



Grade 1 Engagement and Assessment Ideas

Body Systems

- Have students draw a human body and label the body structures and organs; adjacent to each structure or organ, write the function.
- Have students perform a skit about the daily activities of a healthy heart, lung or brain.

Community/Environmental Health

- Create a picnic lunch and discuss how to dispose of the trash.
- Make drawings and bumper stickers about one of the three "R's" and have students explain why they were assigned each "R".
- Sort photos or images of people disposing of trash properly, recycling, or conserving water and land and write a sentence to tell how each person is helping to stop pollution.

Nutrition

- Have students utilize the choosemyplate.gov curriculum and activities
- Have students sort images into healthy and less healthy food choices and discuss their choices.

Disease Prevention/Health Promotion

- Engage students in classroom physical activity breaks.
- Have students draw pictures of their favorite physical activities
- Have students draw pictures of people with good and bad posture.
- Have students practice sitting and standing with good posture.
- Ring a chime at periodic intervals through the day as a signal to students to assume good posture.
- Show students images of people of all ages engaged in an array of activities and have them select behaviors that keep the heart, brain, and lungs healthy.
- Use online videos about proper oral hygiene and have students practice brushing and flossing their teeth.

- Demonstrate how to properly wash hands and have students practice hand washing behaviors.
- Have students monitor their personal hygiene practices for a week using a checklist and report on what they have learned and why hygiene is important.

Safety/Injury Prevention

- Show students images of safe and unsafe behaviors and have them identify the safer choice and describe why.
- Have students practice safety drills, e.g., fire safety, school bus evacuation, school safety.
- Have students draw floor plans of their homes with the help of their families and plan fire escape routes and family meeting place.
- Have students identify safety behaviors they currently use to protect themselves.
- Have students keep a record of their safety behaviors for one week.
- Have students participate in a school bus evacuation drill.
- With community partners, coordinate an interactive bike safety or pedestrian safety activity for students.
- Have students draw an automobile safety picture.
- Using props, have students demonstrate how to use seatbelts correctly.
- Have students draw pictures of pedestrians walking and crossing a road safely.
- Develop a classroom playground safety poster with safety rules.
- Create a worksheet so students can circle various activities and match them with the proper safety equipment.
- Have students identify various health and safety agencies and describe what services they provide (e.g., ambulance services (transport people with medical needs); police department (help if you are lost, hurt, etc.); fire department (put out fires or help people who are in a car accident); health department (provides immunizations); social services (provide housing, food, etc.); mental health services (help with emotional and other mental health needs); local hospitals (provide emergency and long-term care); emergency medical services (help if you are injured or sick).
- Have students list at least three health care providers that help people live healthy lives.
- Have students explain the role of three community health care professions.

Mental Wellness/Social Emotional Skills

- Have students create posters of people's faces with a variety of expressions and have them identify the emotions.
- Have students make up a story about a person in the poster. Ask for suggestions as to why the person may feel happy, sad, anger, guilty, or fearful, and what might help to make that person feel better.
- Ask students to identify and discuss situations at home or at school that have made them feel emotions and how they expressed their emotions.
- Have students read a story about sharing feelings in healthful ways with friends.
- Incorporate activities that demonstrate kindness into every class.
- Engage in activities that support *Mindfulness*.

Violence Prevention

- Have students role-play working together to reach a common goal (e.g., finishing a puzzle, creating or building something, or planning an event); discuss helpful and harmful group and individual behaviors.
- Engage students in role-plays of different positive interpersonal behaviors.
- Ask students to list and explain why there are school rules.
- Ask students to explain respect for others and discuss how it makes them feel when others show respect or disrespect towards them.