**Kindergarten – 1st Health Lesson Schedule**

1. HealthTeacher.com lesson (HT)- (GoNoodle is a free resource)
2. Read aloud Health Book (B)

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| **Unit** | **Week** | **Kindergarten** | **1st Grade** |
| **Unit 1**  Topic: **Mental & Emotional Health**  \*Please meet with your building counselor to discuss possible co-teaching | 1 | HT – I am Unique and So Are You! (1, 3)  B – Proud | HT – Resolving Conflict (1, 2, 3)  B- Friends/ Stop Picking on Me / Is It Right to Fight? (Book Choice) |
| 2 | HT-Conflict Resolution  B- Everybody Feels Angry | HT – Respect (1, 2)  B-Noisy Nora |
| 3 | HT – Feelings (1, 2)  B – I was so Mad | HT – Expressing Difficult Feelings (1, 2) |
| 4 | HT -Positive Self-Image (1, 2) | HT – Expressing Difficult Feelings (3, 4, 5) |
| 5 | HT – Role Models (1, 2)  B – Just Like Daddy | HT – Friends  B – Alexander and the Wind-up Mouse |
| 6 | HT – Role Models (3, 4)) | HT – Stand Up Against Bullying (1, 2)  (An Upstander Story – included in HT lesson) |
| **Optional – Enrichment Lessons / Books** | HT - Take a Deep Breath  B – I’m Sorry  B – Do You Listen?  B – Do You Share?  B – Do You Take Turns?  B – Shy  B - Lonely | HT – Dealing with Feelings (1, 2 ,3)  B- The 10th Good Thing About Barney (counselor – sensitive)  B – Good Relationships  B – Everyone Feels Happy  B – Everyone Feels Sad  B – Everyone Feels Scared  B – Brave |
| **Unit 2**  Topic:  **Physical Activity, Injury Prevention, Anatomy** | 7 | HT – Let’s Get Physical (1, 3) \*Step 2 may be modified for the classroom, gym or playground.  B – Exercise (Rookie Read-About Health) | HT – Let’s Move (1, 3, 4) \*Step 2 may be modified for the classroom, gym or playground.  B – Exercise (Looking After Me) |
| 8 | HT – Safety Counts (1, 2, 3, 4)  B – Staying Safe on the Playground | HT –My Happy Healthy Heart (1, 2, 3, 4) |
| 9 | HT – Five Fabulous Senses (1, 2, 3, 4)  B – My Five Senses | HT –My Happy Healthy Heart (5, 6, 7)  B – Our Hearts |
| 10 | HT – Five Fabulous Senses (5, 6, 7, 8)  B – My senses Help Me | HT – Where Does It Go? (1, 2, 3)  B – What Happens to a Hamburger? |
| 11 | HT - Wear Your Seat Belt (1, 2)  B – Staying Safe in the Car | B – You Have Healthy Bones  HT – Bravo for Bones (1,2) |
| 12 | HT – Buddy Systems (1, 2, 3, 4) | HT – Bravo for Bones (3 if possible, 4)  B – Our Skeleton |
| 13 | HT – Stay Safe and Tell (1-5 ) | HT – Love Your Lungs (1, 2, 3)  B – Our Lungs |
| 14 | B – Staying Safe on the School Bus  B – Who Is a Stranger and What Should I Do? | HT – Emergencies: Getting Help (1, 2, 3, 4, 7)  B – What If You Need to Call 911 |
| **Optional – Enrichment Lessons / Books** | B – Our Five Senses  B – Our Senses  HT – Preventing Dog Bites  HT – Mighty Muscles  HT – Riding in the Back Seat  B – Be Careful and Stay Safe  B – What If You Get Lost  HT – Let’s Cross the Street | B – Our Bones  B – Our Stomachs  HT – Choking  HT – Good For Your Heart  B – Car Safety  HT – Move Your Body |
| **Unit 3**  Topic: **Nutrition, Personal & Consumer Health** | 15 | HT – Getting Ready to Eat (1, 2, 3)  B – Eating Breakfast | HT – Choose MyPlate (1)  B – Using MyPlate |
| 16 | HT -Breakfast is Ready (1 presentation, 2 book)  B – Green Eggs and Ham | HT – Choose MyPlate (2, 3, 4) - Optional |
| 17 | HT -Breakfast is Ready (3 Graphing) | HT – Let’s Go Shopping (1, 2)  B – A Trip to the Grocery Store |
| 18 | HT – Brushing Teeth (1 demo optional, 2, 3)  B – Brushing Well | HT – Let’s Go Shopping (2 continued, 3)  B – Healthy Snacks |
| 19 | HT – How Immunizations Help (1, 2, 4)  B – The Berenstain Bears Go to the Doctor | HT – Caring for Our Skin (1, 2, first part of 3 Intro to Experiment)  B - Taking Care of My Skin |
| 20 | HT – Wash Away the Germs (1, 2)  B – Keeping Clean | HT – A is for Asthma (Session 1 and Session 2) |
| 21 | HT – Covering Sneezes and Coughs (1, 2, 3, 4, 5) | HT – Sleep Basics (interactive video)  HT – Caring for Our Skin(Last part of 3, 4,5) |
| **Optional – Enrichment Lessons / Books** | HT – Let’s Feed Our Bodies  B – Food for Healthy Teeth  B – We Need Dentists  B –Brushing Teeth  B – All About Teeth  B – Snacks for Healthy Teeth  B – Taking care of my Hands and Feet  B – You Are What You Eat | HT -Let’s Make a Snack  B – Fruits  B – Vegetables  B – Grains  B – Protein  B – Dairy  B – Sugars and Fats  B – Flossing Teeth  B – At the Dentist  B – Loose Teeth  B – Caring for Our Bodies  B – Sleep Well: Why You Need to Rest  HT – How Teeth Change  B – Why Is It So Hard to Breathe? (Asthma)  HT – My Plate is Great |
| **Unit 4**  Topic: **Community & Environmental Health** | 22 | HT – My Community (1 if possible, 2, 3)  B – My Family Community / My School Community | HT – Police Officers (1, 2 if possible, 3)  B – A Trip to the Police Station |
| 23 | HT – Sanitation Workers (1, 2, 3)  B – The Earth and I | HT – Doctors (1, 2, 3 if possible)  B – We Need Doctors |
| 24 | HT – Firefighters (1, 2 & 3 if possible)  B – Firefighters | HT – Nurses (1, 2, 3)  B – We Need Nurses |
| 25 | HT – Crossing Guards (1, 2 if possible, 3)  B – A Trip to the Firehouse | HT – Emergency Medical Technician (1, 2 if possible, 3, 4)  B – A Trip to the Hospital |
| 26 | B – Places in My Community  B – A Trip to the LIbrary | HT – Optometrists (1, 2, 4) |
| 27 | B – My Backyard Community | B – A Trip to the Post Office |
| **Optional – Enrichment Lessons / Books** |  | B – Police Officers  B- Going to the Dentist |
| **Unit 5**  Topic:  **Family Health & Sexuality**  \*Please meet with the school counselor and school nurse to discuss possible co-teaching. | 28 | HT – Respect for Self and Others (1, 2, 3) | HT – Family Changes (1, 2) |
| 29 | HT – Family Roles and Diversity (1, 2)) | HT – Family Changes (3, 4, 5) |
| 30 | HT – Family Roles and Diversity (3, 4)  B – Little Red Hen | B – My Family’s Changing (Divorce)  B – Blended Families |
| 31 | B – Everyone Matters (Respect)  B – Role Models | B – Adoptive Families  B – Foster Families |
| 32 | B – This is My Family (My World)  B - Parents | B – Single-Parent Families  B – This is My Family (Same Sex Families – A First Look at…) |
| 33 | B – Brothers and Sisters  B - Grandparents | B – Come Home Soon (A Parent Goes Off to War) |
| **Optional – Enrichment Lessons / Books** | B – Aunts and Uncles  B – Cousins | B – Respecting Others  B – I Am Respectful |
| **Unit 6**  Topic: **Tobacco, Alcohol & Other Drugs** | 34 | HT – Stay Safe & Healthy | HT – Safe Use of Medicine  B-We Need Pharmacists |
| 35 | B – Taking Medicine | HT – Is Tobacco a Friend? (1, 2, 3) |
| 36 | HT- Pharmacists (1, 2, 3 if possible) | HT-Be Safe |
| **Optional – Enrichment Lessons / Books** |  | HT – Is Tobacco a Friend? (4, 5, 6) |

* *Please mark* ***“I Taught This”*** *after lesson is complete.*
* *Please conserve paper! – Many steps that request to print out one copy per student may be completed in the large group together electronically.*