

2009-2010 HEALTH LESSON PLANS

11/30/09

ROTATION WEEK # 1

GRADE 2 HOMEROOM Timony, Szok, Dechka

my
Health
Folder

Name
2-B

DAY 1

MAIN IDEA: Welcome to Health Class - ALL sit on carpet

LESSON: Tour of room -

"What Did You Learn in 1st grade health?"

C.D. - Let's Figure out Health

Seating Chart - (2 B - 2 G @ each table)

Make Health Folders.

DAY 2

MAIN IDEA: Big Book - pg 4-5 (ON CARPET)

LESSON: Reader - Feelings - read pgs 2-3

③ Sit @ seats

④ Fill in sentence: "I have Good Health when I _____"

Have each child say the complete sentence.

⑤ C.D. Let's Figure out Health

⑥ Do Venn Diagram T #45 - Draw a 3rd circle using the over head (Body, Mind, Feelings)

DAY 3

MAIN IDEA: B.B - 6-7 ON CARPET

LESSON: Reader 4-7

H.M. - 3 + 4 Do #4 1st. Read the sentence, have students write their answers. Repeat.

#3 - Do top together. Bottom - Do 1 example on Board - choose 1 Character Trait - tell what picture you would draw. Put into folders.

DAY 4

MAIN IDEA: Feelings - Reader 8-15

LESSON: on carpet

H.M. - #7 - Be Proud of Yourself - Read each sentence. Give time for class to write each answer. Put in folders.


Bus DVD Song Sheet - Sing together the song. (Winnie the Pooh DVD)

DAY 5

MAIN IDEA: Families - B.B 8+9

LESSON: Reader - Getting Along pgs 2-7

H.M. #11 - A Family




1. Let's Figure Out Health

You got your mind, your body and your feelings
Working together all day
Working while you work, and working while you play

You got your mind, your body and your feelings
That's what we're learning about
It's complicated, but we can figure it out

And once you know, you'll always know
The parts that make up your health
And once you know, you'll always know
How to take care of yourself



Name _____ Date _____

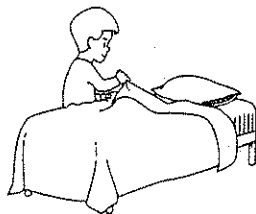
Showing Good Character

Draw a line to match each picture with its label.



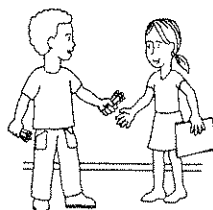
Show respect.

Be responsible.



Be fair.

Be trustworthy.



Be caring.

Be a good citizen.



Choose one character trait. Then draw a picture showing the trait.

Name _____ Date _____

My Wise Decisions

Complete each sentence. Tell about wise decisions you made.

1. I made a **healthful** decision when I

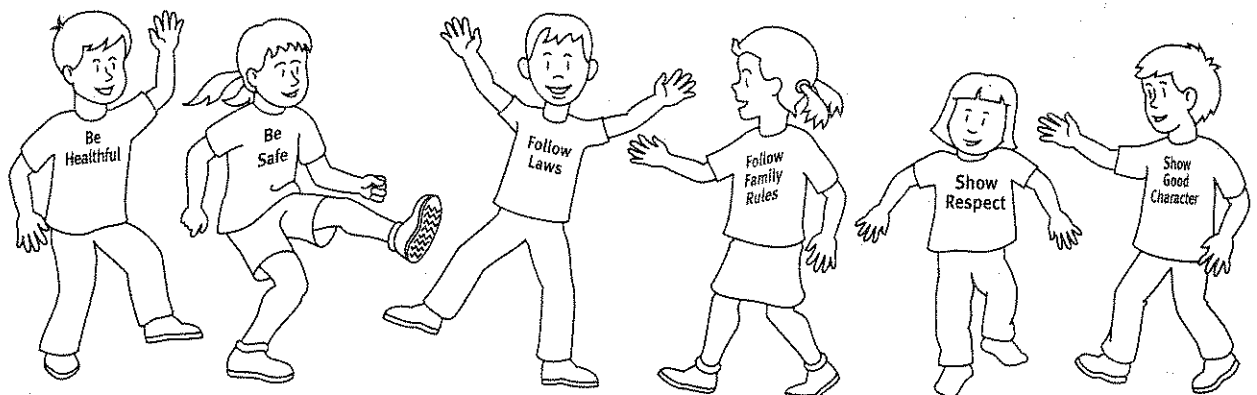
2. I made a **safe** decision when I

3. I followed **laws** when I

4. I showed **respect** when I

5. I followed **family rules** when I

6. I showed **good character** when I



Name _____ Date _____

Be Proud of Yourself

You have learned a lot since last year! Complete each sentence.

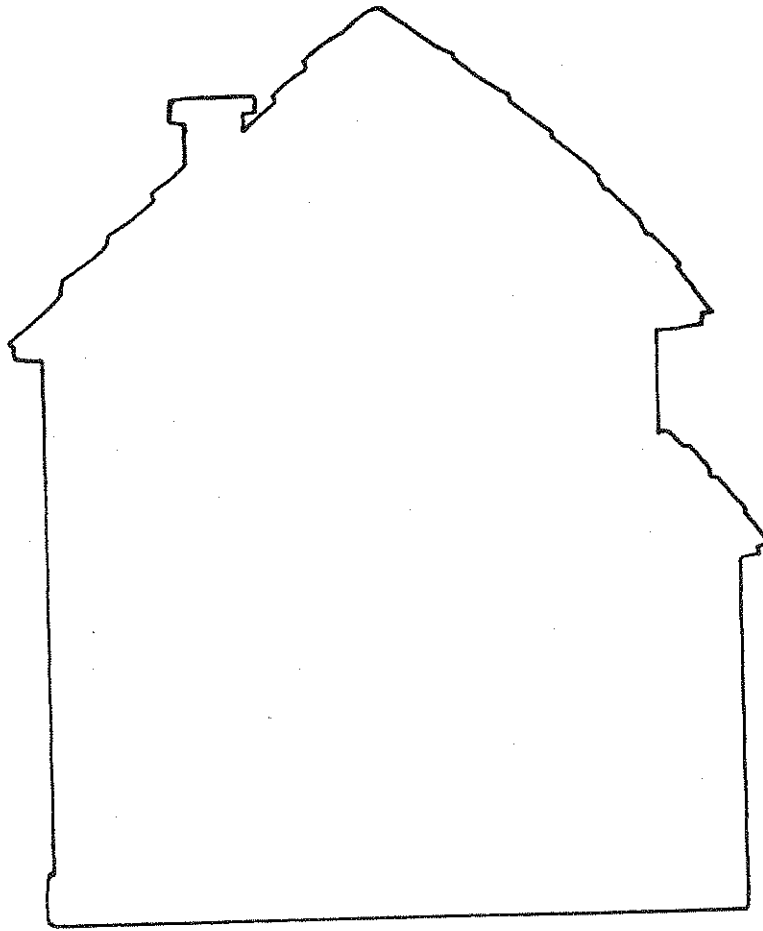
1. I tried hard to learn _____. I learned it!
2. I was good at _____. Now I'm better!
3. I didn't know how to _____. Now I do!
4. I used to get angry when _____. Now I keep my cool!
5. I used to think that _____ was hard. Now I know I can do it!
6. I was a good helper for _____. Now I help more people!



Name _____ Date _____

A Family

Have some of your family members make a thumbprint in this house. Draw a face, hair, and body for each one. Write "mom," "sister," "uncle," and so on to tell who each family member is.



Write a sentence about this family.

Sing-Along *Think Safety*

Think, think, think safety!

Chorus:

Whenever you ride the bus,
Whenever you go to school,
or whatever you do,
Take a little tip from us
And always think safety too
Like Winnie the Pooh.
It's a little tip that you can trust,
Safety is a must
Whenever you ride the bus.

Line up when you see the bus
Two big steps from the street.
Hold the rail when you get on the bus
You could slip and hurt your beak!
Think safety.

Think, think, think safety!

Repeat Chorus

Don't eat or drink when you ride the bus,
You could choke or spill your food.
Don't fight, be very courteous,
And never, never be rude.
And don't ever throw things about
Or somebody might get hurt.
Speak softly and never ever shout

So the driver can stay alert.

Repeat Chorus

Whenever you ride the bus.
Whenever you ride the bus.

Walk to the edge of the bumper of the bus
And always look both ways.
Then listen very carefully—hush!
If no cars are coming, then crossing's okay.

Think safety.

Repeat Chorus

Whenever you ride the bus.
Whenever you ride the bus.



Disney Educational Production

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