

SCHEDULE- HEALTH 4

	Topic	Resource	Materials
1	Sports safety	http://classroom.kidshealth.org/classroom/3to5/personal/fitness/sports_safety.pdf	KidsHealth printouts
2	Disaster preparedness- Family Emergency Plan	http://www.ready.gov/kidsmake-a-plan/talk-it-out-activity http://www.ready.gov/sites/default/files/documents/files/Family_Emegency_Plan.pdf http://www.sesamestreet.org/cms_services/services?action=download&uid=6b7c8bef-c05e-4797-81e1-50752bcd1b5f& http://www.redcross.org/images/MEDIA_CustomProductCatalog/m6440194_HandsOnlyCPRsheet.pdf	FEMA or Sesame Street plan Hands-only CPR sheet
3	Disaster preparedness- Emergency Supply Kit	http://www.ready.gov/sites/default/files/documents/files/checklist_1.pdf	
4	Disaster preparedness- Tornado, Earthquake	http://www.ready.gov/kids http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240216_Earthquake.pdf http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4340177_Tornado.pdf	
5	Disaster preparedness- Fire	http://www.ready.gov/kids http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4340073_FireSafety.pdf http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4340149_Wildfire.pdf	Home fire & wildfire
6	Disaster preparedness- Tsunami, Hurricane, & Flood	http://www.ready.gov/kids http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4340167_Tsunami.pdf http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4340128_Flood.pdf (used for hurricane, too)	
7	FEMA Flat Stanley?	http://www.ready.gov/flatstanley	
8	Personal Safety	http://youtu.be/fEtJtFEVDbI http://www.ncpc.org/resources/files/pdf/training/Gangs%202012.pdf http://kidshealth.org/kid/watch/out/street_smart.html#	Stranger Safety PDF
9	Media and technology violence and safety	http://www.commonensemedia.org http://classroom.kidshealth.org/classroom/3to5/personal/safety/online_safety.pdf	KidsHealth printouts

Websites: Kids Health in the Classroom; Child and Youth Health; ready.gov
Books: *The Care & Keeping of You* (Shaefer), various library books

SCHEDULE- HEALTH 4

10	Finish Injury prevention and personal safety book		Injury prevention and personal safety booklet
11	Identify food groups and appropriate servings	http://www.choosemyplate.gov/kids/index.html	
12	Nutrition games, reading nutrition labels	http://www.choosemyplate.gov/kids/Games.html http://www.cdc.gov/bam/nutrition/microscope.html http://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food_labels.pdf	KidsHealth printouts
13	keep 2-day health planner • food •water •physical activity	http://www.choosemyplate.gov/myplate/index.aspx	Food planner booklet
14	Food Safety	http://classroom.kidshealth.org/classroom/3to5/personal/safety/food_safety.pdf	KidsHealth printouts
15	Finish nutrition book		
16	Alcohol education	http://www.toosmartostart.samhsa.gov/tweens/default.aspx http://classroom.kidshealth.org/classroom/3to5/problems/drugs/alcohol.pdf http://www.ncpc.org/resources/files/pdf/drug-abuse/elementary-drug-prevention-part2.pdf	KidsHealth printouts
17	Smoking education	http://www.bam.gov/sub_yourlife/yourlife_choices.html http://www.cdc.gov/bam/ http://classroom.kidshealth.org/classroom/3to5/problems/drugs/smoking.pdf	KidsHealth printouts
18	Drug education	http://classroom.kidshealth.org/classroom/3to5/problems/drugs/drugs.pdf http://kidshealth.org/kid/grow/ (look under Drugs, Alcohol, & Smoking)	KidsHealth printouts
19	Finish alcohol/ drug safety book		Alcohol/ drug safety booklet
20	Advertising	http://www.cdc.gov/bam/life/ad-decoder.html	
21	Puberty	http://kidshealth.org/kid/grow/body_stuff/puberty.html http://kidshealth.org/kid/grow/girlstuff/menstruation.html	KidsHealth printouts
22	Good Manners Lunch: table manners Library book- manners	cyh.com	TableSetting.pdf (from Leanne @ DLTK-kids.com) Library- books
23	Feelings DQ Feelings & Faces	http://classroom.kidshealth.org/classroom/3to5/personal/growing/empathy.pdf	KidsHealth printouts

Websites: Kids Health in the Classroom; Child and Youth Health; ready.gov
Books: *The Care & Keeping of You* (Shaefer), various library books

SCHEDULE- HEALTH 4

24	Conflict Resolution DQ What Might Happen?	http://classroom.kidshealth.org/classroom/3to5/personal/growing/conflict_resolution.pdf	KidsHealth printouts
25	Self-Esteem Garden of Greatness	http://classroom.kidshealth.org/classroom/3to5/personal/growing/self_esteem.pdf	KidsHealth printouts
26	Stress	http://classroom.kidshealth.org/classroom/3to5/problems/emotions/stress.pdf	KidsHealth printouts
27			
28			
29			
30			
31			
32			

Websites: Kids Health in the Classroom; Child and Youth Health; ready.gov
 Books: *The Care & Keeping of You* (Shaefer), various library books