

ARISE LIFE-SKILLS FOR YOUNG FOLKS: GRADES 2-3

VOLUME 2

INSTRUCTOR'S MANUAL

TABLE OF CONTENTS

Tips for Teaching ARISE Life Management Skills.....	2
Becoming The Me I Want To Be	
Health Care is Self-Care.....	5
Self-Esteem.....	8
Success Log.....	10
Friendly Foods.....	12
Exercise.....	14
Time Management.....	16
Worries.....	18
Safety and Health	
Bicycle Safety.....	21
Sun Safety.....	23
Sports Safety.....	26
Water Safety.....	28
Fire Safety.....	30
Safety in the Home.....	33
Pre/Post Tests.....	35
Answer Keys.....	38
Learner's Workbook	
Table of Contents.....	3
Introduction.....	4
Section I: Becoming The Me I Want To Be Worksheets.....	5-32
Quiz.....	33
Section 2: Safety and Health Worksheets.....	34-66
Quiz.....	67

HEALTH CARE IS SELF-CARE

Objective:

Students will learn the importance of wellness and taking responsibility for their own health.

Materials:

Activity Sheets

Family Recap:

Choose one or two Family Activity Sheets students have completed from the last meeting. Praise those who have remembered them and very briefly discuss how they and their families felt about this particular topic and what they learned.



Background Information/Discussion:

Ask the class the meaning of the word **wellness**. Write their responses on the board or a large piece of paper where all can see. Explain it means the state of being well. Wellness is health. When we care for ourselves, we become healthy or well. Ask students to tell you how they feel when they are well.

Have them tell you things that happen to people when they are not well. Make a list of these on the board or a large piece of paper where all can see. Responses may include: fever, allergies, aches or pains, earaches, skin rashes, vomiting, diarrhea, poisoning, cuts, scrapes, and bruises.

What do children do when they first feel sick? Allow a few minutes for response. Chances are, they tell their parents. If they are very sick, their parents may call the doctor or take them to the hospital. Explain in today's lesson they are going to learn to take care of themselves first when they feel sick.

Ask if there is anyone in the class who has perfect attendance because he has not been sick. Then ask the class if they think there are ways to make sure they don't get sick.

Write the word **prevention** on the board or a large piece of paper where all can see. Then ask for a definition. If there is no appropriate response, you can define the word as "to stop something before it happens." How is that possible? Explain by taking care of ourselves, we can prevent health problems. This means good health is not an accident; each of us can make sure we have good health.

Ask the class if they know what a **habit** is. Explain a habit is something we do over and over so it is part of our daily routine. Ask students to share examples of habits. Allow three or four responses. Tell them there are good habits and bad habits, work habits and play habits, and some very important habits that can help them stay well.

These **Good Health Habits** include:

1. **Eating healthy food:** Ask for examples of these. Responses include eating fresh fruits and vegetables, and foods low in fat and sugar.
2. **Exercise:** Being physically active keeps us in good health because it keeps our heart pumping and blood circulating. Exercise includes walking, running, bike riding, playing ball, dancing, or doing aerobics.
3. **Get plenty of rest:** This means not staying up too late at night, having a good night's sleep before getting up in the morning, and allowing time for relaxation. Relaxation can be as simple as reading or going for a walk with a friend.
4. **Keep your home safe:** Check to see your home is accident-proof, so you can avoid accidents and burns.
5. **Take care of yourself if you feel sick:** It is very important to take care of yourself when the first symptoms of a cold appear. You should rest and drink plenty of liquids.
6. **Wash your hands often:** Especially after using the bathroom, before eating, after playing outside, and when you are sick.

Activity:

Germ s make us sick. Ask for two volunteers to stand in front of the classroom. Give each of the remaining students the Germs Activity Sheet (page 5). Have students cut out the germs. Tell them you are going to explain a situation about one of the children. They will have to decide whether it is healthy or unhealthy. If it is unhealthy, they should come up and place a germ on the volunteer .

Read each of the scenarios below and have them decide whether the volunteer should have a germ attached to him or if the germ should be thrown away. Alternate each question between the two volunteers. Once all students have had a turn to either tape their germ to the volunteer child or throw it away, look at the two volunteers. Count up their germs. Ask students which one has the most germs on him from unhealthy habits. Ask them which volunteer they think would get sick.

This child...

1. does not wash his hands after using the bathroom.
2. washes his hands after coming inside from playing.
3. takes a walk with a good friend after dinner.
4. goes to bed very late.
5. eats chocolate pudding for breakfast.
6. snacks on fresh fruit.
7. never relaxes.
8. does not wash his hands before eating lunch.
9. lives in an accident-proof home.
10. would rather sit on the couch and watch TV than go out and ride a bicycle.
11. lives in a home with many dangerous things within reach.
12. makes sure to get exercise every day.
13. loves to go to dance class.



This child...

14. loves to play ball.
15. eats candy and potato chips for dinner.
16. forgets to eat breakfast.
17. gets extra rest when he feels sick.
18. stays up late when he feels sick.
19. doesn't like activity; he would rather play video games.
20. eats mostly fresh fruits and vegetables.
21. drinks soda instead of fruit juice or water.
22. favorite after-school snack is an orange.
23. gets to sleep early and gets up easily in the morning.
24. gets most of his snacks from the ice cream truck.
25. washes his hands often when he is sick.
26. doesn't think washing his hands is important.
27. loves junk food.
28. loves to exercise.
29. tells his parents when he doesn't feel well.
30. doesn't pay attention to his body when he feels sick.



Writing Connection:

Give each child a copy of the I Feel Good Activity Sheet (page 6). Direct them to select a healthy habit from the discussion, write about it and draw a picture of the habit.

Puzzle Page:

Review the main points of the lesson and complete the Childhood Diseases Activity Sheet (page 7).

Comic/Act It Out/Read All About It:

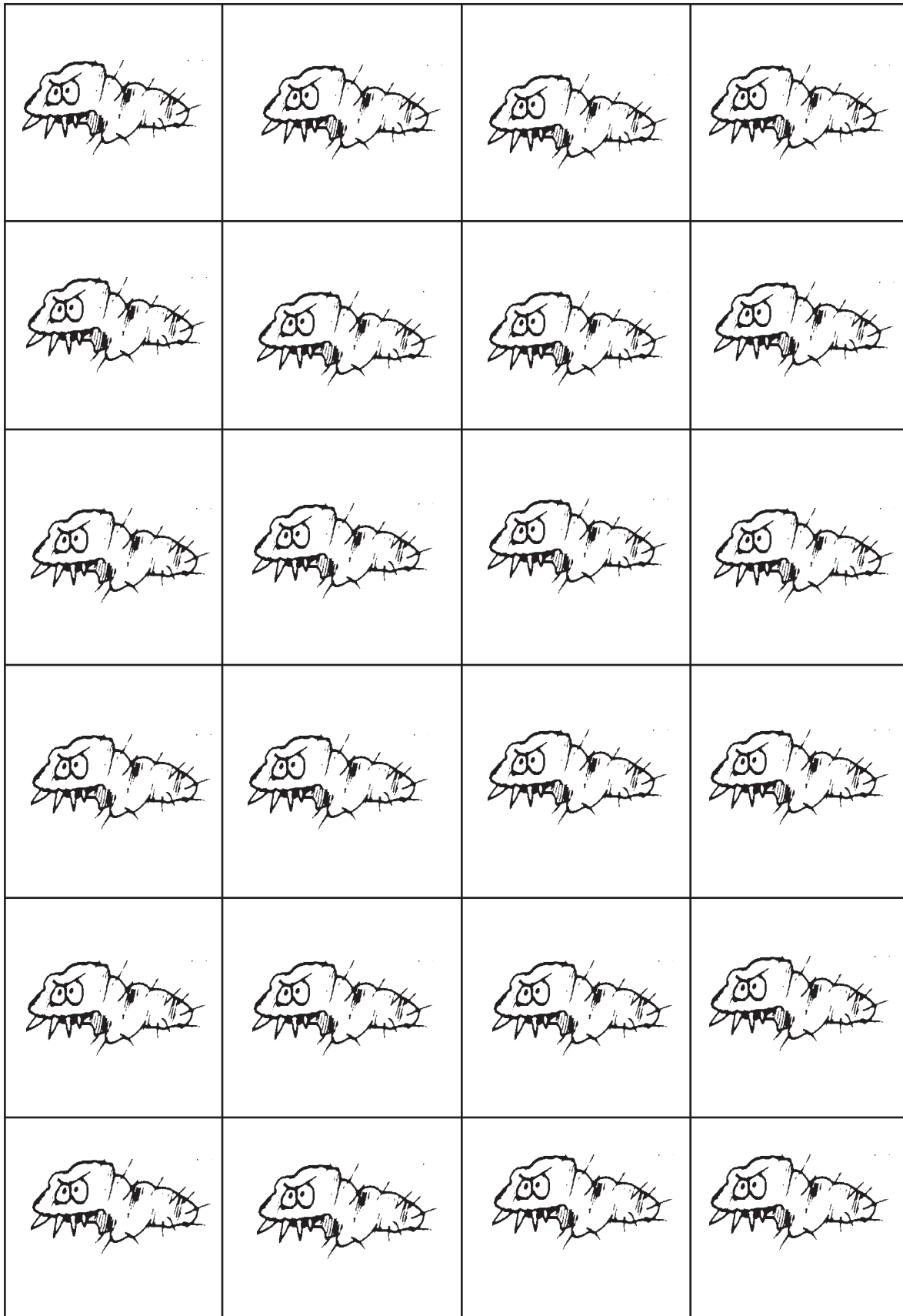
Distribute and explain the Comic Activity Sheet (page 8). Have the students role-play the comic strip, write captions on it, read it out loud to the class, and color it.

Family Activity:

Hand out the Health Care is Self-Care Family Activity Sheet (page 9). Instruct children on how to complete it. Explain they can do it at home with an adult and return it to their next class.

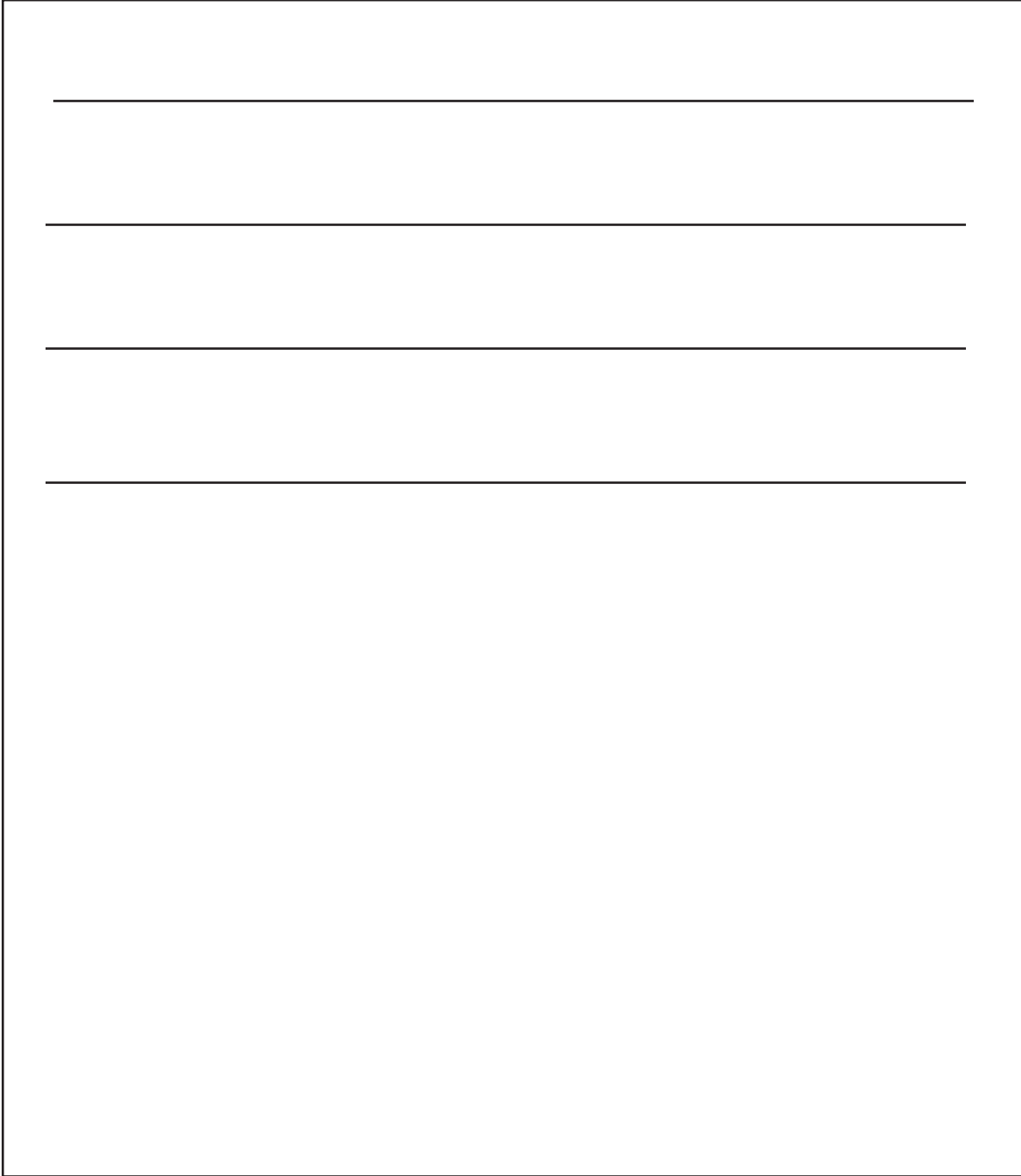
Tips for the Day:

1. It's your responsibility to stay healthy. Take care of yourself!
2. Eat foods high in fiber and low in salt, sugar, and fat.
3. Get enough rest.
4. Have a first-aid kit at home.



I FEEL GOOD!

Choose a healthy habit. Write a few sentences describing it and then draw a picture of yourself practicing that habit.



A large rectangular box with a black border, intended for a student's response. Inside the box, there are four horizontal lines spaced evenly, providing a guide for writing several sentences. The bottom portion of the box is left blank for drawing.

CHILDHOOD DISEASES

It's much more fun to be well than sick. What illnesses do children often have?

M _ _ _ _ _
M _ _ _ _
C _ _ _ _ _ P _ _ _
C _ _ _ _ _ C _ _ _ _
F _ _ _



How do you go about having a healthy body?

E _ _ three healthy meals each day.

E _ _ _ _ _ .

A _ _ _ _ candy and junk food.

S _ _ _ _ at least nine hours each night.

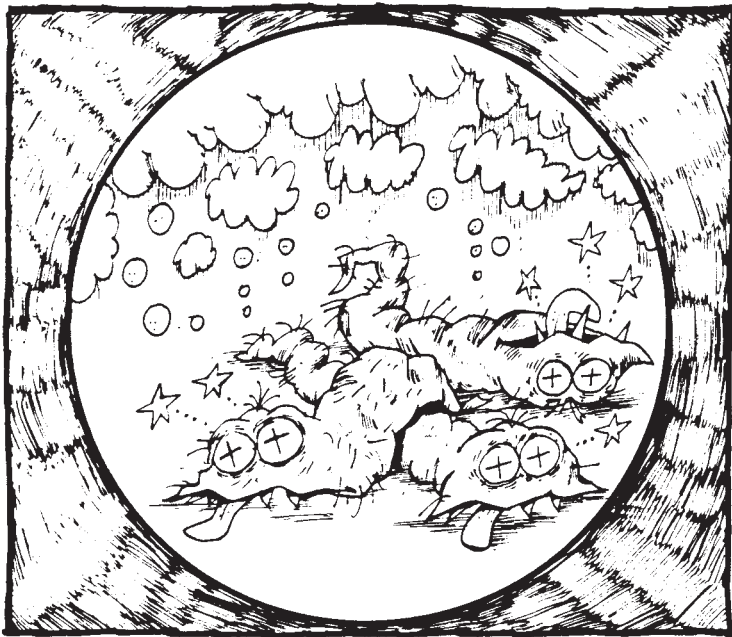
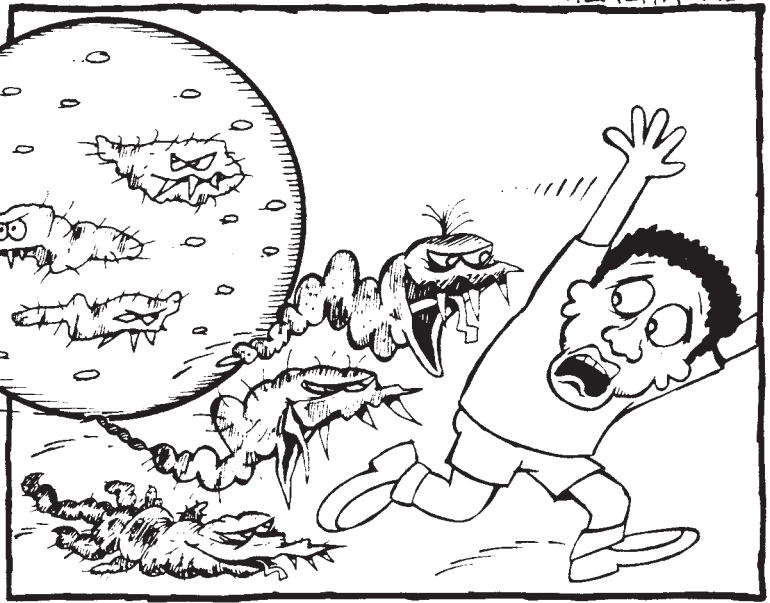
W _ _ _ hands before eating.

B _ _ _ _ teeth twice daily.

Here are some words which may help you fill in the blanks.

MEASLES	BRUSH	FLU	WASH	COMMON COLD
SLEEP	MUMPS	AVOID	EAT	CHICKEN POX
EXERCISE				

HEALTHY ME



HEALTH CARE IS SELF-CARE

Family Activity

Dear Parents:

Today, our lesson taught us about good health and staying healthy by developing good habits. Our assignment is to watch our behavior for a week and check off each day we practice healthy habits.

	Keeping Clean	Getting Exercise	Getting Enough Sleep	Eating Healthy
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Please help your child finish this family activity and return it with your signature.

Parent's Signature

Date