




K-12 Health Education That Works! Support Center | Login

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**HealthSmart is a K-12, skills-based health education program that empowers students to think, choose, and act in healthy ways**

See how HealthSmart can meet your classroom needs

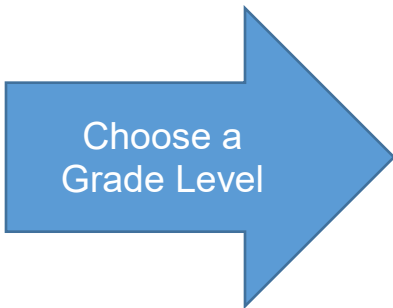





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### Lessons

HealthSmart is a flexible and customizable health education curriculum, comprised of over 400 lessons, allowing school districts the autonomy for local decision making to ensure all lessons align to state and local policies. Schools can select their lesson plans, opt out of any specific content that does not meet their needs, and feel confident that they are providing high-quality health education to the students in their community. 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.

Already have an account? LOGIN



Hello [Name]

## 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**

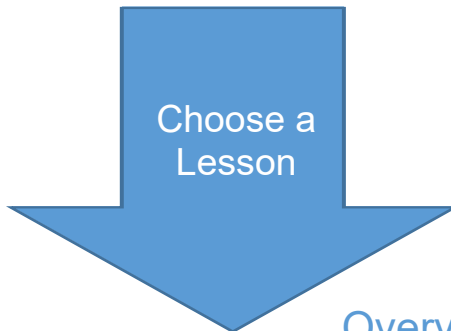
**Read tips for using the PowerPoints and other teacher resources**

**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



Overview

Quick navigation

### Lesson 1: Being Healthy in Many Ways

Change Lesson -

**Explore this Lesson**

- Overview
- Materials & Preparation
- Teaching Steps
- Assessment & Closure

[PRINT FULL LESSON](#)

**Teacher Resources**

**Student Resources**

**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

### Lesson 1: Being Healthy in Many Ways

Change Lesson -

Explore this Lesson
Teacher Resources <sup>®</sup>
Student Resources <sup>®</sup>

Overview

**Materials & Preparation**

Teaching Steps

Assessment & Closure

[PRINT FULL LESSON](#)

#### 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.

Quick navigation

How to prepare and what you'll need

## Teaching Steps

### Lesson 1: Being Healthy in Many Ways

Change Lesson -

Explore this Lesson
Teacher Resources <sup>®</sup>
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Overview

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#### 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.

Quick navigation

Steps for teaching the lesson

Reduced 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 <sup>Ⓢ</sup>    Student Resources <sup>Ⓢ</sup>

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### 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 <sup>Ⓢ</sup>**    Student Resources <sup>Ⓢ</sup>

[Scope & Sequence Booklet for Grades K-5 <sup>Ⓢ</sup>](#)

**Lesson 1 PDF Slides (PDF)**

[View <sup>Ⓢ</sup>](#)

**Lesson 1 PowerPoint Slides (PPSX)**

[View <sup>Ⓢ</sup>](#)

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 <sup>Ⓢ</sup>    **Student Resources <sup>Ⓢ</sup>**

**Student Workbook: My Healthy Role Model**

[View <sup>Ⓢ</sup>](#)

Student Resources link to reading and activity sheets