

2nd 5 day Rotation

Tony

2007-2008 HEALTH LESSON PLANS

ROTATION WEEK # 2

Grade 1 Homeroom Landaker / Roberts

DAY 1

MAIN IDEA: B.B. - 8:9 (T manual 21:25)

LESSON:

4/12

Reader - Your Family & Friends Read pg 2-5

H.m #11

Parents Visiting - Play CD & X

DAY 2

MAIN IDEA: Video - Ten Ways to Cool Off

LESSON:

4/13

First - discuss briefly pg 1,2

View video - don't stop between discuss

Review 10 ways to Cool Off - pg 4

It's time - Do Word Search Activity #4

DAY 3

MAIN IDEA:

LESSON:

4/14

Video - How You Can Solve a Problem (16 min)

Intr - pg 1+2

Do handout pg 20 - Silly Sayings - do together as a class

DAY 4

MAIN IDEA:

LESSON:

Thurs 4/15

Start sitting in burgundy chair? Kids on carpet.

Read pages 8-15 - Use the Teacher manual for question suggestions (T pg 30-39)

H.M. (worksheets - 2 sided) # 12 & 14

DAY 5

MAIN IDEA: Video - I Can Follow the Rules

LESSON: 16 min.

Fri 4/16

Give Program overview - pg 1+2

View video

Discuss

2 worksheets. Do #1 together using the overhead attached to this sheet

Jan 2010

2009-2010 HEALTH LESSON PLANS

ROTATION WEEK # 2

2 Families Rules Fighting

GRADE 1 HOMEROOM Anderson, Landaker, Hansen

DAY 1

MAIN IDEA: Families

LESSON: B.B. 8 + 9

Reader - Your Family and Friends + You
Read Pgs 2 + 3

H.m. # 11 A Look @ Families - Do bottom 2 sentences 1st together
Use the overhead to write the sentence.

DAY 2

MAIN IDEA: Review Families in B.B.

LESSON:

Reader 4-15 - read + discuss

H.m. # 12 Family Fun

Health C.D. Track # 2 - Family + Fun - Read words 1st before playing

DAY 3

MAIN IDEA: Video - I Can Follow the Rules.

LESSON: 16 min

Briefly give program overview in video binder - pgs 1-5
View video

Discuss

Begin Rules w.s. #32 together - I made an overhead transparency to write on w/ the class of this worksheet

DAY 4

MAIN IDEA: Finish reviewing Day 3 lesson.

LESSON: Discuss main ideas from the lesson

Do W.S. #33 - Signs to Follow -

instead of drawing - write a sign for that place. Do together on the overhead I made for pg 33

DAY 5

MAIN IDEA: Video -

16 min

LESSON: How not to Fight -

Briefly give the program intro - pgs 1-3.

Show video

Discuss

Hand-out 2 sided paper w/ word search, parent letter back-to-back

At end of class put paper in folders

Reminded class Read "Love is a Family" by Pamela Durney (Scholastic Book)

1st Grade

Health Packet

Week 2 Topics

- * Families and Friends
- * Family Fun
- * Video I can follow the Rules
- * Signs to follow rules, rules, rules
- * Video How not to Fight

Send-Home Page

Dear Family Member,

Your child viewed a program called *How Not to Fight*. The program dealt with ways to handle angry feelings so that they don't lead to a fight. Here are some ways you can help your child use the ideas he or she learned to keep from fighting with others.

- Here are some steps to avoid fighting that your child learned in the program. Reinforce these points by discussing them with your child.
 - Stop and cool down.
 - Think about the situation. Ask yourself, "What else can I do?"
 - Talk to the other person about what is making you angry.
 - Listen to what the other person has to say.
 - Solve the problem by coming up with ideas that everyone agrees to.
- Help your child use these ideas when you see that he or she is angry at someone.
- Role play different situations with your child, practicing the techniques your child learned in the program.
- Set a good example for your child by following these steps yourself whenever you can.

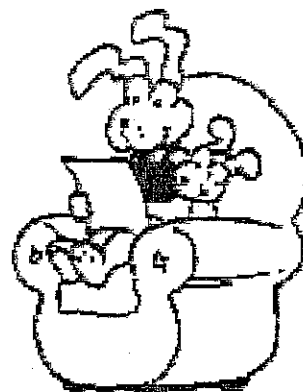
Suggested Reading

Rosie and the Yellow Ribbon by Paula DePaolo.

It's Mine! by Les Lionni

No Fighting, No Biting by Else Holmeland Minarik

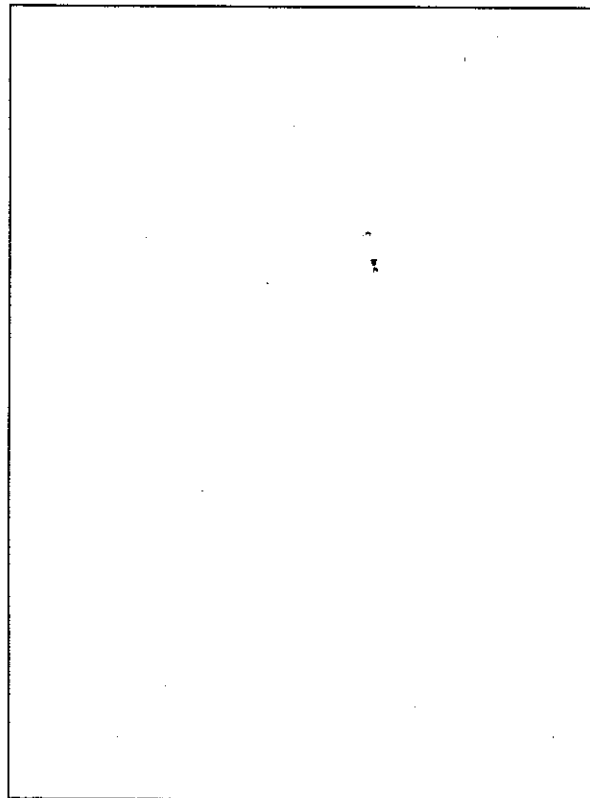
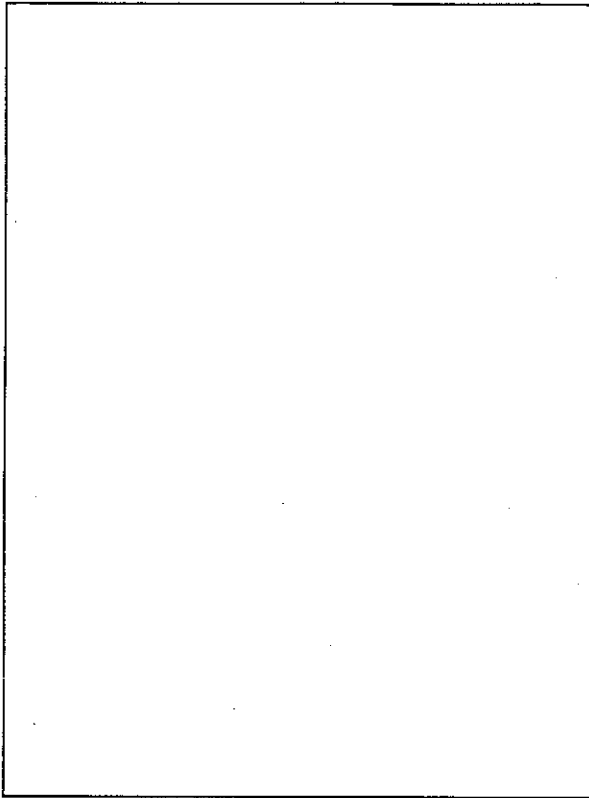
The Terrible Fight by Sharon St. Germaine.



Name _____

A Look at Families

Draw a family you know. Draw another family.



Tell ways the families are alike.

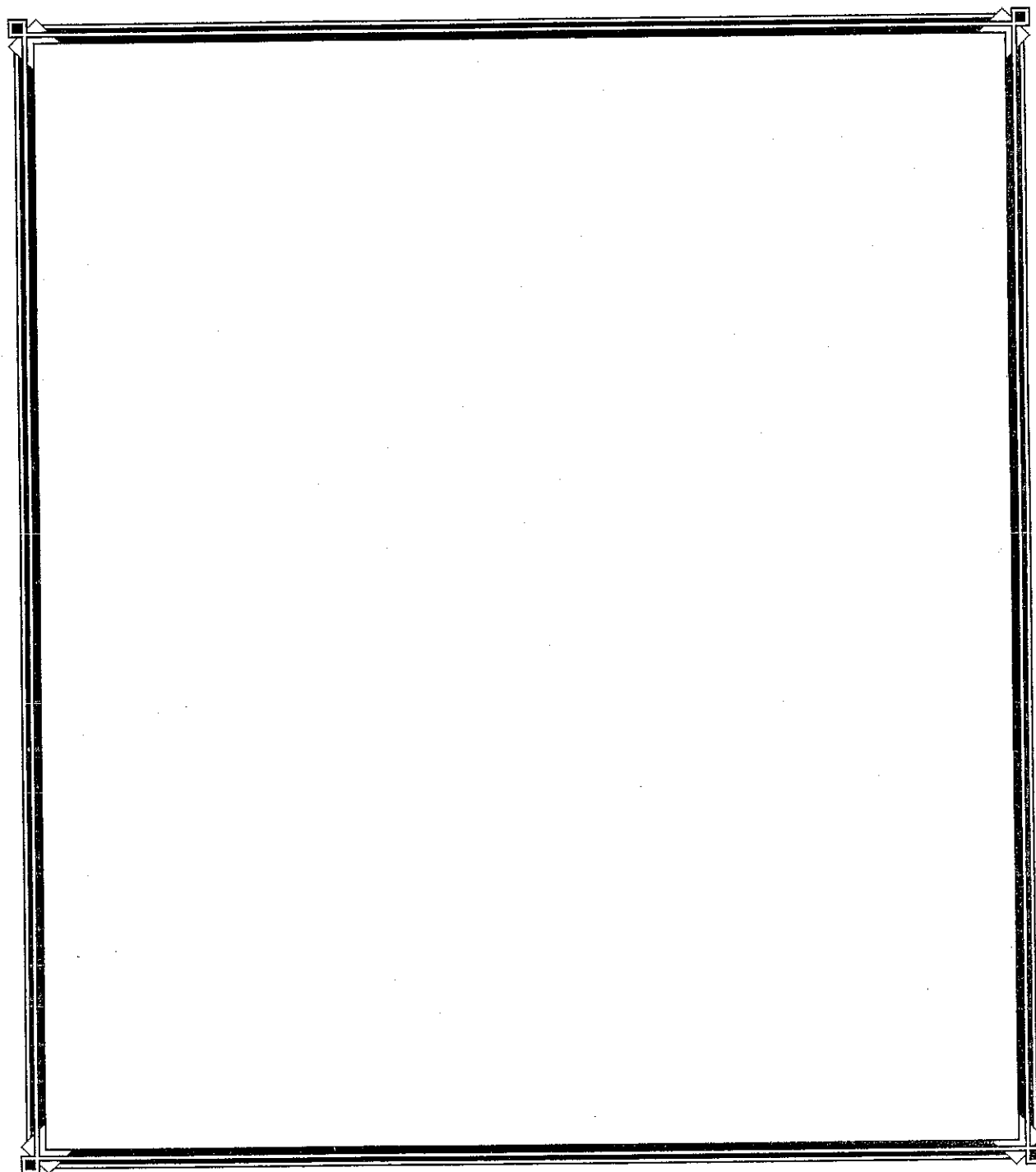
Tell ways the families are different.

Name _____

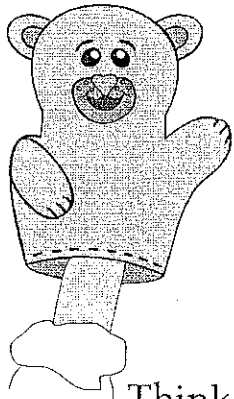
Family Fun

What does your family do for fun?

Draw a picture.



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Part 1: Why Are
Rules Important?

Rules, Rules, Rules!

Activity Sheet

1

Think about all the rules you have to follow every day. Write some of them on the lines below. Next to each rule, write where you have to follow it—in school, at home, on the school bus, etc.

Rule

1

2

3

4

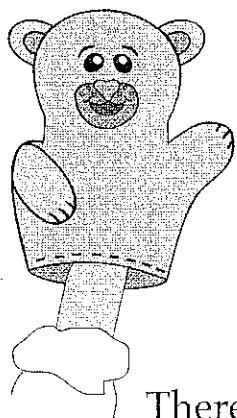
Where

1

2

3

4



Part 1: Why Are
Rules Important?

Signs and You!

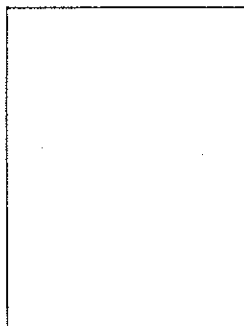
Activity Sheet

2

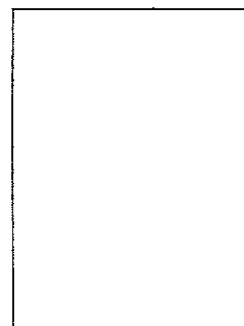
There are rules to follow everywhere you go. Often there are signs to tell you what the rules are. In each box below, draw a picture of a sign you might see in that place. You might want to illustrate your sign with a drawing or a design.



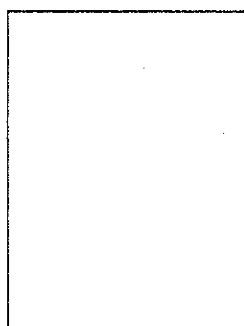
At the
Zoo



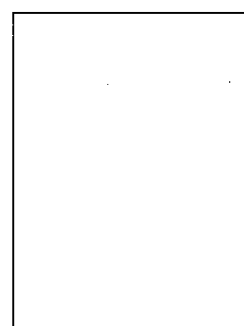
At the Beach



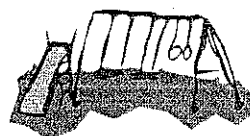
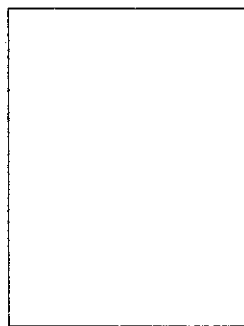
In the
Museum



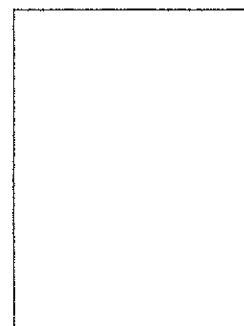
On the Bus



In the Library



At the
Playground



Name _____

PART 3
Solve the Problem



Word Search

All the words in the box have to do with how to keep from fighting. See if you can find where the words are hidden in the puzzle. Some go up and down (vertical), some go across (horizontal) and some are at an angle (diagonal). Draw a line around each word you find. Use colored markers if you like.

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| C | F | X | F | I | G | H | T | L | A |
| A | A | E | M | V | E | X | O | M | K |
| V | T | L | E | R | H | O | E | L | C |
| O | H | R | M | L | C | L | A | E | S |
| I | I | L | T | L | B | T | U | V | O |
| D | N | L | A | O | I | S | I | U | L |
| G | K | E | R | H | L | S | T | R | V |
| Y | D | P | T | R | I | W | T | O | E |
| I | A | N | G | R | Y | T | T | E | P |
| Z | K | H | E | A | G | R | E | E | N |



LOOK
FOR THESE
WORDS

| | | | |
|-------|---------|--------|-------|
| AGREE | FEEL | SOLVE | ANGRY |
| FIGHT | STOP | AVOID | IDEA |
| TALK | CALM | LISTEN | THINK |
| COOL | PROBLEM | | |