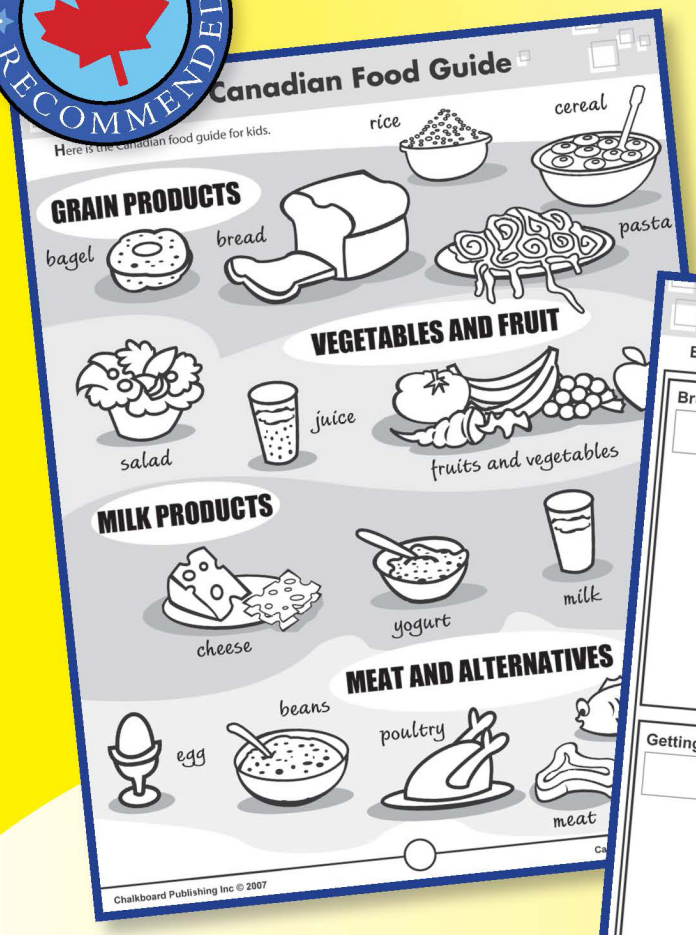
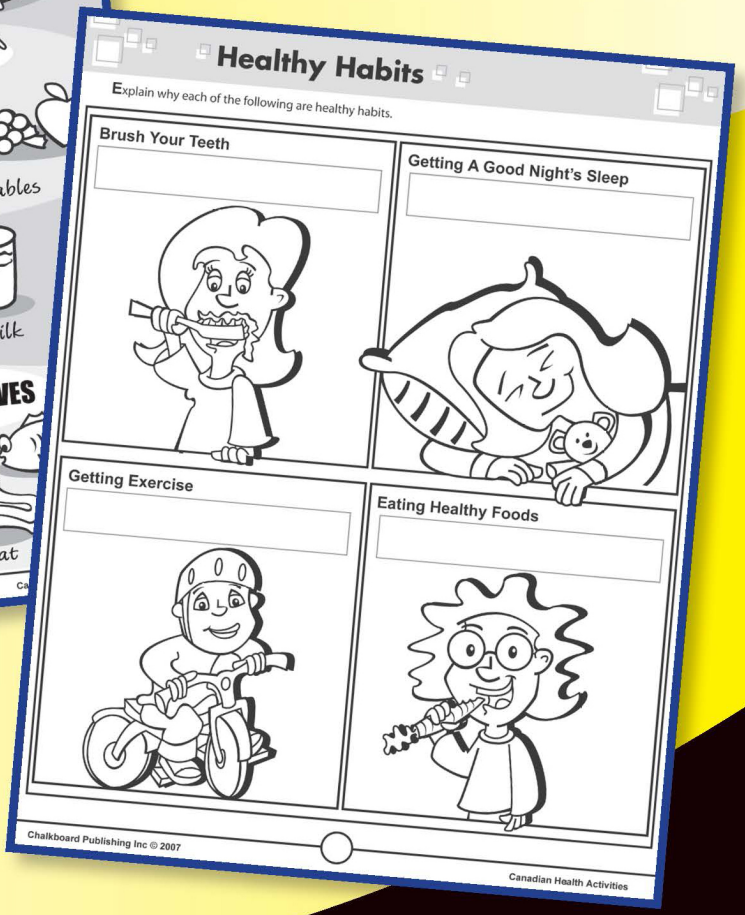
Canadian Curriculum Teaching Resource

Canadian Health Activities

1–3

TEACHER RECOMMENDED





Includes:

- Healthy Habits
- Nutrition and Physical Exercise
- Conflict Resolution
- Personal Safety
- Assessment Strategies

Practice Makes Perfect!

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How You Can Help Your Child at Home

Tips for Reading Comprehension

- Have your child read the article aloud to you, or take turns reading alternate sentences or paragraphs together.
- Talk with your child about what they have read, and brainstorm ways the information in the article relates to their life.
- Discuss the meanings of unfamiliar words that they read and hear.
- Help your child monitor his or her understanding of what they have read. Encourage your child to consistently ask themselves whether they understand what the article is about.
- To ensure understanding of the reading, have them retell what they have read.

Tips for Completing Activities

- Review instructions with your child to ensure they understand the questions.
- Encourage your child to go back to the article to support his or her answers. Then have your child highlight the important information from the reading passage to help them answer the question.
- Offer your child ample opportunities to share with you their answers and the thinking processes they used to arrive at those answers.

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Canadian Health Activities 1–3

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Encouraging Topic Interest

Help students to develop an understanding and appreciation for different health concepts. Engage students through stories, non-fiction, easy- to- read books, videos, posters, and other resources as a springboard for learning.

Black Line Masters and Graphic Organizers

Encourage students to use the black line masters and graphic organizers to present information, reinforce important concepts and to extend opportunities for learning. The graphic organizers will help students focus on important ideas, or make direct comparisons.

Feeling Face Cards

Use the feelings face cards as a tool to help identify the way students feel during various situations.

Learning Logs

Keeping a learning log is an effective way for students to organize their thoughts and ideas about the health concepts presented. Student learning logs also give the teacher insight on what follow up activities are needed to review and to clarify concepts learned.

Learning logs can include the following kinds of entries:

- Teacher prompts
- Student personal reflections
- Questions that arise
- Connections discovered
- Labeled diagrams and pictures

Rubrics and Checklists

Use the rubrics and checklists in this book to assess student learning.

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My Name Is

My name is _____

1. **I am** _____ **years old.**

2. **My favourite thing to do is** _____ .

3. **My favourite colour is** _____ .

4. **I am special because** _____.

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How I Have Changed

	When I was little	Now
1. My size		
2. The food I eat		
3. The toys I like to play with		
4. Where I sleep		

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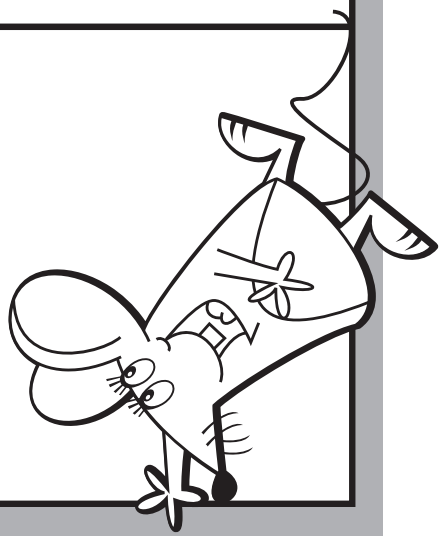
Changes In Your Life

In the chart below, identify a change in your life.
An example might be moving to another place or getting a new pet.

1. **What was a change in your life?**

2. **What happened after the change?**

3. **How did you feel about the change?**



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A Time Line

	Age	Important Event
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

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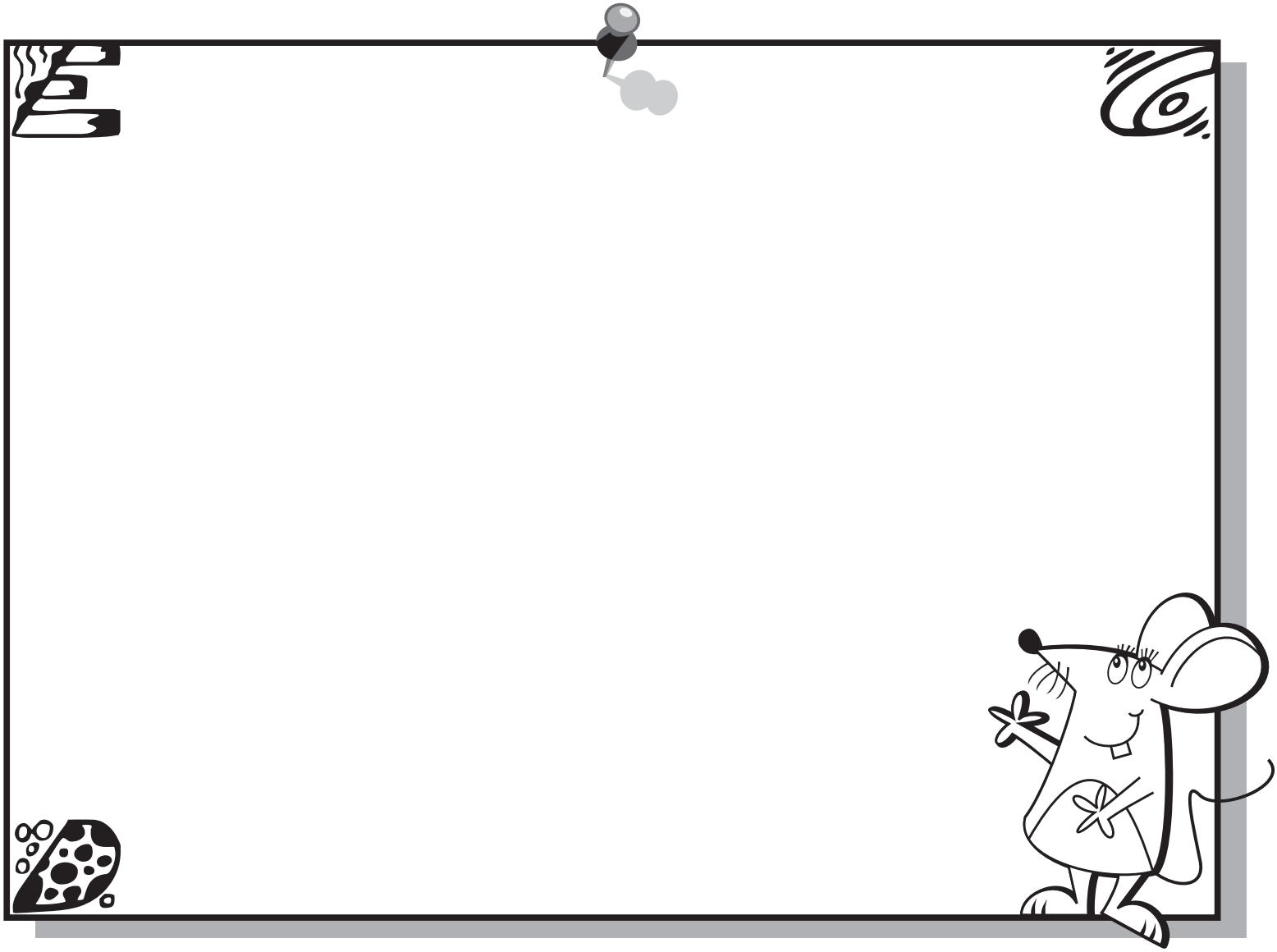
When I grow Up

1. When I grow up I want to be _____ .



2. The reason is _____

_____

_____

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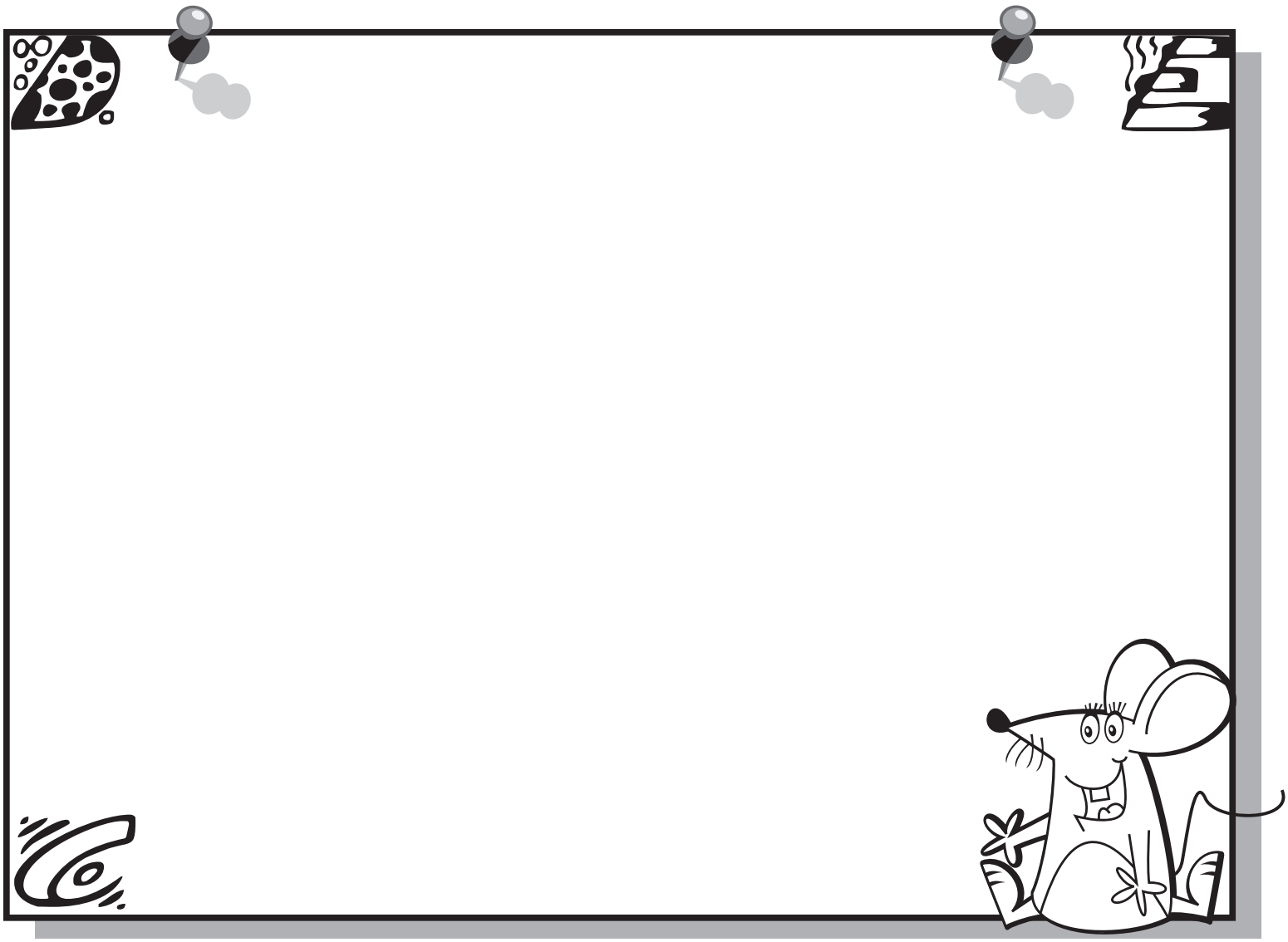
Someone Special

1. **This is a picture of someone special in my life.**



2. _____ **is someone special to me because...**

_____

_____

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Happy Face

1. This is a picture of a happy face.

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Sad Face

1. This is a picture of a sad face.

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