

# Teacher Guide Contents

<b>Welcome to <i>HealthSmart</i>®</b> .....	v
---------------------------------------------	---

## Lessons

### Emotional & Mental Health

<b>Lesson 1:</b> Being Healthy in Many Ways .....	1
<b>Lesson 2:</b> Expressing Feelings in Healthy Ways .....	7
<b>Lesson 3:</b> Getting Along with Family .....	15
★ <b>Lesson 4:</b> Getting Along with Friends .....	23
<b>Lesson 5:</b> Valuing Self and Others .....	31

### Personal Health & Wellness

★ <b>Lesson 6:</b> Avoiding Germs to Stay Healthy .....	37
★ <b>Lesson 7:</b> Helping Everyone Avoid Germs .....	45
<b>Lesson 8:</b> Using Medicines in Safe Ways .....	51

### Injury & Violence Prevention

<b>Lesson 9:</b> Being Safety Smart .....	59
<b>Lesson 10:</b> Teaching Others to Be Safety Smart .....	65
★ <b>Lesson 11:</b> Safety-Smart Presentations .....	71
★ <b>Lesson 12:</b> Setting My Goal to Be Safety Smart .....	75
★ <b>Lesson 13:</b> Assessing Situations and Making Safe Choices .....	79
<b>Lesson 14:</b> Bullying: Myths and Facts .....	87
★ <b>Lesson 15:</b> Preventing and Reporting Bullying .....	95
★ <b>Lesson 16:</b> Dealing with Inappropriate Touch .....	101

### Nutrition & Physical Activity

<b>Lesson 17:</b> My Healthy Food Choices .....	111
<b>Lesson 18:</b> Water and Other Healthy Drink Choices .....	119
<b>Lesson 19:</b> Eat Breakfast Every Day .....	125
<b>Lesson 20:</b> Eat 5 a Day .....	131
★ <b>Lesson 21:</b> Food Choices and Influences .....	135
★ <b>Lesson 22:</b> My Goal to Eat Healthy .....	141
<b>Lesson 23:</b> Move More, Sit Less .....	147
★ <b>Lesson 24:</b> My Goal to Move More .....	155

★ These lessons focus on specific health skills.

## Tobacco, Alcohol & Other Drug Prevention

<b>Lesson 25:</b>	Tobacco and Alcohol Are Dangerous Drugs . . . . .	161
* <b>Lesson 26:</b>	Choosing to Be Tobacco and Alcohol Free . . . . .	167
<b>Lesson 27:</b>	The Pressure Cooker . . . . .	173
* <b>Lesson 28:</b>	Where Does Pressure Come From? . . . . .	179
* <b>Lesson 29:</b>	Turning Off the Pressure . . . . .	187

\* These lessons focus on specific health skills.