Teacher Guide Contents

Welcome to HealthSmart® v		
Lessons		
Emotional & Mental Health		
*	Lesson 1:	We're All Different and Special!
*	Lesson 2:	Having Feelings
*	Lesson 3:	Having People Who Care
Personal Health & Wellness		
	Lesson 4:	My Body Puzzle
*	Lesson 5:	Keeping My Teeth Healthy
*	Lesson 6:	Washing Hands
	Lesson 7:	Reading Body Signals
	Lesson 8:	Responding to Injuries
*	Lesson 9:	Getting Help When Sick or Hurt 53
Injury & Violence Prevention		
	Lesson 10:	Safe Feelings Are Healthy Feelings 59
	Lesson 11:	Feeling Safe at School: We Don't Bully! 65
	Lesson 12:	Rules for Staying Safe in Traffic
*	Lesson 13:	You Can Be Safe When You Walk
*	Lesson 14:	You Can Be Safe When You Cross the Street
	Lesson 15:	You Can Be Safe Riding in a Car
	Lesson 16:	You Can Be Safe from Poisons
	Lesson 17:	You Can Be Safe Around Guns
	Lesson 18:	Emergencies
*	Lesson 19:	You Can Call for Help When You Need It 107
*	Lesson 20:	Decide to Be Safe

Nutrition & Physical Activity			
Lesson 21:	Eating Is Part of Being Healthy		
Lesson 22:	You Can Choose to Eat Healthy Foods		
* Lesson 23:	Setting a Goal: Plenty of Water for Me!		
Lesson 24:	Knowing and Moving Your Body Is Part of Being Healthy		
* Lesson 25:	Setting a Goal: Come Move with Me!		
Tobacco Prevention			
Lesson 26:	Tobacco Hurts Your Lungs		
Lesson 27:	Tobacco Hurts Your Body		
Lesson 28:	Loving Family and Friends Who Smoke		
* Lesson 29:	What to Do When Smoke Bothers You 157		
* Lesson 30:	I'm Healthy and Tobacco Free!		