

**For
Special
Ed**

health

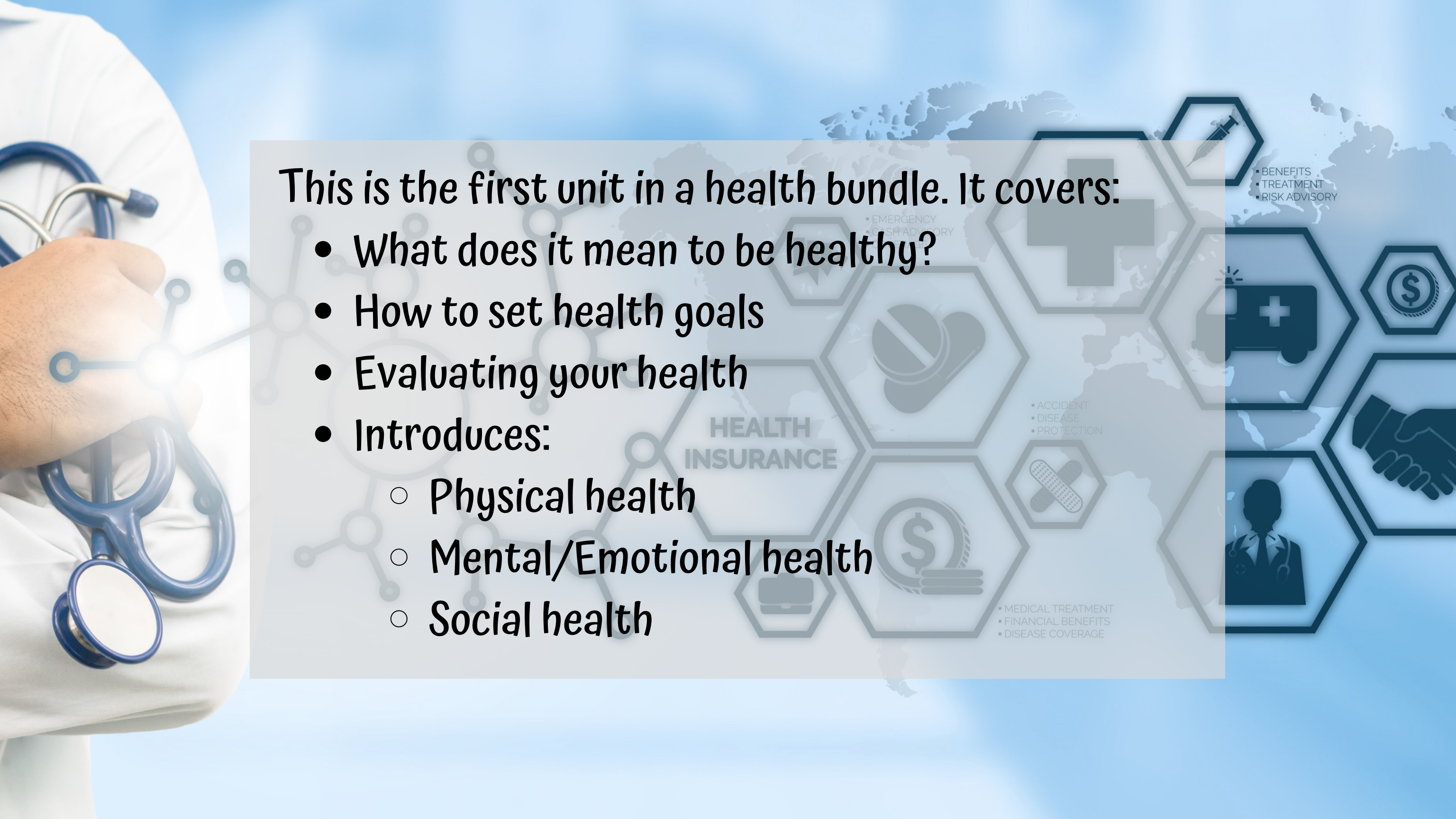


ALSO INCLUDES GOOGLE SLIDES

Special Needs for Special Kids



This unit was created with this guy in mind. He has autism and an intellectual disability. He is a non-reader, and loves the sound of piano keys. With some support he is able to do this unit, and enjoys the challenge. He is my tester!!



This is the first unit in a health bundle. It covers:

- ***What does it mean to be healthy?***
- ***How to set health goals***
- ***Evaluating your health***
- ***Introduces:***
 - ***Physical health***
 - ***Mental/Emotional health***
 - ***Social health***

Introduction to Health for Special Education



by
Christa Joy
Special Needs for Special Kids

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Also included in this resource as separate files:

- Lesson plans
- Links and directions to digital activities
- PowerPoints (these are the books in the lesson plans)
- Voice recorded PowerPoint
- Activities in black and white

This unit contains over 100 pages of material. I have included a detailed lesson plan to help you make the most of everything in this unit including how to add some group activities.

It comes in 2 separate files. One in color and one in black and white.

An Introduction to Health Lesson Plan

Preparation

- Print out a vocabulary board for each student to use throughout unit
 - Laminate or place in page protector
- Book
 - Print out, laminate, and bind
 - OR your students can listen to the pre-recorded version
- Vocabulary cards
 - Print out a set of
 - Make one set for games

Preassessment (do day 1 before)

- Choose the form of the
- Give the assessment to a
- I cannot emphasize enough growth, this preassessment

Teaching Tips

1. **Color Coding:** this is a activity. Outline or color the corresponding picture task.
 - a. For more info, see <https://specialneedsdifferentiation/>
 - b. I also have a blog <https://specialneeds3-ways-easily-and>

Quick Look

Day	Activity	Day	Activity
1	<ul style="list-style-type: none"> • Book • Vocab cards introduction • Self-Evaluation 	8	<ul style="list-style-type: none"> • Book • Vocab cards • Sorting act
2	<ul style="list-style-type: none"> • Book • Vocab cards activity • Self-Evaluation 	9	<ul style="list-style-type: none"> • Book • Vocab • Sort

Day 2

Activity	Notes	Materials
Read or listen to a recording of the book (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 I Spy Game (10 minutes)	<ul style="list-style-type: none"> • Determine how many cards your students can handle in front of them. This can vary, some students may be able to have all the cards, so may only be able to handle a field of 3-5 • Discuss relevant points on the card <ul style="list-style-type: none"> ◦ You can also play this game in this manner having them find the symbol on their vocabulary board 	<ul style="list-style-type: none"> • Vocabulary cards (student set and teacher set) • Vocabulary board
Self-Evaluation review (5 minutes)	<ul style="list-style-type: none"> • Review how to complete the evaluation. • Can refer to the one completed yesterday 	<ul style="list-style-type: none"> • Evaluation yesterday
Self-Evaluation (10 minutes)	<ul style="list-style-type: none"> • Students will do a self-evaluation of their overall health. Today, complete the evaluation on mental/emotional health. • There are 2 versions. One has students mark on a scale of 1-10 various aspects of that area of health. • One version uses all pictures and have students color in each aspect red or green. • Make connections to the book as necessary 	<ul style="list-style-type: none"> • Evaluation • Stickers • Crayons
Sharing (10 minutes)	Each student shares their evaluation (<i>if they want to</i>) with the group using the communication method of their choice	<ul style="list-style-type: none"> • Completed evaluations • Communication devices

14 days

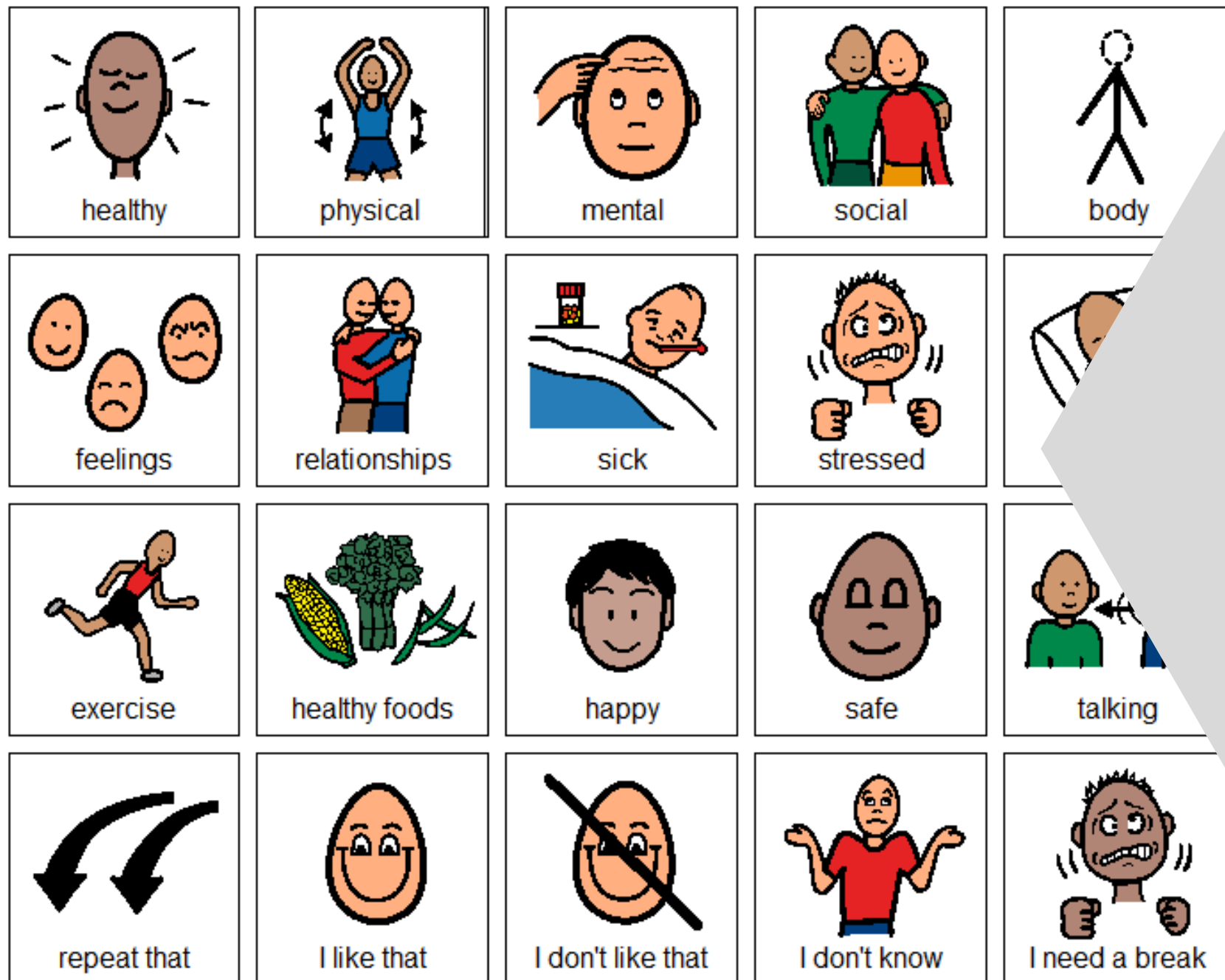
The lesson plans contain:


- Overall tips for teaching students with significant needs
- A quick look at what you will do each day
- Detailed instructions on how that day's lesson should run

This unit comes with a vocabulary board.

Vocabulary boards are great for ALL students to assist with participation and engagement in group discussions.

Tips on how to use in the unit!!






Your **physical** health refers to whether you are sick a lot, get enough sleep and exercise, and choose to eat healthy foods. **It refers to your body.**



Finally, if you feel lonely, this can make you feel sad and **lethargic**.



There is a 26 page book with this unit using simple text and photos.

It comes in a PowerPoint and a video/mp4 format (so you don't have to print it out)

physical health

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



mental/emotional health

Ability to make sure you are feeling happy and safe.



Vocabulary:

- daily group activities
- cards
- cut and paste
- puzzles

- BENEFITS
- TREATMENT
- RISK ADVISORY

social health

Ability to create and take care of relationships with others.



lethargic

More tired than normal. When you don't feel like doing anything.



physical health

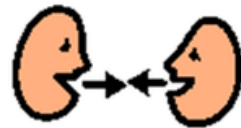
Ability to take care of your body with sleep, exercise, and healthy foods.

mental/emotional health

Ability to make sure you are feeling happy and safe.

ills

conflict



social health

Ability to create and take care of relationships with others.

lethargic

More tired than normal. When you don't feel like doing anything.

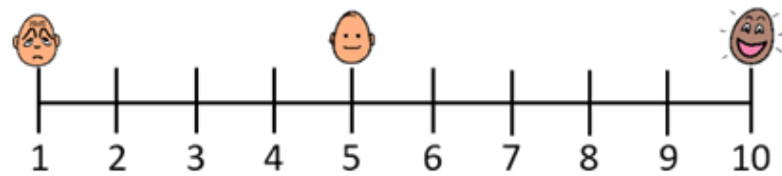
stress

respect

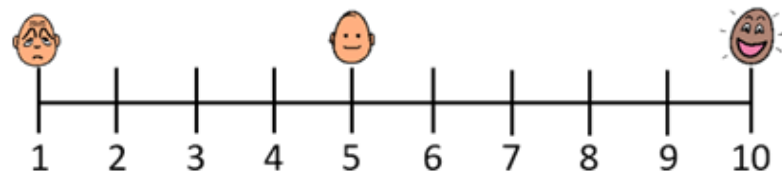


Mark where you think you are on a scale from 1 to 10.

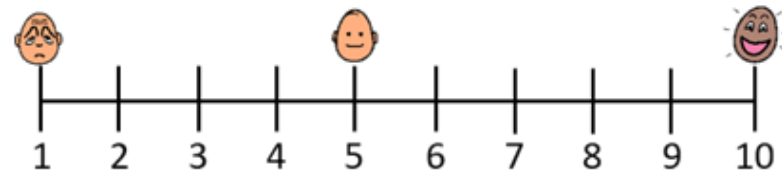
How **physically healthy** are you?



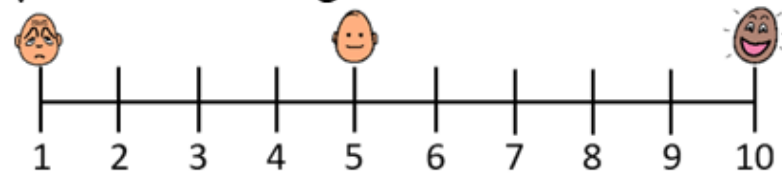
1. How much do you exercise?



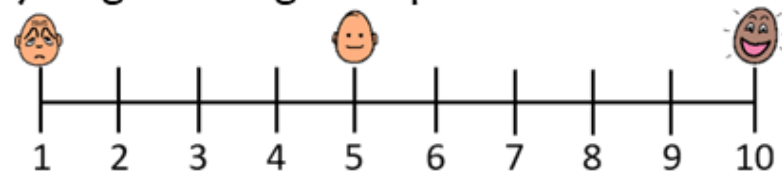
2. Do you eat healthy foods?



3. Do you drink enough water?



4. Do you get enough sleep?

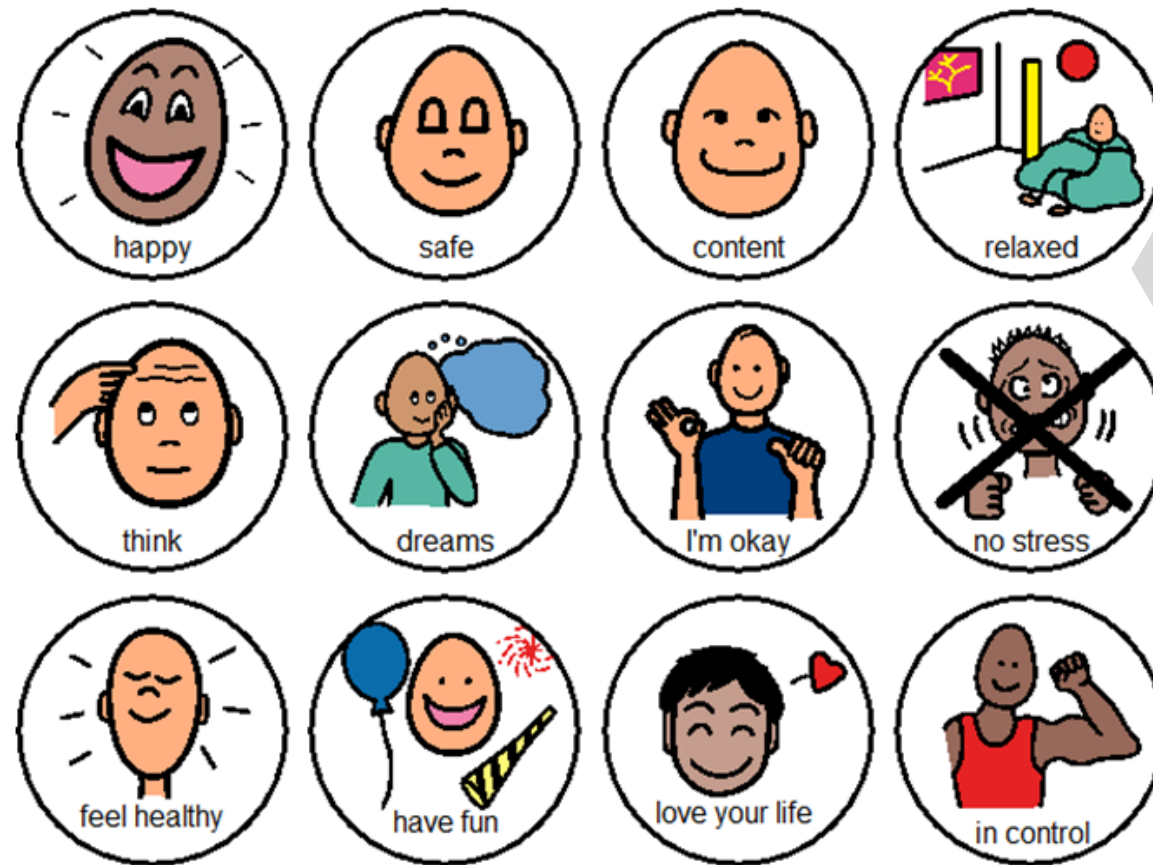


There are 3 health self-evaluations for students to complete at the beginning of the unit. There are 2 versions. Here, students will mark where they feel they are for each area of health on a scale of 1-10.

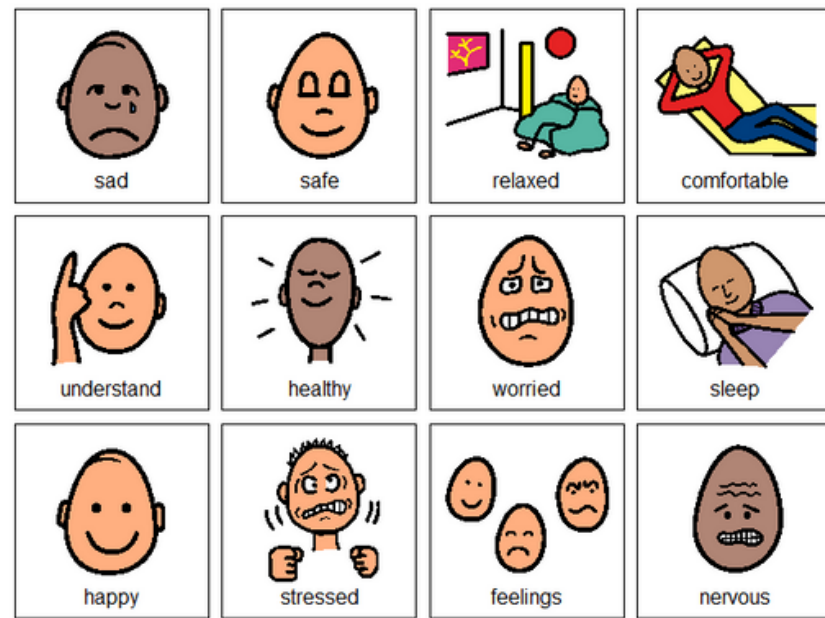
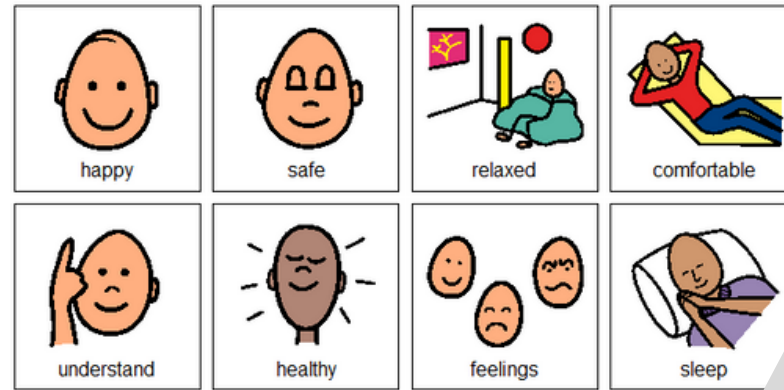
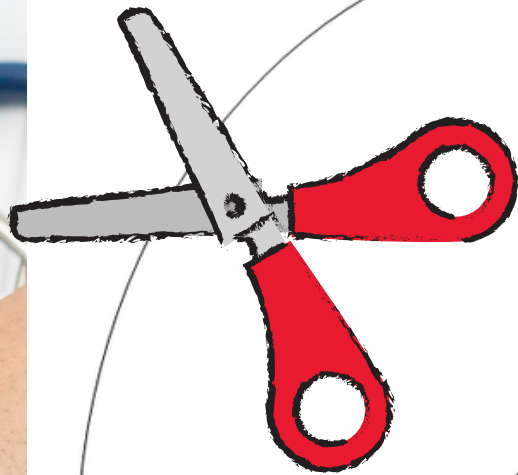
Color in the circles **green** that you feel good about.

Color in the circles **red** you would like to improve.

Emotional Health



*This is an easier version.
Students color in the circle
red or green depending on
how they feel about that
particular aspect of health.*











There are 3 circle maps, one for each main area of health.

Circle maps are a great way for students to see the concept at a glance. There are 2 versions:

- One is errorless
- One has wrong answers mixed in students will have to set aside

Physical health



 exercise	 ride bikes	 candy bar	 strong
 being outside	 fast food	 vegetables	 lots of video game

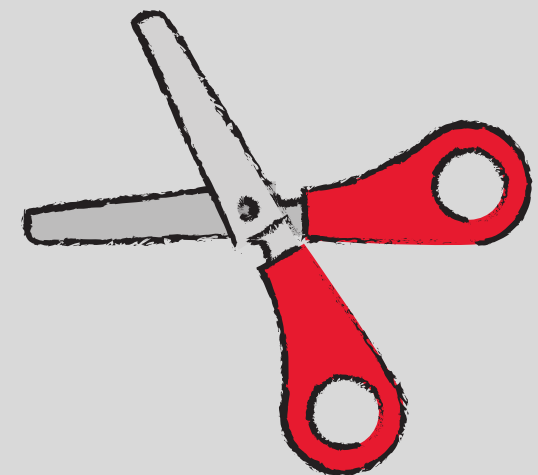


Social health

 lonely	 friends	 happy	 stressed
 trick others	 enjoy time alone	 community	 help others
 uncomfortable	 fighting	 nice to others	 keep in touch
 celebrate	 mean to others	 leave others out	 stay away

There are 3 sorting activities:

- Physical health
- Emotional health
- Social health





That includes my physical health.



This is one thing I can do to keep my body healthy.

Page



jump rope



ride bikes



walk



hike



lift weights



eat healthy foods

Students will complete a health pledge, identifying specific actions they want to take to improve each area of health. Once complete, they can color it.

An Introduction to Health

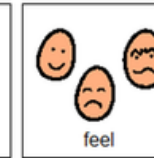
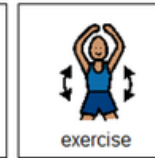
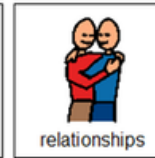
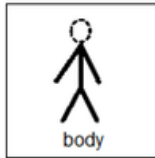
1. Being healthy includes your physical, emotional and health.

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.



An Introduction to Health

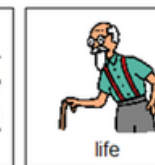
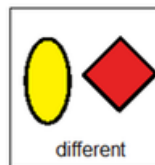
6. Being active in your is good for your social

7. Feeling happy and is good for yo

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

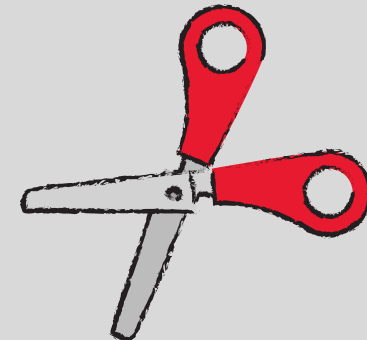
9. We are all . It is important to respect others.

10. Being healthy is something you work on your entire



Close worksheets are a great informal assessment. This unit has 10 questions that review a general introduction to health.

Answer key included.



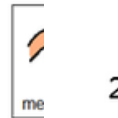
1. Keeping your body healthy refers to your:



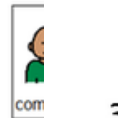
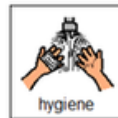
2. The relationships you have with friends and family are good for your:



3. Feeling stressed and unhappy



4. What skills help you talk w



5. True or false. It is importa



- Keeping your body healthy refers to your:
 - Physical health
 - Mental health
 - Social health
- The relationships you have with friends and family are good for your:
 - Physical health
 - Mental health
 - Social health
- Feeling stressed and unhappy is NOT good for your:
 - Physical health
 - Mental health
 - Social health
- What skills help you talk with others and resolve conflicts?
 - Hygiene
 - Communication
 - puzzle
- True or false. It is important to respect each others' differences.
 - True
 - False
 - I don't know
- What is one thing you could do to improve your physical health?
 - Video games
 - Watch TV
 - Ride bikes

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

Q 8

Version 3



sad



lethargic

FINALLY the assessment!! There are 3 versions.

- 10 questions with 3 picture choices for each question
- cut out the answer choices and glue them on index cards
- traditional multiple choice

Answer key included.

To stay physically healthy, we need to eat the right foods, get plenty of sleep and exercise.



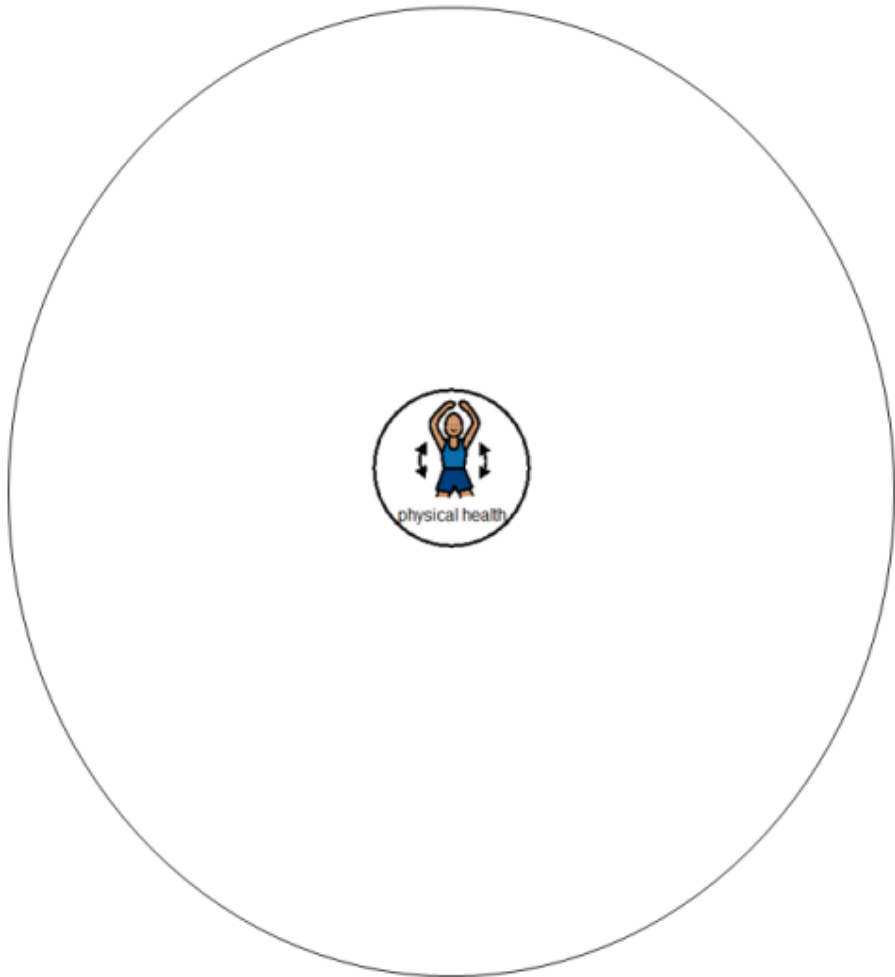
This unit also includes digital versions of the activities.

Students can watch a movie book version of the book rather than print it out.

▶ 🔊 2:03 / 4:49

Christa Joy. Special CC BY-NC-ND 4.0 International Kids

Great for review



Place the picture in the circle map about physical health.



Each activity is set up so students can click and drag answers. No typing is required.

Perfect for every learning level

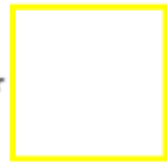
The second set of slides uses color for differentiation and extra support for students who may need it. Mix and match slides from both sets to make the perfect set for each student.

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



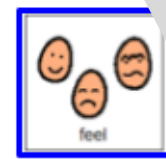
4. Your social health refers to your



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



Choose the best picture to finish each sentence.



This resource comes in a zipped folder. You will need to unzip the folder to access all the contents which include:

- **14 days of lesson plans**
- **Introduction to Health activities in color**
- **Introduction to Health activities in black and white**
- **Voice-recorded PowerPoint show**
- **Introduction to Health book (PowerPoint) to use with activities**
- **Links and directions to digital activities**

**SAVE MONEY AND GET THIS AS PART
OF MY HEALTH BUNDLE.**

HEALTH
INSURANCE

CLICK HERE

