



Preview – Information



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Google Slides Lessons Preview





Ontario Health Curriculum Healthy Eating – Grade 4

3-Part Lesson Format

Part 1 – Minds On!

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

CANADA'S NEW FOOD GUIDE

LEARNING GOAL

We are learning to **understand** Canada's **New Food Guide** so we can make **healthy food choices, enjoy balanced meals, and build good eating habits** that help us stay healthy every day.

CANADA'S NEW FOOD GUIDE

HEALTHY FOOD CHECK

Look at each food picture. Put a ✓ if the food follows Canada's New Food Guide. Put an X if the food does not or should only be eaten sometimes.

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 Canada's new food guide. Say why you picked it and share your answer with the class.

Happy	Surprised	Confused	Excited	Confident

Ontario Health Curriculum

Healthy Eating – Grade 4



MICRONUTRIENTS

WORD SEARCH

Find and circle the words hidden in the puzzle.

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

Fruit	Bones	Calcium
Growth	Vegetable	Strong
Zinc	Vitamin	Food



ACTION

YES OR NO

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

1) We only need protein and do not need carbohydrates or fats.	
2) Macronutrients are nutrients our bodies need in large amounts.	
3) Bread and rice are foods that contain fat.	
4) Avocados and butter contain healthy fats.	
5) Carbohydrates, proteins, and fats are the three macronutrients.	



ACTION



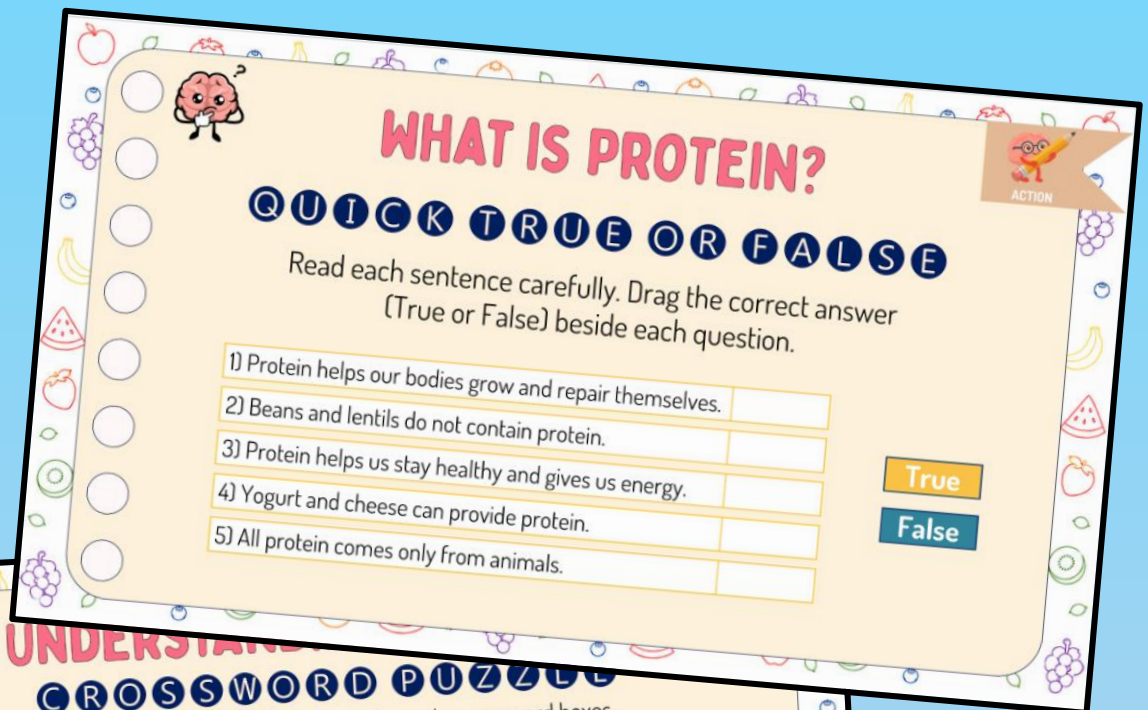
WHAT ARE CARBOHYDRATES OR NOT CARBOHYDRATES?

Look at each food. Drag it to the correct box: Carbohydrates or NOT Carbohydrates.

Carbohydrates		NOT Carbohydrates
	          	

Ontario Health Curriculum

Healthy Eating – Grade 4



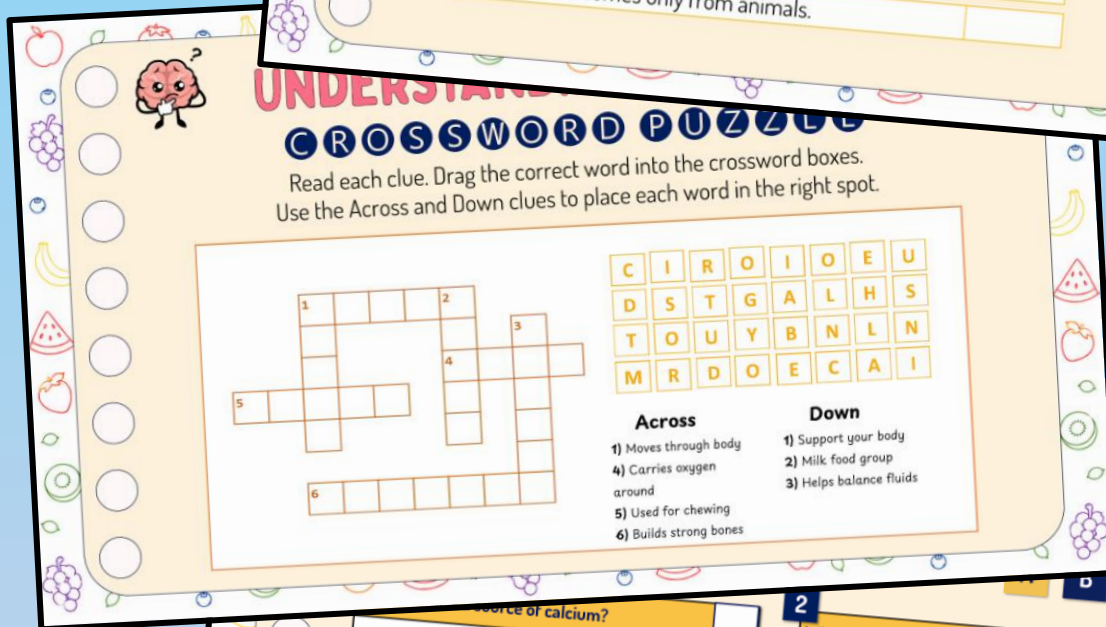
WHAT IS PROTEIN?

QUICK TRUE OR FALSE

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

- 1) Protein helps our bodies grow and repair themselves.
- 2) Beans and lentils do not contain protein.
- 3) Protein helps us stay healthy and gives us energy.
- 4) Yogurt and cheese can provide protein.
- 5) All protein comes only from animals.

True
False



UNDERSTANDING 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.

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

Across

- 1) Moves through body
- 4) Carries oxygen around
- 5) Used for chewing
- 6) Builds strong bones

Down

- 1) Support your body
- 2) Milk food group
- 3) Helps balance fluids



Calcium

- 1) Which food is a source of calcium?
A) Chips B) Cheese
- 2) Which drink can contain calcium?
A) Fortified orange juice B) Pop
- 3) Which is NOT a calcium-rich food?
A) Broccoli B) Chocolate bar
- 4) Why do we need calcium?
A) To change our eye colour B) To help our bodies stay strong
- 5) Which food contains calcium?
A) Jelly beans B) Almonds
- 6) What does calcium help build?
A) Strong bones and teeth B) Long hair



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Ontario Health Curriculum

Mental health Literacy– Grade 4

3-Part Lesson Format

Part 1 – Minds On!

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

UNDERSTANDING YOUR FEELINGS

LEARNING GOAL

We are learning to **identify** and share our feelings with trusted people so we can **understand** our emotions, feel supported, and make healthy choices when facing challenges.

UNDERSTANDING YOUR FEELINGS

MATCH THE FEELING

Look at each child. Decide how they are feeling. Drag the correct emoji in the circle beside the picture.

Happy
Sad
Angry
Scared
Sleepy
Confused

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 understanding your feelings:

1) One feeling I had today was _____

2) It is okay to feel _____ sometimes..

3) Talking about my feelings can help me _____

Ontario Health Curriculum

Mental health Literacy- Grade 4

JOURNALING

YES OR NO

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

1) You must share your journal with everyone you know.	
2) You can write about happy memories in a journal.	
3) Journaling is only for adults.	
4) It is okay to keep your journal private if you want to.	
5) A journal can help you remember important experiences.	

ACTION

WHAT DO YOU SEE?

What do you notice in the pictures below?

MINDS ON

WORD SEARCH

Find and circle the words hidden in the puzzle.

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

Focus	Energy	Body
Sleep	Bed	Rest
Brain	Healthy	Tired

Ontario Health Curriculum

Mental health Literacy– Grade 4



ACTIVE BODIES, HEALTHY MINDS

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

A

B

- 1 **Why is being physically active good for you?**

A) It makes you

B) It helps your body & mind stay healthy
- 2 **Being active is good for your...**

A) Body and mind

B) Shoes and backpack
- 3 **Which activity is a good way to be active?**

A) Riding a bike

B) Sitting all day
- 4 **What is important when choosing an activity?**

A) Pick something you dislike

B) Pick something you enjoy
- 5 **How might you feel after playing a sport?**

A) More bored than before

B) Happy and full of energy
- 6 **Which activity can help get your heart rate up?**

A) Playing soccer

B) Watching TV for hours




VOLUNTEERING

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.

1

2

3

4

5

6

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



PRACTISING MINDFULNESS

QUICK TRUE OR FALSE

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

- 1) Deep breathing is one way to practise mindfulness.
- 2) There is only one correct way to practise mindfulness.
- 3) Mindfulness can help you feel calmer.
- 4) A body scan helps you notice how your body feels.
- 5) Mindfulness teaches you to worry about the future.

True

False





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Ontario Health Curriculum

Substance Use Addictions – Grade 4

3-Part Lesson Format

Part 1 – Minds On!

- Learning Goals
- Discussion Questions
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- And More!



HEALTH RISKS OF SMOKING

LEARNING GOAL

We are learning to **identify the health risks of smoking** so we can **understand how smoking harms the body and make healthy choices to keep ourselves safe and strong.**





HEALTH RISKS OF SMOKING

WORD SEARCH

Find and circle the health risks of smoking words hidden in the puzzle.

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

Healthy	Lungs	Body
Cancer	Oxygen	Heart
Brain	Smoking	Choice

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 health risks of smoking. Say why you picked it and share your answer with the class.

				
Happy	Surprised	Confused	Excited	Confident

Ontario Health Curriculum

Substance Use Addictions – Grade 4



HOW TAR HARMS THE BODY

QUICK TRUE OR FALSE

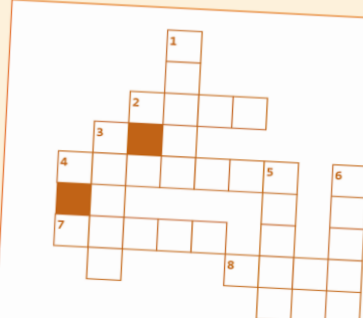
Read each sentence carefully. Drag the correct answer (True or False) beside each question.

1) Tar can contain harmful chemicals that may lead to cancer.	
2) Smoking is a healthy way to protect your body from tar.	
3) Tar can increase the risk of heart disease.	
4) Tar is a sticky, brown substance found in cigarette smoke.	
5) Tar makes your teeth cleaner and whiter.	

True
False

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.



M	A	R	Y	M	P	R	E	A
T	I	W	E	H	W	O	G	D
Z	C	H	O	D	T	E	S	E
B	N	R	Z	R	O	I	A	K

Across

- 2) Cause damage to
- 4) Keep safe from
- 7) Feeling unsteady inside
- 8) Not very strong

Down

- 1) Pumps blood around
- 3) Controls your body
- 5) Low on energy
- 6) Gas from burning



THE LIFE OF NICOTINE

YES OR NO

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

1) It is safe for children to use products with nicotine.	
2) Nicotine can affect learning, memory, and attention.	
3) Nicotine helps children's brains grow stronger.	
4) Nicotine only affects a person's teeth.	
5) Using nicotine products can lead to social & money problems.	

👍
👎



Ontario Health Curriculum

Substance Use Addictions – Grade 4



NICOTINE ADDICTION

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

A **B**

- What chemical makes people feel good?
A) Calcium B) Dopamine
- Which is a withdrawal symptom?
A) Feeling dizzy B) Growing taller
- How long can withdrawal last?
A) A few days or weeks B) Only a few minutes
- Can occasional use cause addiction?
A) Yes, it can B) No, never
- What does nicotine reach first?
A) The stomach B) The brain
- How can addiction be avoided?
A) Avoid tobacco products B) Use them sometimes

 ACTION



UNDERSTANDING PEER PRESSURE

QUICK TRUE OR FALSE

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

- 1) Peer pressure can happen at school, at home, or with friends.
- 2) Stealing because someone tells you to is the right thing to do.
- 3) Planning what to say can help you say "no" with confidence.
- 4) A trusted adult can help if you feel unsure about a choice.
- 5) Skipping school is an example of a good choice.

True **False**

 ACTION

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

- 1) Saying "No, thank you" is a respectful way to refuse something.
- 2) Refusal skills help you say no to things you do not want to do.
- 3) It is okay to call people names when you are upset.
- 4) You can stand up for yourself without being mean.
- 5) You should always do what your friends want, even if it is unsafe.

👍 👎



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Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 4

3-Part Lesson Format

Part 1 – Minds On!

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

UNDERSTANDING PUBERTY

LEARNING GOAL

We are learning to **understand** what **puberty** is, **why** our bodies change, and **how** people grow at different **times** so we can **respect** ourselves and others as we grow up.

UNDERSTANDING PUBERTY

WORD SEARCH

Find and circle the words hidden in the puzzle.

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

Adult	Hair	Puberty
Grow	Strong	Child
Voice	Change	Body

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 changes that can happen during puberty.

Write 2 facts you learned about puberty today.

Write 1 thing hormones help the body do.



Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 4

FEELING GOOD ABOUT YOURSELF

YES OR NO

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

1) Comparing yourself to others always makes you feel better.	
2) Getting enough sleep can help you feel your best.	
3) Negative thoughts help create a positive body image.	
4) Everyone is unique and special in their own way.	
5) You deserve love and respect just as you are.	

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.

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

Across
4) Let everyone join
6) Treat others kindly
7) Helping and encouraging

Down
1) Being nice to others
2) Different from others
3) Getting bigger, changing
5) Learn and grow

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

1
What is acne?
A) A type of food
B) A skin condition that causes pimples

2
What causes pores to become clogged?
A) Oil, dead skin, and bacteria
B) Clean water

3
What can happen if you squeeze pimples?
A) Acne can get worse
B) Acne disappears right away

4
Why should you wash your face after exercise?
A) It changes your hair colour
B) Sweat can clog pores

5
What can happen during puberty?
A) Hair stops growing
B) Acne may develop

6
What should you do after sports or exercising?
A) Wash your face
B) Touch your face often

Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 4

HYGIENE DURING PUBERTY

HYGIENE HABIT CHECK

Look at each picture. Put a ✓ if the picture shows a good hygiene habit and an X if it shows a poor hygiene habit.

✓
X

GROWING & CHANGING

QUICK TRUE OR FALSE

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

1) During puberty, friendships can sometimes change.	
2) It is never okay for friends to have different interests.	
3) Hormonal changes can affect a person's emotions.	
4) People may discover new hobbies as they grow older.	
5) All friendships stay exactly the same during puberty.	

True
False

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

1) A crush is a strong feeling of liking someone.	
2) Only adults can have crushes.	
3) Having a crush is a normal part of growing up.	
4) A crush must always become a relationship.	
5) A crush can be on someone you know or have seen before.	

👍
👎



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Ontario Health Curriculum

Personal Safety & Injury Prevention – Grade 4

3-Part Lesson Format

Part 1 – Minds On!

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

RISKS OF TECHNOLOGY

LEARNING GOAL

We are learning to **identify** the risks of using communication technology so we can stay **safe** online, make smart choices, protect our personal information, and use technology responsibly every day.

RISKS OF TECHNOLOGY

RISKY OR SAFE?

Look at each picture. Decide if it shows a risky or safe way to use technology. Drag each picture into the correct box.

Risky		Safe
	           	

Part 2 – Action!

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

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION

ONE-WORD WRAP-UP

Write one word that helps you remember how to use technology safely every day.

Example:
"Safe" – because making safe choices helps protect me, my information, and my feelings when I am online.

Ontario Health Curriculum

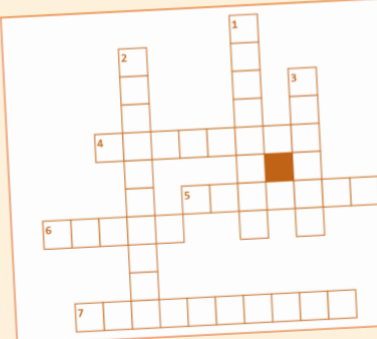
Personal Safety & Injury Prevention – Grade 4

ACTION

HEALTHY RELATIONSHIPS

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.



D	I	R	I	E	T	E	I	E	L
F	N	S	T	K	X	U	N	I	P
E	R	O	E	G	N	P	E	T	R
I	E	F	D	R	I	S	S	I	H
U	N	S	T	D	S	E	L	S	N

Across

4) Emotions inside us

5) Treat others kindly

6) Believing in someone

7) Look on face

Down

1) Being caring always

2) Caring bond together

3) Hear others carefully

ACTION

Put your answer in the box to show your answer.

1 What can blue light from screens do?

A) Help you fall asleep faster B) Make it harder to fall asleep

3 Why is getting enough sleep important?

A) It helps you learn, & feel healthy B) So we can run all day

5 What can happen if you use screens before bed?

A) You may have trouble falling asleep B) You will feel sleepy

2 What is your body's natural sleep clock called?

A) Circadian rhythm B) Heartbeat

4 Which is a healthy bedtime activity?

A) Playing video games B) Reading a book

6 What can not getting enough sleep affect?

A) Your shoe size B) Your mood and concentration

ACTION

SOCIAL ISOLATION

Look at each picture. Put a ✓ if the picture shows a socially isolated child.
Put an X if the picture shows a child spending time with others.










☒
☐



Ontario Health Curriculum

Personal Safety & Injury Prevention – Grade 4

INTERNET ADDICTION
WORD SEARCH

Find and circle the technology addiction words hidden in the puzzle.

Sleep	Balance	Screen
Online	Device	Friends
Family	Break	Habit

WORD SEARCH GRID:

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

INTERNET SAFETY RULES
QUICK TRUE OR FALSE

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

1) Privacy settings can help keep your personal information safe.	
2) You should believe everything you read on the internet.	
3) It is not safe to click every pop-up or link you see online.	
4) You should ask a parent before using a new website or app.	
5) Online strangers are always safe to talk to.	

True **False**

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

1) Fighting back is the best way to solve bullying.	
2) Physical bullying means hurting someone on purpose.	
3) It is okay to push someone if you are angry.	
4) Telling a trusted adult can help stop physical bullying.	
5) Taking or breaking someone else's things is physical bullying.	

Thumbs Up **Thumbs Down**