

Grade 2 Health Notes

	Grade Level Expectations	Lessons
EALR 1	Understand the connection b/t nutrition and physical well-being	NUTRITION Activity 1 - Meet the Royal Food Family Activity 7 - We Need All Five! Activity 9 - Smart Snacking Dragon Activity 10 - Healthfully Ever After Nutrition and Exercise with Jack the Apple: Getting Active with Jack the Apple (11:39)
EALR 2	Understand the basic structure and function of human body systems	THE BODY Basic Breathing Smoking and Your Lungs (V) The Benefits of Avoiding Tobacco
	Understand how to prevent or reduce the risk of contracting a communicable disease	Keeping Clean: Handwashing for Health (17:00) Primary Health and Safety: Germs and Disease (11:00) Magic School Bus Inside Ralphie, The (21:33)
	Understand one's right to personal and physical safety	VIOLENCE Telling Others to Stop (2 days) Primary Health and Safety: I Can Be Safe! (13:00) Community Rules and Laws (15:00)
	Understand what are abusive or risky situations and how to avoid them	SAFETY Safe at School (V)
	Know appropriate sources of help in emergency and non-emergency situations	SAFETY Emergency! Primary Health and Safety: I Can Be Safe! (13:00) MENTAL HEALTH Who Can Help at School?

(V) – video included in lesson

[blue underlined](#) features are links to United Streaming videos

	Understand the physical and legal consequences of using nicotine, alcohol and other drugs, and apply skills to resist any harmful use of substances	ALCOHOL AND OTHER DRUGS All About Drugs (A Sunburst Title) (16:00) Nicotine What Drugs Do Drugs and Alcohol Series for Children: Happy, Healthy, Drug-Free Me: Part One (10:00) Drugs and Alcohol Series for Children: Happy, Healthy, Drug-Free Me: Part Two (10:00) TOBACCO The Self-Control Skill (3 days) (V)
EALR 3	Understand how different environmental factors affect health	TLC Elementary School: People and the Environment (25:32)
	Understand reliable sources of health information	Life Skills 101: Media Wise (15:00)
	Understand how media provide information related to safe or unsafe behaviors that impact overall health	TOBACCO Messages from Media Messages from People VIOLENCE Messages We Get from Others Messages We Get from TV (2 days)
	Understand health enhancing-behaviors and risk reduction	SAFETY Children on Wheels Bicycle Safety: Zone of Danger (14:45)
	Express emotions appropriately to form safe and respectful relationships	MENTAL HEALTH Walk a Mile The Asking Skill (3 days) (V) The Power of Caring (V) Let's Get Along!: What You Say is What You Get (14:36) Let's Get Along!: Making and Keeping Friends (11:05)

(V) – video included in lesson

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	Recognize social skills to keep out of trouble and resist pressure from others	GROWTH AND DEVELOPMENT What is Peer Pressure? (V) Things You Shouldn't Do How Not to Fight (V) Minding Your Manners At School (12:00)
	Recognize a variety of emotions and how they affect self and others, and develop strategies about how to act in emotional situations	MENTAL HEALTH Listening to Your Friends (V) The Parent Chair ALCOHOL AND OTHER DRUGS Coping Let's Get Along!: Nice Things Kids Can Do (12:37)

Other Resources:

http://www.education-world.com/a_lesson/lesson/lesson332.shtml

Dental health lessons

<http://www.americanheart.org/presenter.jhtml?identifier=3028650>

Healthy heart and exercise lessons

<http://www.nutritionexplorations.org/educators/>

Nutrition lessons and interactive games – great site to explore!!

- [Activity 1 - Meet the Royal Food Family](#)
- [Activity 7 - We Need All Five!](#)
- [Activity 9 - Smart Snacking Dragon](#)
- [Activity 10 - Healthfully Ever After](#)

<http://www.healthychoices.org/>

Nutrition lessons and interactive games

<http://www.cspinet.org/smartmouth/index1.html>

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