

SCHEDULE- HEALTH 1

	I	II	Resource	Materials
1	Hearing DQ Let's Hear It	Loud & Soft Sounds	<a href="#">KHC</a>	10 yogurt cups
2	Sleep DQ Ready for Zzzs Sleep skit		KHC	
3	Five Senses DQ Detective Sense	Sensory Walk	KHC	9 yogurt cups 3 ramekins 4 small brown bags
4	Vision DQ Eyes Wide Open	"Eye" Is for Investigation	KHC	washer clay blindfold
5	Bones, Muscles, & Joints DQ Mr. Bones Puzzle	Simon Says	KHC	
6	Diabetes Insulin is Key Healthy Hands		KHC	sidewalk chalk
7	Mouth & Teeth DQ Mouth self-portrait	Foods for Healthy Teeth	KHC	hand mirror Supermarket flyer (food pics)
8	Skin DQ Clean S=Healthy S	S Scavenger Hunt	KHC	brown bags texture materials
9	Cardio. System DQ Your Beating Heart	Cardiovasc. model	KHC	clay blue & red pipe cleaners/wire
10	Digestive System DQ Go Fish for Fiber	Read book about digestive system	KHC	Library book- digestive system
11	Respiratory System DQ Take a Breath	Mr. Sadlungs	KHC	Air w/ O2 and CO2 cutouts
12	Drugs DQ 3 Trusted Adults Drug Ed./	Drug Ed. What Should You Do?	KHC	white construction paper Peer Helping Drug Ed. info
13	Smoking DQ Persuasive Postcard		KHC	
14	Asthma DQ Breathing Airways Asthma Triggers		KHC	pipe cleaners
15	Cancer		<a href="#">cyh.com</a>	
16	Food Allergies DQ Fishing for Safe Food		KHC	paper clips magnets for fishing pole
17	Germ Hands-on Dirt	Read books about colds/flu	KHC	Magnifying glass Library books- cold/flu
18	Fitness DQ Which Way Do I Go?	Fitness quiz	KHC	whistle

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19	Sportsmanship DQ Good Sports Charades	Good Sport Quiz	KHC	
20	Good Manners Lunch: table manners Library book- manners		<a href="http://cyh.com">cyh.com</a>	Library- books
21	Energy Balance DQ Snack & Act Pact		KHC	
22	Nutrition/Breakfast Breakfast Tracker		Care & Keeping of You	Complete Breakfast Tracker chart for one week
23	Eating Disorders		Care & Keeping of You	
24	Empathy DQ I Feel...	How Would You Feel If...	KHC	
25	Feelings DQ Feelings & Faces		KHC	
26	Conflict Resolution DQ What Might Happen?	Teamwork, Artwork	KHC	cousins (Teamwork)
27	Self-Esteem Garden of Greatness	Chain of Compliments	KHC	
28	Being Assertive		<a href="http://cyh.com">cyh.com</a>	
29	Coping with Change		<a href="http://cyh.com">cyh.com</a>	
30	Why we homeschool			
31	Puberty- hair, breasts, PMS		Care & Keeping of You	
32	Puberty- period		Care & Keeping of You	
33	Car Safety DQ Travel Brochure		KHC	
34	Fire Safety DQ Stop, Drop, & Roll Stay Low Under Smoke		KHC	felt flames
35	Water Safety DQ Pool safety rules label		KHC	
36	Sun Safety???			