



HEALTH

5 UNITS 14 WEEKS



ALSO INCLUDES GOOGLE SLIDES



For students who:

- are emerging or non-readers
- take alternate assessments
- are in special education
- short-attention span
- lack pre-requisite skills
- benefit from the use of pictures for support
- middle/high school

Why you need this bundle:

- If you teach multiple grade levels, you have all you need in one place.
- Having the same layout for each unit reduces students' anxiety and allows them to focus on the content.
- Aligned with most extended learning standards.
- Saves you money
- Saves you time.



This bundle includes 5 different units that are typically taught in a health class. It includes:

1. Introduction to health (3 weeks)
2. Physical Health and First Aid (3 weeks)
3. Emotional Health and Self Esteem (3 weeks)
4. Social Health and Social Media Safety (3 weeks)
5. Healthy Choices (2 weeks)

All units have
printable
AND digital
versions

All the units contain similar activities so students become familiar with the format and can concentrate more on the content. Although there is some variation, each unit has:

- Detailed lesson plans
- A book PLUS a pre-recorded PowerPoint show and movie version
- Vocabulary board to increase engagement and participation
- Vocabulary Cards
- Circle maps
- Sorting activities
- Writing Prompts (errorless)
- Social Story
- Close worksheets (fill in the blank)
- Assessments (3 versions)

All units have
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Table of Contents

Worksheet pages	Title
4-49	Physical Health book
50-52	Vocabulary board
53-61	Vocabulary cards
62-78	Vocabulary cards cut and paste
79-89	Circle map
90-102	Sorting activities
103-114	My Physical Health Pledge
115-135	First Aid book
136-146	Sequencing first aid scenarios
147-149	When to call 911
150-162	Sudoku puzzle
163-164	Word search
165-172	Close worksheets
173-190	Assessments
191-192	Terms of Use

Every unit has a table of contents with lots of activities. There is a separate file with directions and links to the digital activities.

Lesson plan

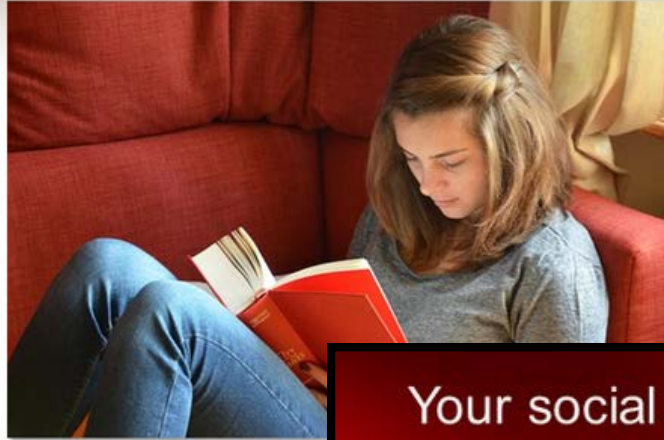
Day 6

Activity	Notes	Materials
Read or listen to a recording of the book: Self-Esteem (10 minutes)	<ul style="list-style-type: none"> • Read through the story, asking lots of questions • Continue to make connections between book and vocabulary board 	<ul style="list-style-type: none"> • Book • Vocabulary board
Vocabulary cards Bean Bag Toss (10 minutes)	<ul style="list-style-type: none"> • Glue the cut apart symbols to the paper plates (one on each plate) • Arrange them around the room • Students toss the bean bag trying to get it to land on a paper plate • Students retrieve the paper plate and share the vocabulary card they retrieved 	<ul style="list-style-type: none"> • Vocabulary cards • Vocabulary cards cut apart • Small paper plates (you can also use pieces of construction paper) • Bean bags
Circle Map (10 minutes)	<ul style="list-style-type: none"> • Do the circle map which is on self-esteem • Choose the best version (errorless or not) depending on the learning level of your students • Students cut out symbols and place in circle map • Make connections to the book as necessary 	<ul style="list-style-type: none"> • Circle map • Scissors • Glue
Sharing (10 minutes)	<ul style="list-style-type: none"> • Each student shares their finished circle map 	<ul style="list-style-type: none"> • Completed activity • Communication devices

Every unit has a detailed lesson plan with:

- suggestions
- overview
- daily step-by-step guide.

Having good boundaries also means knowing when you need some time alone. Spending time alone is just as important as your social health.



Your social health is very important. The relationships you make with others will affect how you feel.



Book

Every unit has a book with simple text and engaging photos. It comes in a:

- PowerPoint
- recorded PPT show
- mp4 (movie) file

Social Story

Having friends, you may only connect with on the phone or computer are also important for your social health.



That means, you should think before you post something. Will it hurt someone's feelings? Does it share a secret you were supposed to keep? Is it true?



There is also a second book, formatted like a social story that relates to the content in that unit. It comes in a:

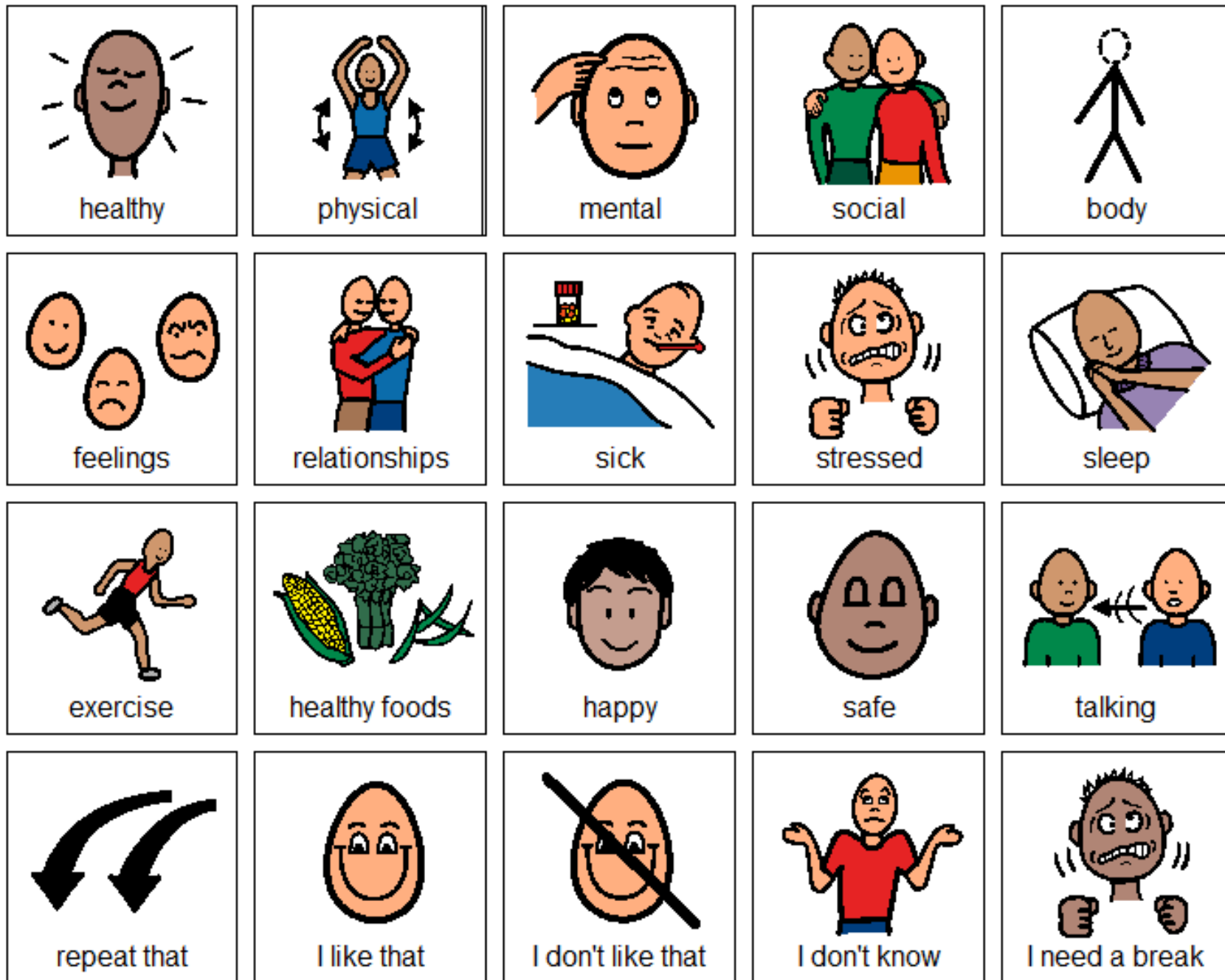
- PowerPoint
- recorded PPT show
- mp4 (movie) file



Christa Joy, Special Needs for Special Kids



Christa Joy, Special Needs for Special Kids



Every unit has a vocabulary board to use while working through the unit. Suggestions for use are included.

Vocabulary

Every unit has vocabulary cards. There are suggestions for daily group activities to review these new definitions.

physical health

Ability to take care of your body with sleep, exercise, and healthy foods.



active lifestyle

When you move a lot throughout your day.



destination

Where you are trying to get to.

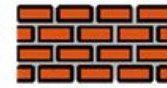


food pyramid

Tells you how much of each food group you should eat a day.



defense



first aid



injury



abrasion



pressure

Pushing down steadily.



burn

Injury to the skin caused by something hot.



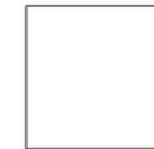
protein

Found in meat and nuts. Keeps you strong and healthy.



habit

Something you do on a regular basis.



fragile

Easily hurt or broken.



seizure

When a person falls down, cannot respond, and may shake.



hygiene

Staying clean, including washing hands, brushing teeth and showering.



bacteria

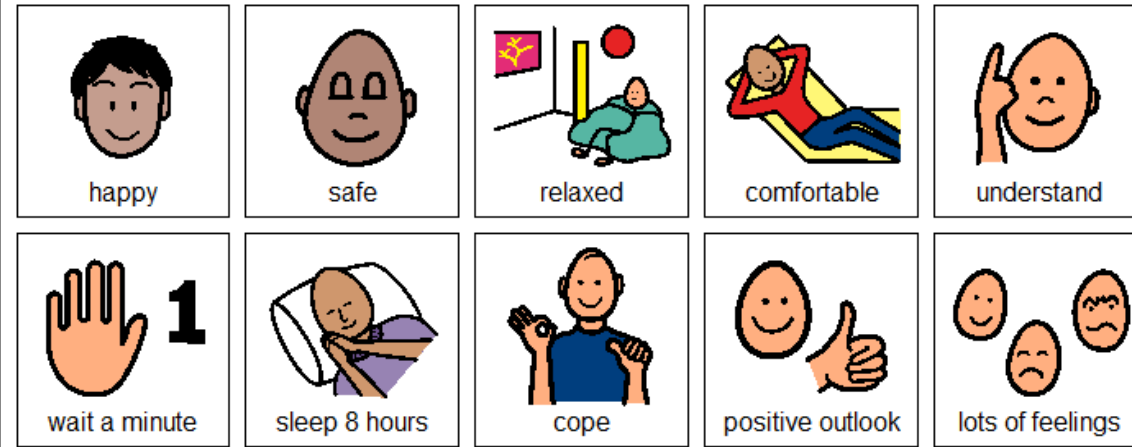
Very small organisms you cannot see that can make you sick.



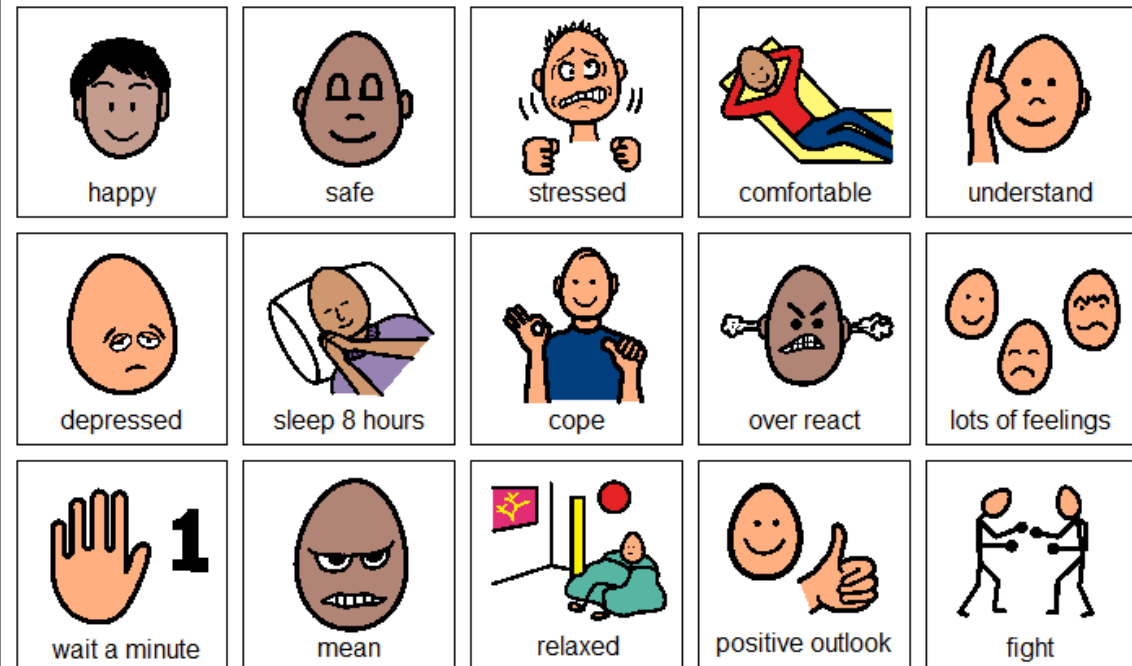
circle maps

Each unit comes with 1-2 circle maps to visually review the main facts from the book. These come with an errorless option and an option with wrong answers mixed in.

Place the pictures in the circle map on previous page about good emotional health.

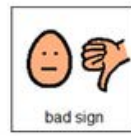


Place the pictures in the circle map on previous page **ONLY IF** you think it relates to good emotional health.



sorting

Most units have sorting activities. There are suggestions for how to differentiate these quickly included.

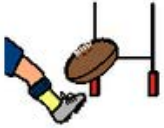









<p>lonely</p>	<p>stay active</p>	<p>lots of friends</p>	<p>happy</p>	<p>stressed</p>
<p>tricked you</p>	<p>not nice posts</p>	<p>having fun</p>	<p>sad</p>	<p>relaxed</p>
<p>feel safe</p>	<p>uncomfortable</p>	<p>help</p>		
<p>nice</p>	<p>share</p>	<p>fight</p>		







<p>build a cabin</p>	<p>shower</p>	<p>play catch</p>	<p>dance</p>	<p>write a note</p>
<p>color</p>	<p>celebrate</p>	<p>read</p>	<p>put up a tent</p>	<p>see-saw</p>
<p>play a game</p>	<p>watch TV</p>	<p>lift something heavy</p>	<p>listen to music</p>	<p>take a test</p>

Read or listen to each scenario.
 Color it **green** if you think is a **+ outlook**.
 Color it **red** if you think it is a **- outlook**.

<p>There is one minute left in the game. The coach asks you to fill in for a player who was hurt. You have practiced. You got this!!</p> 	<p>You and your best friend are planning to go on a hike this weekend. You just know it is going to rain.</p> 	<p>Your first two classes both had a pop quiz that you were not ready for. But now you know the rest of the day can only get better.</p> 
<p>Today is going to be the best day ever.</p> 	<p>You hear a knock at the door. You send your brother to answer it, because you know it won't be for you.</p> 	<p>You buy a lottery ticket, but you toss it in the trash before the drawing. You never win anything.</p> 
<p>You make a wish on a falling star you see one night. You know it is going to come true.</p> 	<p>You have great friends at your school. When you find out you are moving, you are not worried. You know you will make new friends there too.</p> 	<p>Why even bother getting out of bed in the morning? Nothing good ever happens anyway.</p> 

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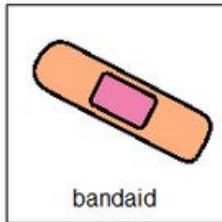
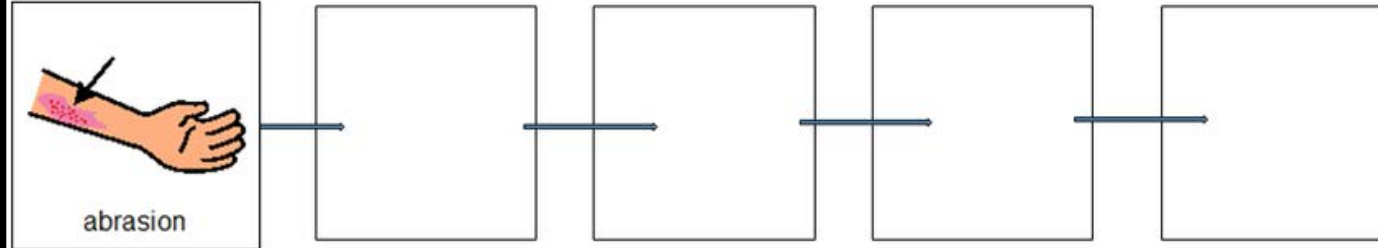
Read or listen to each scenario.
 Color it **green** if you think is a **+ outlook**.
 Color it **red** if you think it is a **- outlook**.

<p>You hear a bell ringing. Your little sister thinks it is the ice cream truck, but you tell her it is probably just mailman.</p> 	<p>You are so excited about your new job. You know you will be great at it.</p> 	<p>You refuse to pet the puppy because dogs don't like you. You will probably get bitten.</p> 
<p>Mom makes something new for dinner. It smells delicious. You can't wait to taste it.</p> 	<p>Tomorrow is your birthday. You never get anything you really like. You will most likely just get a pair of socks.</p> 	<p>You can't find your favorite sweater. You are so upset because you know it is probably lost forever.</p> 
<p>Tryouts are tomorrow for the soccer team. You just know you are going to make the team.</p> 	<p>No one likes me. Everyone is so mean.</p> 	<p>The big test is today. I studied as hard as I could. Whatever happens, I know I tried my best.</p> 

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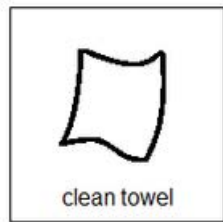
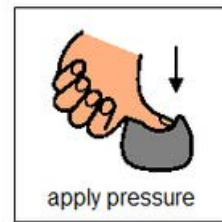
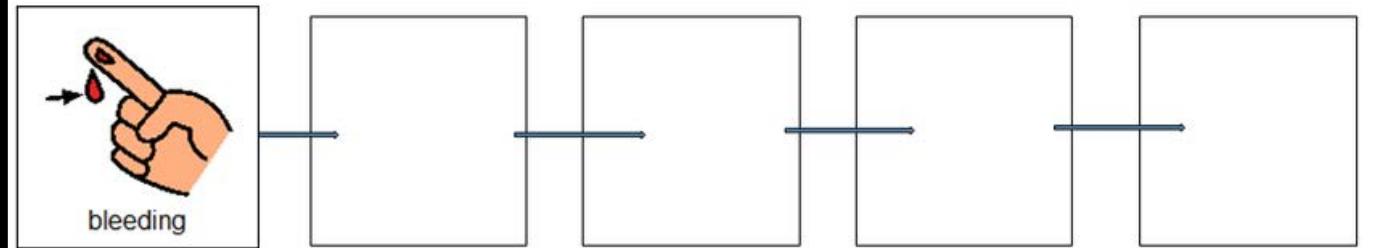
Each unit has specific activities related to the material in that unit.

Sequence what do to



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Sequence what do to



An Introduction to Health

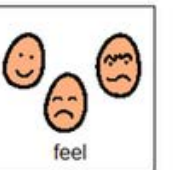
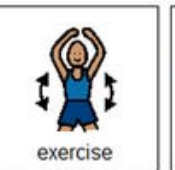
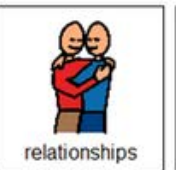
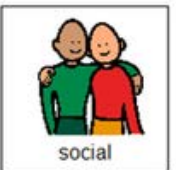
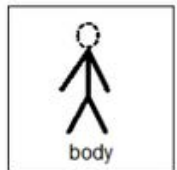
1. Being healthy includes your physical, emotional and health.

2. Your physical health refers to your

3. Your mental and emotional health refers to how you

4. Your social health refers to your

5. For all of these, it is important to eat healthy, , and get plenty of sleep.



Review sheets

An Introduction to Health

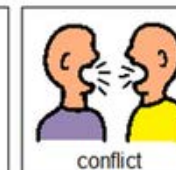
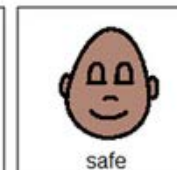
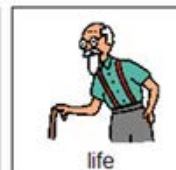
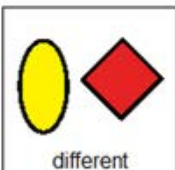
6. Being active in your is good for your social health.

7. Feeling happy and is good for your mental health.

8. Being able to talk to someone and resolve both part of good communication skills. are

9. We are all . It is important to respect others.

10. Being healthy is something you work on your entire



All units include fill-in-the-blank worksheets to review concepts covered in the book and unit.

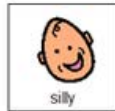
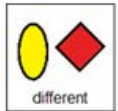
1. You should try and balance your time with others and:



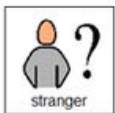
2. What is a good place to build your social relationships?



3. Small talk is when you talk about interests that are:



4. It is most important you stay true to whom?



5. This is a good way to keep in touch with people who are far away.



Print onto cardstock or mount on index cards. Cut pictures apart and show student answer choices for each question.

Q 5



yelling



social media

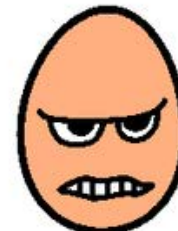


whispering

Q 6



nice



mean



bad

Finally, each unit has an assessment that is available in 3 versions. These are given 1:1 and read aloud to the student.

- You should try and balance your time with others and:
 - Being alone
 - Your parents
 - Your pets
- What is a good place to build your social relationships?
 - Kitchen
 - Bathroom
 - Community
- Small talk is when you talk about interests that are:
 - Different
 - In common
 - Silly
- It is most important you stay true to whom?
 - Yourself
 - A stranger
 - Neighbors
- This is a good way to keep in touch with people who are far away.
 - Yelling
 - Social media
 - Whispering
- What type of words should you use on social media?
 - Nice
 - Mean
 - Bad

assessment



All of these units include digital versions of the activities. These simply require the student to click and drag the answers. There is no drawing or typing involved.

There is a movie version of the book.

There are 2 complete sets of slides. One set is differentiated with color.

Quickly combine slides from the 2 sets to create the perfect combination for each student.

Make great independent learning centers.

This unit will look at your **physical health**. How healthy is your body?



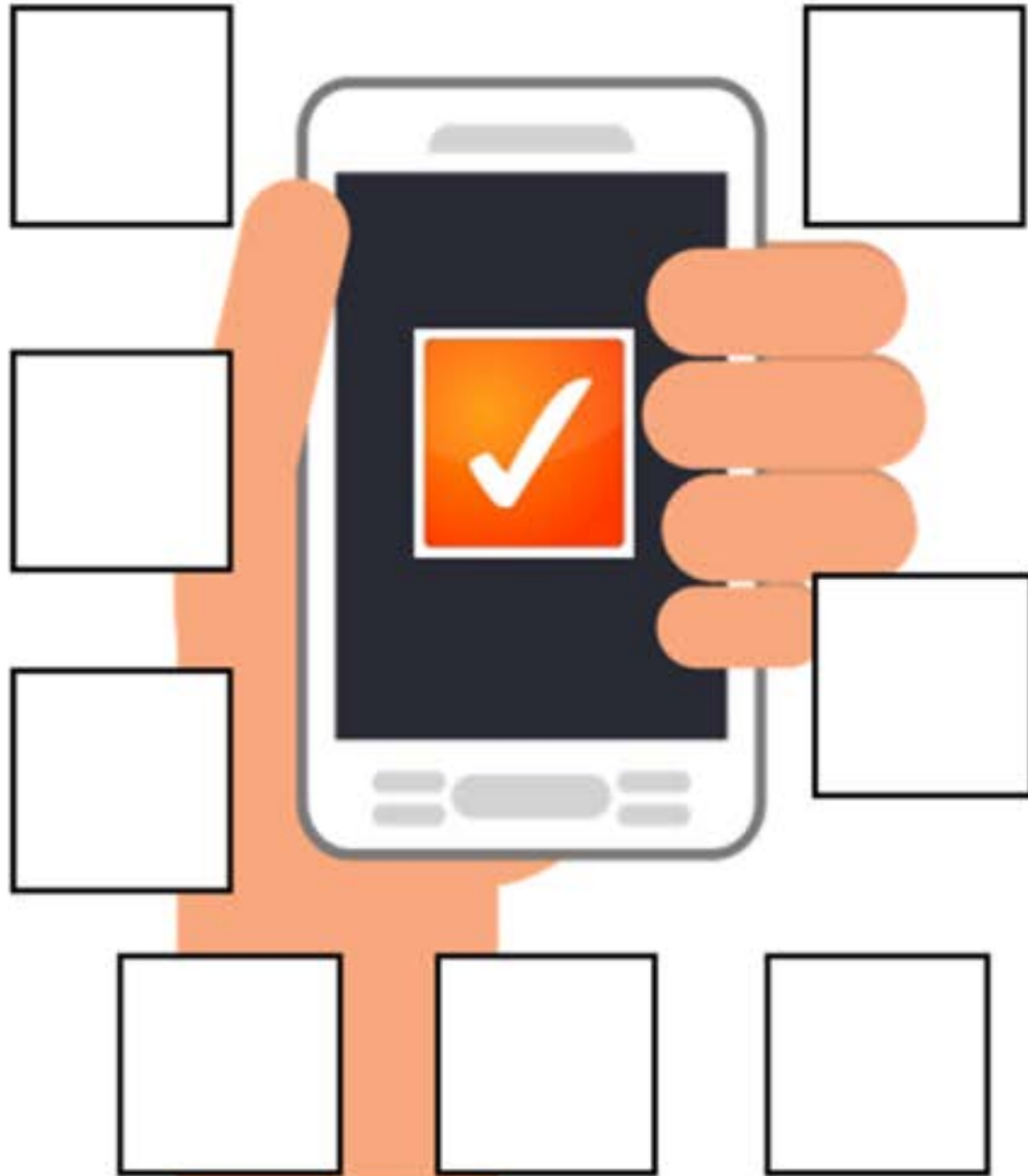
Christa Joy Special Needs for Special Kids 1:03 / 7:29



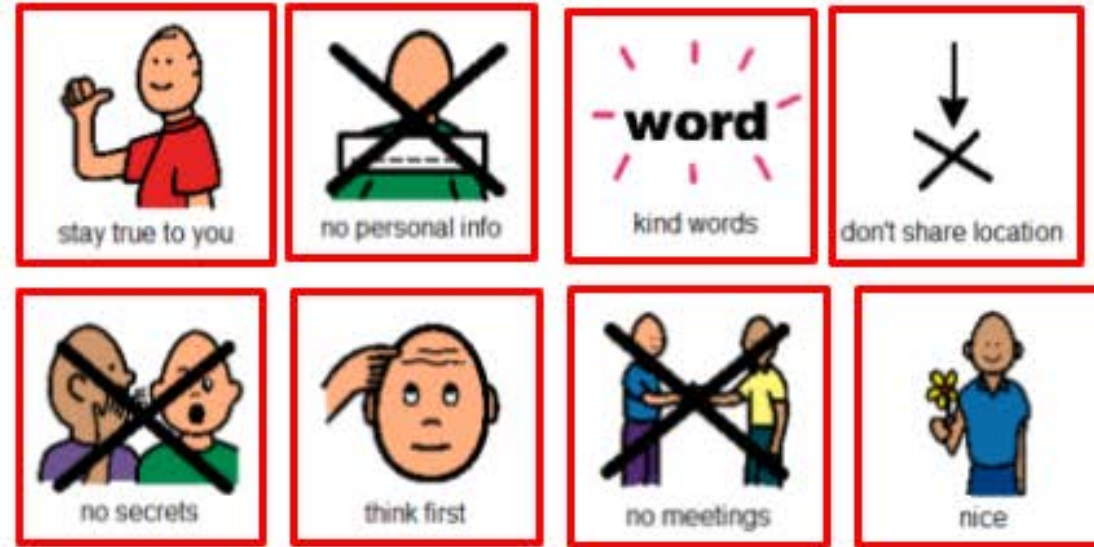
The movie
version of the
books from the
unit.

Use for more review.

What makes a GOOD post on social media?



Place the pictures in the empty boxes showing things that are important for making a good social media post.

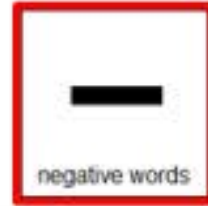
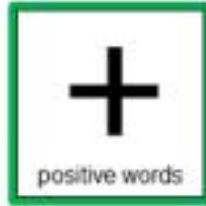


The digital activities are click and drag.

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Perfect for any learning level.

Each unit comes with a set of slides that are differentiated with color.



Look at the pictures below and decide if you think they would be a good or not so good way to improve your emotional health. If you are not sure or think it could be both, place it on the middle line.

 beautiful	 fat	 nice	 lazy
 smart	 friendly	 wonderful	 mean
 handsome	 unfriendly	 ugly	 good
 help	 stinky	 cheater	

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Still have questions?

Reach out at specialneedsforspecialkids@gmail.com

I will answer your question personally and promptly.

