Teacher Guide Contents

Welcome to HealthSmart® ........................................... v

Lessons

Emotional & Mental Health

Lesson 1: Belonging Helps Keep Me Healthy .................... 1
Lesson 2: Families Are Special and Different in Their Own Ways . 7
Lesson 3: Having Friends ............................................ 11
Lesson 4: Having All Kinds of Feelings .......................... 15

Personal Health & Wellness

Lesson 5: Handwashing for Health ................................ 23
Lesson 6: Keeping Teeth Healthy ................................. 29
Lesson 7: Dressing for the Weather ............................ 37
Lesson 8: Getting Enough Sleep ................................. 43

Injury & Violence Prevention

Lesson 9: Being Safe .............................................. 49
Lesson 10: You Can Be Safe Walking and Crossing ............ 53
Lesson 11: You Can Think Ahead to Get Places Safely ....... 59
Lesson 12: You Can Be Safe in a Car ............................ 63
Lesson 13: You Can Be Safe on a School Bus ................. 69
Lesson 14: We Can Play Safely on the Playground ........... 75
Lesson 15: You Can Think Ahead to Prevent Fires .......... 83
Lesson 16: What to Do During a Fire ......................... 89
Lesson 17: You Can Call for Help in an Emergency ......... 93
Lesson 18: We Don’t Bully at Our School .................... 97
Lesson 19: Sharing the Safety Smart Message ............... 105
Lesson 20: You Can Get Help for Unsafe Touch ............. 109

Nutrition & Physical Activity

Lesson 21: I Eat Breakfast Every Day .......................... 117
Lesson 22: We Drink Plenty of Water ......................... 123
Lesson 23: Setting a Goal to Eat Breakfast or Drink More Water . 129
Lesson 24: I Like and Move My Body .......................... 135
Lesson 25: Move More and Sit Less to Be Healthy .......... 139
Tobacco Prevention

Lesson 26: Tobacco Smoke Hurts the Body .................... 143
Lesson 27: Why People Smoke ................................. 149
Lesson 28: Sharing the Tobacco-Free Message .............. 153
Lesson 29: Family and Friends Want You to Be Tobacco Free 157