

Teaching Tips

Encouraging Topic Interest

Help students to develop an understanding of and appreciation for different health concepts. Engage students through stories, non-fiction 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 and reinforce important concepts, and to extend opportunities for learning. The graphic organizers will help students focus on important ideas or make direct comparisons.

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 onto which follow-up activities are needed to review and 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

Culminating Activity: Create a Health Magazine

Have students demonstrate what they have learned about health by creating a kids' health magazine. This culminating activity can be done as a class project, in small groups, or independently. Encourage students to browse through magazines to get ideas. Student checklists are included.

Rubrics and Checklists

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



Table of Contents

All About Me Activities	2
Healthy Habits Activities	14
Physical Fitness Activities	33
Conflict Resolution Activities	39
Personal Safety Activities	52
Black Line Masters	60
Rubrics and Checklists	69
Websites	79
Student Certificate	80