

11/30/09

ROTATION WEEK # 1

GRADE 4 HOMEROOM Johnson, Trent, Wyring

DAY 1

MAIN IDEA:

LESSON:

Introduction and Welcome (students are in any seat)

Go over subjects that will be covered this year.

Do a seating chart - 2 Boys / 2 Girls per table if possible

Make Health Folders for about 10 min. - Pass out text - let them look

DAY 2 Wellness Scale? What can you do to improve the number -

MAIN IDEA:

LESSON:

H.m # 2 only if time

DAY 3

MAIN IDEA:

LESSON:

Hand out books. 1 Person from each table gets the books AND puts them back

H.m # 2 - A Plan for Good Health - Show students how each heading on worksheet is a heading in the book (Grade together) Collect - have students put in folders.

DAY 4

MAIN IDEA:

LESSON:

Good Character Lesson - Text A10 - ~~A12~~ A13

Read together and discuss

H.m # 3 (in folders) - back side of A.m 2 from yesterday

Lesson Quiz - pg 5 - Plan for Good Health

Do by self - Collect + Grade.

Have students Put in Folders on Day 5

DAY 5

MAIN IDEA:

LESSON:

Video - How to Say NO - 19 min

Use manual for introductory materials

Partner-up - Hand out paper (2-sided)

w/ partner - How many ways can you write down to Say NO?

Do Word Find - "How Does It Feel?" - only enough copies for Johnson's class. You need to make more.

Put Papers in Folders

My Health Folder

11/30

6/1

4/2

6/3

6/4

Inferring How our bodies are changed by Personal Safety

Good Character - Bullying - Say No, Anger Manger, Germ Unit - cells, Nutrition

Ask sand volunteers

Johnson's class - long kid & took text. Took 19 min. So no time for other sheet. 540 paper



# A Plan for Good Health

**Directions:** Complete the lesson outline by filling in the blanks.

## Three Parts of Total Health

1. The three parts of total health are
  - a. \_\_\_\_\_,
  - b. \_\_\_\_\_, and
  - c. \_\_\_\_\_.

## Improving Health and Wellness

2. Use the \_\_\_\_\_ to rate total health.
3. Being physically active every day is an example of a \_\_\_\_\_.
4. Smoking is an example of a \_\_\_\_\_.
5. Risk behaviors cause your rating on the Wellness Scale to \_\_\_\_\_.
6. Keep total health strong by setting \_\_\_\_\_.
7. The first step to practicing healthful behaviors is to \_\_\_\_\_ about a healthful behavior.
8. There are \_\_\_\_\_ to follow to use each life skill.

## Practicing Healthful Behaviors

9. The key to learning a new skill is \_\_\_\_\_.
10. Practice a healthful behavior, and it becomes a \_\_\_\_\_.
11. "I will get plenty of physical activity" is an example of a \_\_\_\_\_.

Date \_\_\_\_\_

**Directions:** Use the clues to complete the puzzle.

2. Thinking highly of yourself
5. A reminder to yourself as to what you should do
6. Beliefs that guide a person's behavior

1. Able to be trusted with a job, duty, or concern
3. The qualities that make you different from others
4. How you look, think, act, and feel

values

[illegible]

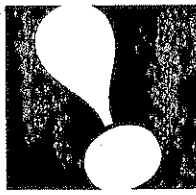


Section 1: You Can Say No / Handout 4

# How to Say No

Work with a partner and see how many ways you can say no without giving a reason. Here's one to start you off:

No, I don't want to.



#### Section 4: You Can Change Your Mind / Handout 2a

## How Does it Feel?

Thirteen words about feelings are hiding in the puzzle below.  
use the Word Box and see how many you can find.



### Word Box

ashamed	uneasy	foolish
depressed	happy	angry
proud	worried	excited
disappointed	nervous	sad
scared		

# A Plan for Good Health

**Directions:** Write the letter of the correct answer on each line.

- \_\_\_\_ 1. An action that can be harmful to you and others
- \_\_\_\_ 2. A healthful action to learn and practice that increases and maintains your health
- \_\_\_\_ 3. Highest level of health you can have
- \_\_\_\_ 4. Something you work toward to help you become a healthier person
- \_\_\_\_ 5. An action that increases the level of your health
- \_\_\_\_ 6. The condition of your body, mind, and relationships

## Vocabulary

- A health goal
- B life skill
- C risk behavior
- D health
- E wellness
- F healthful behavior

**Directions:** Write the letter of the best answer on the line.

- \_\_\_\_ 7. Mental and emotional health is how well \_\_\_\_.
  - A your mind works
  - B you show your feelings
  - C your body works
  - D Both A and B
- \_\_\_\_ 8. Riding double on a scooter is an example of a \_\_\_\_.
  - A life skill
  - B risk behavior
  - C healthful behavior
  - D health goal
- \_\_\_\_ 9. "I will get enough sleep and rest" is an example of a \_\_\_\_.
  - A health goal
  - B life skill
  - C resistance skill
  - D Both A and B
- \_\_\_\_ 10. The first step to practicing a healthful behavior is to \_\_\_\_.
  - A ask an adult to help you
  - B make the behavior a habit
  - C practice the behavior
  - D learn about the behavior

# Your Self-Concept

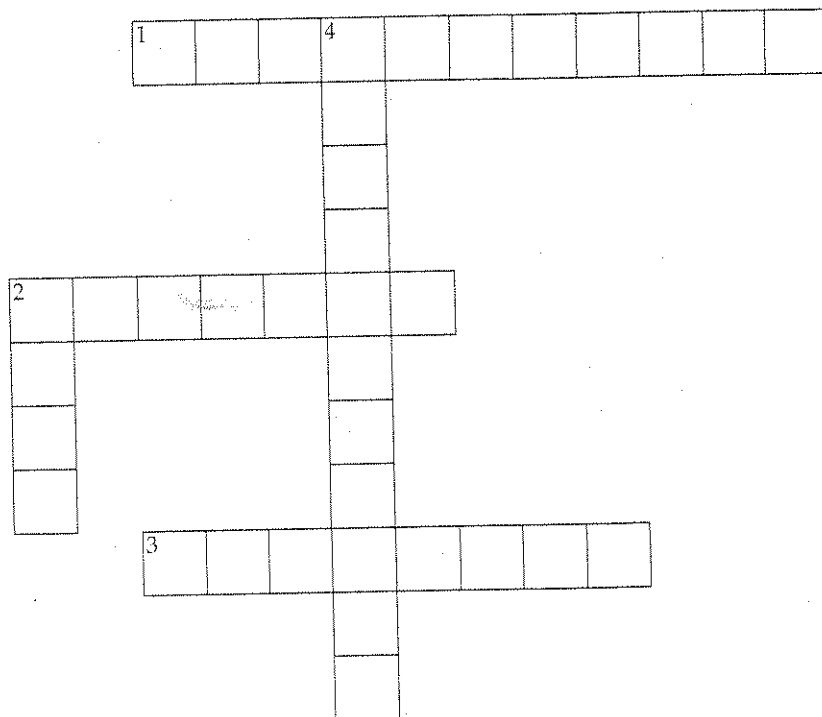
**Directions:** Use the clues to complete the puzzle.

## Across

1. How you look, think, act, and feel
2. Treating others as you want to be treated
3. Traits you get from your birth parents

## Down

2. A guide to help you do the right thing
4. Feelings you have about yourself



## Vocabulary

heredity  
personality  
respect  
rule  
self-concept

**Directions:** Answer the questions on the lines provided.

1. Name two traits that are part of your heredity.

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2. Name two traits that are part of your personality.

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