	
5) People can get nicotine from smoking.	



ACTION

IMPACT OF SUBSTANCE USE

ALCOHOL IMPACT CHECK

Look at each picture carefully. Put a ✓ on the pictures that show a possible impact of alcohol. Put an ✗ on the pictures that do not show a possible impact of alcohol.

☐ ✓
☐ ✗



Ontario Health Curriculum

Substance Use Addictions – Grade 3



SPORTS DRINKS AND HEALTHY CHOICES

WORD SEARCH

Find and circle the words hidden in the puzzle.

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

Healthy	Water	Drink
Exercise	Energy	Body
Sports		Sugar

 ACTION



USING MEDICINE

YES OR NO

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

1) Taking too much medicine can be harmful.	
2) You should ask a trusted adult before taking medicine.	
3) It is okay to take someone else's medicine.	
4) A doctor can help decide if you need medicine.	
5) It is safe to take medicine when you are not sick.	




 ACTION

1

Screen time can make us miss:

A) Screen games B) Outdoor activities

2

When we spend too much time on screens:

A) We may move less B) We may exercise more

3

Spending time in nature can help us feel:

A) Calm and happy B) Angry and upset

4

Drawing and creating art are:

A) Types of screens B) Healthy activities

5

Too much screen time may make us spend:

A) More time outdoors B) Less time with people

6

Healthy screen habits help us:

A) Have a balanced lifestyle B) Avoid all activities



Google Slides Lessons Preview





Ontario Health

Personal Safety & Injury Prevention– Grade 3

3-Part Lesson Format

Part 1 – Minds On!

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



UNDERSTANDING CONCUSSIONS

LEARNING GOAL

We are learning to **understand** what a **concussion** is and learn the signs of a **concussion** so we can **stay safe**, **get help**, and **take care** of our brains after injuries.





UNDERSTANDING CONCUSSIONS

WORD SEARCH

Find and circle the words hidden in the puzzle.

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

Brain	Concussion	Dizzy
Injury	Confused	Shakes
Fall	Upset	Moody

Part 2 – Action!

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

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!



CONSOLIDATION

EMOJI REFLECTION

Choose one emoji that shows how you feel about learning about concussion. Say why you picked it and share your answer with the class.

				
Happy	Surprised	Confused	Excited	Confident

Ontario Health

Personal Safety & Injury Prevention– Grade 3

WATER SAFETY RULES

WATER SAFETY CHECK

Look at each picture. Put a ✓ on safe water actions.
Put an X on unsafe water actions.










☐
☐

SCHOOL

Box to show your answer.

1. When going to school, it is important to:

A) Stay alert B) Ignore traffic signs

2. Walking with a buddy can help you:

A) Stay safer B) Get lost easier

3. If there is no sidewalk, you should:

A) Stay far from cars B) Walk close to traffic

4. A safe place to cross the street is:

A) The middle of the road B) A crosswalk

5. When crossing the street, you should:

A) Wear headphones loudly B) Pay attention to traffic

6. Talking to a friend can help you:

A) Lose all your toys B) Share your excitement

STAYING SAFE IN THE HOME

FIRE SAFE OR NOT?

Look at each picture carefully. Write the letters of the pictures that show **UNSAFE** fire choices in the answer box below.









Answers

Ontario Health

Personal Safety & Injury Prevention– Grade 3

CAMPING SAFETY

CAMPING SAFETY CHECK

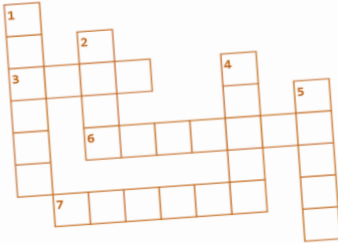
Look at each picture carefully. Put a ✓ on the pictures that show safe camping behaviour. Put an X on the pictures that show unsafe camping behaviour.



✓
X

CROSSWORD

Read each clue. Drag the correct word into the crossword.
Use the Across and Down clues to place each word in the right spot.



U	S	I	G	O	G	T	P
N	H	E	A	S	I	N	A
O	E	B	T	C	R	T	L
Y	S	F	I	O	L	M	E

Across

- 3) used to wash
- 6) keeping body clean
- 7) keeps skin soft

Down

- 1) covers coughs safely
- 2) cleaning body with water
- 4) free from dirt
- 5) tiny things spread sickness

TRUE OR FALSE

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

- 1) Taking a selfie with a wild animal is a safe idea.
- 2) If a wild animal gets close, you should stand still.
- 3) It is safe to touch a wild animal if it looks friendly.
- 4) If you see a wild animal, you should tell an adult.
- 5) You should feed wild animals to help them find food.

True
False



Google Slides Lessons Preview





Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 3

3-Part Lesson Format

Part 1 – Minds On!

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

HEALTHY RELATIONSHIP

LEARNING GOAL

We are learning to **understand healthy relationships** and how respect, trust, honesty, and communication help people feel cared for, and happy so we can **build strong friendships with others.**

HEALTHY RELATIONSHIP

WORD SEARCH

Find and circle the words hidden in the puzzle.

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

Family	Safe	Sharing
Honest	Love	Helpful
Kind		Trust

Part 2 – Action!

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

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION

4 PICS - 1 WORD

D E R F N I

This word means a person you like spending time with and who treats others with kindness and respect.

Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 3

UNDERSTANDING PEER PRESSURE

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

1 What is peer pressure?
A) Friends helping with homework B) Kids trying to make someone do something

2 Who can help with peer pressure?
A) A trusted adult B) Nobody

3 What should you do if something feels wrong?
A) Trust your feelings B) Ignore your feelings

4 What can a good friend do?
A) Force you to do wrong things B) Respect your choices

5 Which is a safe choice?
A) Joining unsafe behaviour B) Walking away from trouble

6 Which is an example of peer pressure?
A) A friend asking you to tease someone B) Reading quietly

ACTION

STOP BULLYING

Look at each picture. Drag it to the correct box: bullying or not bullying.

Bullying



Not Bullying

ACTION

PERSONAL BOUNDARIES

Look at each picture. Put a ✓ if the action shows good personal boundaries. Put an ✗ if it does not.

















✓
✗

Ontario Health Curriculum

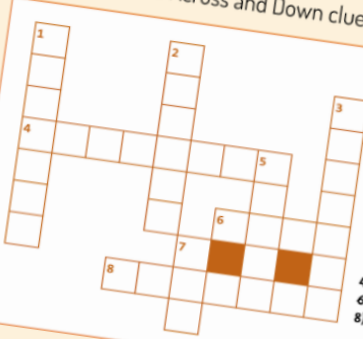
Human Dev't & Sexual Health – Grade 3



UNDERSTANDING CONSENT

CROSSWORD PUZZLE

Read each clue. Drag the correct word into the crossword boxes.
Use the Across and Down clues to place each word in the right spot.



L	S	A	E	N	E	E	E
E	G	H	K	R	I	A	C
F	R	S	I	C	P	S	L
C	S	N	S	F	E	H	N
S	E	R	C	H	O	T	O

Across

- 4) emotions inside you
- 6) free from harm
- 8) caring about others' feelings

Down

- 1) only thinking about yourself
- 2) picking what you want
- 3) giving permission clearly
- 5) give with others
- 7) say question politely




HEALTHY BODY

QUICK TRUE OR FALSE

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

1) Eating nutritious food can help your body stay healthy.	
2) Everyone's body looks exactly the same.	
3) Healthy body image means feeling good about yourself.	
4) You should say mean things about your body.	
5) A healthy body image can help you feel more confident.	

True

False



WORD SEARCH

Find and circle the words hidden in the puzzle.

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

Night	Sleep	Healthy
Body	Dream	Tired
Brain		Rest



Google Slides Lessons Preview





Ontario Health Curriculum Mental Health Literacy – 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 Literacy – 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 THOUGHTS

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

 **WHY SLEEP IS IMPORTANT**
YES OR NO
Show your answer with a thumbs up 👍 or thumbs down 👎

1) Sleep helps our brain rest. ☐

2) We should go to bed at the same time each night. ☐

3) It is healthy to stay up very late every night. ☐

4) Sleep makes us feel tired all day. ☐

5) A quiet and dark room can help us sleep. ☐

 ACTION

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

1 What does self-care mean?
A) Ignoring your feelings B) Taking care of yourself

2 Should you rest when you feel tired?
A) Yes B) No

3 What can help you feel calm?
A) Deep breaths B) Yelling loudly

4 Which is a self-care activity?
A) Breaking a toy B) Reading a book

5 Should you talk about your feelings?
A) No B) Yes

6 What can help you feel happy inside?
A) Listening to soft music B) Saying mean words

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





Google Slides Lessons Preview





Ontario Health Curriculum Healthy Eating Unit – Grade 3

3-Part Lesson Format

Part 1 – Minds On!

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

WHERE OUR FOOD COMES FROM

LEARNING GOAL

We are learning to **understand** where our food comes from and how it travels so we can make smart choices about buying local and helping our environment.

WHERE OUR FOOD COMES FROM

WORD SEARCH

Find and circle the words hidden in the puzzle.

Fresh	Farm	Garden
Country	Farmer	Orange
Food	Fruit	Market

Part 2 – Action!

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

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION

QUICK DRAW

• Name one animal you might find on a farm.

• Draw a truck, train, boat, or plane that carries food.

Ontario Health Curriculum

Healthy Eating Unit – Grade 3



HOW MILK IS MADE SAFE

QUICK TRUE OR FALSE

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

1) Pasteurization helps milk stay fresh longer.	
2) Milk is only used for drinking.	
3) Powdered milk spoils very quickly.	
4) Milk processing helps make milk safer to drink.	
5) Ice cream can be made from milk.	

True **False**



PROCESSED OR UNPROCESSED

Look at each picture. Drag it to the correct box: processed or unprocessed.

Unprocessed		Processed
	         	



HEALTHY FOOD

Look at each food picture. Put a ✓ if the food is processed.
Put an ✗ if the food is fresh and not processed.

				☐
				☐

☐ ✓ ☐ ✗

Ontario Health Curriculum Healthy Eating Unit – Grade 3

UNDERSTANDING CURED MEATS

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

1 Which food is a cured meat?
A) Apple B) Bacon

2 Why do people cure meat?
A) To make it last longer B) To make it grow

3 What is added to cure meat?
A) Sugar or salt B) Water only

4 Which is a healthy choice?
A) Eat cured meat always B) Eat cured meat sometimes

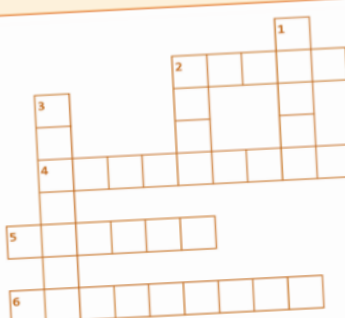
5 What can cured meats have a lot of?
A) Water B) Salt

6 Which is NOT a cured meat?
A) Carrot B) Sausage

ACTION

LEARNING ABOUT CROSSWORD PUZZLES

Read each clue. Drag the correct word into the crossword boxes. Use the Across and Down clues to place each word in the right spot.



O	L	D	U	F	L	E	V
C	E	O	D	G	A	L	S
O	F	E	C	I	A	S	T
R	D	S	R	V	T	R	S
U	P	G	S	U	A	I	T

Across

- 2) makes food very sweet
- 4) things added to food
- 5) makes food look bright
- 6) food changed in factory

Down

- 1) how food feels in mouth
- 2) adds taste to food
- 3) how food tastes

CROSSWORD



A S C S N K

These sweet foods are often highly processed and can contain lots of added sugar.

Consolidation