

Go to the
Lessons tab

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Social Emotional Learning
and **HEALTHSmart**
where good health starts

HealthSmart curricula meets both health education standards and all of the CASEL SEL competencies

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Lessons

Click on a grade level to view lesson overviews and content areas. Log in to access Print Edition teacher resources or Digital Edition lessons and resources.

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Grade K Grade 1 Grade 2

Grade 3 Grade 4 Grade 5

Choose a
Grade Level

Hello [username]

Welcome to HealthSmart

To view lessons and resources please select the grade level you wish to teach. [Click here](#) view your Lesson Plans.

Grade K Grade 1 Grade 2

Grade 3 Grade 4 Grade 5

Middle School High School

List of all lessons in the grade

Grade 3
Change Grade -

29 Lessons

1
Lesson 1
Being Healthy in Many Ways [View lesson](#)

In this lesson, students examine what it means to be healthy, with a focus on mental/emotional health. They discuss the qualities of an emotionally healthy person and why emotional health is important. After discussing ways young people learn how to do things, the teacher introduces the idea of role models and shares a story about an emotionally healthy role model. Then students consider the people in their lives who exemplify positive emotional health and examine the traits of their role models that they would like to emulate.

2
Lesson 2
Expressing Feelings in Healthy Ways [View lesson](#)

This lesson helps students think about healthy ways to express different kinds of feelings, including those that may be troublesome or uncomfortable to experience. Students read some descriptions of different emotional expressions and guess what feeling is being represented. They discuss how feelings influence behavior and why it is important to be aware of their own feelings as well as sensitive to the feelings of others. They brainstorm ways to express feelings in healthy ways, including feelings of anger or frustration, and list trusted adults they can talk to when they are experiencing strong or troublesome emotions.

3
Lesson 3
Getting Along with Family [View lesson](#)

In this lesson, students consider the ways their families support them and how they can contribute, in turn, to their families. They explore how families help each other and draw pictures of their families. They read some stories about third graders and their families and

Scope & Sequence Booklet for Grades K-5
[Read tips for using the PowerPoints and other teacher resources](#)

Related Resources

- [Activity Sheets](#)
- [Images](#)
- [Masters \(English\)](#)
- [Masters \(Spanish\)](#)
- [PDF Slides \(PDF\)](#)
- [PowerPoint Slides \(PPSX\)](#)
- [Supercharging Techniques](#)
- [Teaching Plan](#)

Links to:

- Activity sheets (full grade)
- Images/Slides
- Masters
- Supercharge techniques

Choose a Lesson

Overview

Quick navigation

Lesson 1: Being Healthy in Many Ways
Change Lesson -

Explore this Lesson
Teacher Resources
Student Resources

Overview
Materials & Preparation
Teaching Steps
Assessment & Closure
[PRINT FULL LESSON](#)

Overview

In this lesson, students examine what it means to be healthy, with a focus on mental/emotional health. They discuss the qualities of an emotionally healthy person and why emotional health is important. After discussing ways young people learn how to do things, the teacher introduces the idea of role models and shares a story about an emotionally healthy role model. Then students consider the people in their lives who exemplify positive emotional health and examine the traits of their role models that they would like to emulate.

Lesson Objectives

Students will be able to:

1. Explain what it means to be mentally and emotionally healthy.
2. Identify characteristics of a mentally and emotionally healthy person.
3. Identify role models who demonstrate positive emotional health.

SEL Connection

- self-awareness

Time: 40 minutes

Healthy Behavior Outcomes

MEH-1: Express feelings in a healthy way.
MEH-2: Engage in activities that are mentally and emotionally healthy.
MEH-8: Establish and maintain healthy relationships.
SH-2: Establish and maintain healthy relationships.

National Health Education Standards

Standard 1: Comprehending Concepts
Performance Indicator 1.5.1: Describe the relationship between healthy behaviors and personal health.
Performance Indicator 1.5.2: Identify examples of emotional, intellectual, physical, and social health.

Standard 3: Accessing Resources
Performance Indicator 3.5.2: Locate resources from home, school, and community that provide valid health information.

Summary of activities

Lesson objectives

HBOs addressed

Standards alignment

Materials & Preparation

Quick
navigation

Lesson 1: Being Healthy in Many Ways

Change Lesson ▾

Explore this Lesson Teacher Resources ⓘ Student Resources ⓘ

Overview

Materials & Preparation

- Review **Image 1A**, **Image 1B** and **Image 1C**.
- Assign the **My Healthy Role Model** activity sheet (*Student Workbook* page 2).
- Have crayons or markers available for students.
- Prepare a story about one of your emotional health role models to share with students.

Teaching Steps

Assessment & Closure

[PRINT FULL LESSON](#)

How to
prepare and
what you'll
need

Teaching Steps

Quick
navigation

Lesson 1: Being Healthy in Many Ways

Change Lesson ▾

Explore this Lesson Teacher Resources ⓘ Student Resources ⓘ

Overview

Materials & Preparation

Teaching Steps

Assessment & Closure

[PRINT FULL LESSON](#)


Teaching Steps

Explain

We're going to be learning about how to be healthy. There are many different ways to be healthy and lots of things you can do to be and stay healthy.

Show Image 1A

Look at this picture. What do you see?



Summarize

This child is thinking of some different ways to be healthy. He is imagining eating healthy food, playing an active game, reading and talking with someone who cares about him.

Explain

There are many things you can do to keep your body healthy, such as eating healthy foods and moving your body to be active every day. There are also things you can do to be and stay healthy in the ways you think, feel, act and relate to other people. Reading, learning and thinking are some ways you keep your brain or your mind healthy. Sharing, caring, talking with and getting support or help from other people are some ways you can keep your feelings or emotions healthy.

[Advance the slide to show the terms as you discuss physical and mental/emotional health.](#)

We call how your body works and the things you do to keep your body well and strong your physical health. Today, we're going to be taking a closer look at mental or emotional health. This refers to how you respond to feelings, relate to other people, handle stress, make choices, and cope with the ups and downs of life.

Steps for
teaching the
lessonReduced
images to
guide the
use of the
slides

Assessment & Closure

Quick
navigation

Lessons > Grade 3 > Lesson 1

Lesson 1: Being Healthy in Many Ways

Change Lesson ▾

Explore this Lesson Teacher Resources ⓘ Student Resources ⓘ

Overview
Materials & Preparation
Teaching Steps
Assessment & Closure

[PRINT FULL LESSON](#)

Assessment & Closure

Students:

- Explained what it means to be mentally and emotionally healthy by:
 - Verbally identifying why good emotional health is important.
 - Completing the **My Healthy Role Model** activity sheet.
- Identified characteristics of a mentally and emotionally healthy person by:
 - Verbally identifying qualities of an emotionally healthy person.
 - Completing and sharing the **My Healthy Role Model** activity sheet.
- Identified role models who demonstrate positive emotional health by:
 - Completing and sharing the **My Healthy Role Model** activity sheet.

Assessment
lists what to
evaluate

Lessons > Grade 3 > Lesson 1

Lesson 1: Being Healthy in Many Ways

Change Lesson ▾

Explore this Lesson **Teacher Resources ⓘ** Student Resources ⓘ

[Scope & Sequence Booklet for Grades K-5 ⓘ](#)

Lesson 1 PDF Slides (PDF)

[View ⓘ](#)

Lesson 1 PowerPoint Slides (PPSX)

[View ⓘ](#)

Teacher Resources link to slides,
teacher keys and masters

Lessons > Grade 3 > Lesson 1

Lesson 1: Being Healthy in Many Ways

Change Lesson ▾

Explore this Lesson Teacher Resources ⓘ **Student Resources ⓘ**

Student Workbook: My Healthy Role Model

[View ⓘ](#)

Student Resources link to
reading and activity sheets