Everyone is welcome!

Come on in!
THE GREAT BODY SHOP
K-6 Comprehensive Health, Substance Abuse & Violence Prevention
Research-based! Proven Effective for almost 30 years!

Objectives:
For Curriculum Directors, Health Coordinators & Administrators:

- Understand concepts related to health promotion and disease prevention
- Analyze internal and external influences that affect the health of self and others
- Demonstrate the ability to access valid health information, products, and services
- Use interpersonal communication skills to enhance health and reduce health risks
- Use decision-making skills to enhance health
- Use goal setting skills to enhance health
- Demonstrate the ability to use health behaviors to avoid or reduce risk
- Advocate for personal, family, and community health

For Teachers:

- Common Core State Standards for English, Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects embedded in each lesson
- Complete step by step lesson plans and/or outlines
- Homework, portfolio work, and cross-curricular activities
- Student Issues to focus student attention on learning
- Instructional Log for tracking progress in teaching to standards
- Performance objectives, pre/post tests, and assessment rubrics
- Posters, graphic organizers, materials lists, and black line masters
- Quizzes, games, and multiple assessment opportunities
- Special Education notes in every lesson
- Websites, the Bookshelf, and community resources
- Web-based assessment, online-testing
- Printed and digital formats for student and teacher materials

For Students:

- Student Issues to use in school and then take home (English and Spanish)
- Fun characters and puppets
- Hundreds of activities to match different learning styles and levels
- Letter writing to Dr. Smartstuff
- Community resources, websites, and books
- Music for kindergartners

For Parents:

- Monthly Family Bulletins (English and Spanish)
- Family Activities
- Student Issues to use as resources for family health
- Special interactive parent/teacher website
- Parent education resources and reliable websites

Growth & Development
Critical Thinking, Goal Setting & Refusal Skills
Nutrition & Fitness
Safety, HIV & Illness Prevention
Drugs & Violence Prevention
Social/Emotional Learning

THE GREAT BODY SHOP is presented in a flexible format. Each teacher has a grade-appropriate Teacher’s Guide. Each student receives ten Student Issues, mailed monthly to the school throughout the school year. There are four lessons per unit (roughly one per week). The lesson design is centered on answering four basic questions:

1. What do we know?
2. What do we need to learn?
3. What did we learn?
4. What helped us to learn?

This design is amplified in each lesson with homework, portfolio, and reinforcement activities. THE GREAT BODY SHOP is kept current and medically accurate with annual updates.

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We’ve got it all . . .
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THE GREAT BODY SHOP
Comprehensive Health Curriculum

MONTH ONE
K How to Stay Safe
  1 Look Out
  2 Let’s Stay Safe
  3 Safe At Home, Safe Away
  4 Community Safety
  5 First Aid Facts
  6 Allergies and Asthma

MONTH TWO
K The Five Senses
  1 Head to Toe
  2 How You Think
  3 The Better To See You
  4 Let’s Talk Teeth
  5 Brainstorms: Your Central Nervous System
  6 Cells

MONTH THREE
K Adventure In Food
  1 Why Do We Eat?
  2 The Wide World of Food
  3 Let’s Eat
  4 The Digestive System
  5 You Are What You Eat
  6 Eat Right, Feel Great

MONTH FOUR
K The Family Team
  1 All About Medicine
  2 Your Heart, Small But Strong
  3 Community Health
  4 No Smoking!
  5 Love Your Lungs
  6 Keep This Body Safe

MONTH FIVE
K My Body Is Special
  1 Talk and Listen
  2 When I Feel Afraid
  3 I Like Your Attitude
  4 It’s My Body
  5 Those Crazy Mixed-Up Emotions
  6 What Is Stress?

MONTH SIX
K Going to the Doctor and Dentist
  1 Happy, Sad, and In Between
  2 Babies…and How You Grew
  3 Your Family, My Family
  4 Be Cool, Keep Clean
  5 Growing Up
  6 The Reproductive System

MONTH SEVEN
K No Drugs, No Way!
  1 Drugs Are Trouble
  2 Drugs Are Dangerous
  3 Saying No To Smoking, Drinking, and Drugs
  4 Stay Drug-Free! Build Your Assets
  5 Danger Ahead: The Truth About Drugs
  6 Addictions

MONTH EIGHT
K Getting Sick
  1 Get Well Soon
  2 Germs! They Make You Sick
  3 Things You Might Catch
  4 HIV and the Immune System
  5 About Blood And HIV
  6 HIV/AIDS

MONTH NINE
K Keeping Clean And Healthy
  1 How I Breathe
  2 My Skin and Me
  3 When Bodies Have Problems
  4 Your Incredible Hearing Machine
  5 All the Right Stuff
  6 A Healthy Environment

MONTH TEN
K Every Day Play
  1 Run, Jump, and Skip
  2 Muscles In Motion
  3 Finding out About Bones
  4 Exercise
  5 Bones and Muscles
  6 The Sports Report

Monthly Schedule of Units of Study
Student Issues are mailed monthly in the month prior to use
### Injury Prevention and Personal Safety

<table>
<thead>
<tr>
<th>Grade</th>
<th>Topics</th>
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</table>
| K     | - Safety rules and helpers  
|       | - Effect of no rules  
|       | - Where injuries happen  
|       | - Safety awards  
|       | - Routines for fire, storms, floods; decision-making; emergencies  
| 1     | - Safe and unsafe play  
|       | - Personal safety  
|       | - Refusal skills  
|       | - Who to trust  
|       | - Safe and unsafe touches  
| 2     | - Careless and careful behavior  
|       | - Predicting consequences of actions  
|       | - Being responsible  
|       | - Rules of safe play  
|       | - Safe and unsafe fire prevention routines  
|       | - Keeping your body safe  
| 3     | - Safe vs. unsafe  
|       | - Safety rules and laws  
|       | - Common hazards  
|       | - Emergencies: getting help, acting quickly  
|       | - Protecting the brain  
| 4     | - Safe at home and away  
|       | - Responsible safety strategies  
|       | - Safe environments  
|       | - Turning unsafe into safe  
|       | - Identifying emergencies  
|       | - Understanding the concept of risk  
| 5     | - Safety hazards  
|       | - Things that hurt your body  
|       | - Common sense  
|       | - Taking responsibility  
|       | - Dangerous vs. harmless  
|       | - Making safe decisions  
|       | - Types of abuse  
|       | - Right to privacy  
| 6     | - Defining First Aid  
|       | - Helping others  
|       | - Rules for emergencies  
|       | - Decision-making steps  
|       | - First Aid skills  
|       | - Major vs. minor emergencies  
|       | - First Aid skills for allergic reactions and asthma  
|       | - Sports injury prevention and First Aid  
|       | - Evaluating emergencies  
|       | - Safety hazards and routines  
|       | - Abdominal thrusts and emergency skills  

### Nutrition

<table>
<thead>
<tr>
<th>Grade</th>
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</table>
| K     | - Nutrition and self worth  
|       | - Implementing goals  
|       | - Choosing healthful snacks  
|       | - Identifying influences on food choices  
| 1     | - Role of food  
|       | - Effects of healthful and unhealthful foods  
|       | - Setting dietary goals  
|       | - Decision-making steps for healthy meals  
|       | - How food turns into energy  
|       | - Learning about digestion  
| 2     | - Nutrition and digestion  
|       | - Reading food labels  
|       | - Responsible food choices  
|       | - Nutritional guidelines  
|       | - Food handling and labeling laws  
|       | - Influences on eating habits  
| 3     | - Nutrition in the community  
|       | - Good food handling practices  
|       | - Responsible approach to food choices  
|       | - Individual, family, and personal preferences  
|       | - Predicting results of good nutrition  
|       | - Life cycle and changes in nutritional needs  
| 4     | - Healthful food choices  
|       | - Safe food handling  
|       | - Cultural, familial, and individual preferences  
|       | - Goals for healthful eating  
|       | - Decision-making for a healthful diet  
| 5     | - Food needs of living things  
|       | - Healthful vs. unhealthy  
|       | - Variety  
|       | - Meal plans  
|       | - Healthful breakfast  
|       | - Food groups  
| 6     | - Nutrition in the community  
|       | - Good food handling practices  
|       | - Responsible approach to food choices  
|       | - Individual, family, and personal preferences  
|       | - Predicting results of good nutrition  
|       | - Life cycle and changes in nutritional needs  

*Note: The above topics are illustrative and may not cover all aspects of the curriculum.*
Community Health & Safety (with Violence Prevention)

- How to define community
  - Community helpers
  - Rules and laws
  - Unsafe and violent actions
- Safety routines to avoid violence and danger
  - Bullying prevention
  - Social awareness
  - Conflict resolution
  - Decision making
  - Respect for community helpers

- Rules to keep safe
  - Thanking community helpers
  - Role-playing different at-risk situations
  - Practicing asking for help
- How to read, write, and speak name, address, and phone number
  - Knowing what help is needed when
  - Refusal skills
  - Avoiding violence
  - Bullying prevention, teasing

- Community helpers
  - Knowing ways you might hurt others and how they might hurt you
  - Practicing ways to avoid fights
  - Classifying violent and non-violent TV behaviors
  - Defining what it means to be drug-free and a good citizen
  - Bullying prevention, teasing

- Naming local community helpers
  - Studying community health
  - Rules and laws for community health
  - Negotiating the effect of no laws
  - Drugs, violence, and gangs in the community
  - Effects of positive and negative group attitudes
  - Communication skills
  - Negotiation and conflict resolution
  - Harassment and bullying prevention
  - Community service

- Community safety laws and regulations
  - Resolving conflicts peacefully
  - Different forms of violence and triggers
  - Decision-making steps for group tactics to avoid violence
  - Personal goals for community safety
  - Efforts to discourage drugs
  - Harassment and bullying prevention
  - Community resources
  - Community influences on health choices

- Public health/safety groups
  - Community safety and illness prevention
  - First Aid in the community
  - Group behaviors that pose safety hazards
  - Demonstrating responsibility to others
  - Routines for keeping safe
  - Community impact of communicable respiratory disease
  - Conflict resolution
  - Harassment and bullying prevention
  - Gangs

Self Worth, Mental and Emotional Health

- Seeing unique qualities in self and others
  - Respecting self and others
  - Practicing self-care and healthy habits
  - How to identify feelings and ways to help others
  - Family support
  - Boundaries and expectations

- Identifying personal talents, qualities, and feelings
  - Methods of communication
  - Respecting self and others
  - Helping others
  - Setting goals
  - Using refusal skills

- Identifying special qualities in self and others
  - Respecting and having empathy for self and others
  - How family changes affect feelings
  - Coping with fear

- Uniqueness of self and others
  - Positive character traits
  - Values and goals
  - Refusing and having pride in heritage
  - Grief and loss
  - Respecting different points of view

- Media, peer, and behavioral influences
  - Emotional maturity and respect
  - Personal changes
  - Communication and refusal skills
  - Routines for keeping safe
  - Communication and conflict resolution
  - Goal setting

- Social awareness of other people’s emotions and perspectives
  - Human emotions
  - Emotional maturity and respect
  - Positive and negative influences
  - Grief and self-esteem
  - Positive values
  - Goal setting

- Social, emotional learning skills
  - Making friends
  - Positive character traits
  - Self management of emotions

- Social, emotional learning skills
  - Making healthy friendships
  - Personal responsibility for health and safety
  - Discrimination and prejudice
  - Self awareness and self management

- Communication and refusal skills
  - Setting goals for healthy friendships
  - Communication skills
  - Practical problem solving
  - Respecting self and others
### Environmental and Consumer Health

- How to identify healthy and clean communities
- Good citizenship
- Routines for a clean environment
- Types of pollution
- How to identify health care professionals and services
- Safety rules for medicines and health care products
- Influences on health
- Advocacy for clean communities
- How to access health services and products
- Media influences

- Basic needs of humans
- Clean and polluted air
- How to avoid smoke and smog
- Effects of air pollution on lungs
- Identifying community health/safety professionals and services
- Rules for health care products

- Proper storage of health care products
- Practicing advocacy
- How to access health services and products

### Physical Fitness

- Choosing heart healthy activities
- Physical activity guidelines
- Benefits of exercise on heart and muscles
- Safety routines for physical activity
- Organized and after school play

- Relationship between exercise and nutrition
- Respiratory health
- Strong muscles and bones
- Defining physical fitness
- Benefits of exercise throughout life
- Safety routines

- Benefits of exercise on the heart, muscles, and bones
- Injury prevention
- Muscle control
- Safety routines

- Bones, joints, and exercise
- Benefits and enjoyment of exercise
- Safety rules and injury prevention in organized sports
- Exercise and play

- Exercise and muscles
- Defining physical fitness
- Benefits of exercise
- Practicing various forms of exercise and injury avoidance routines
- Setting goals for exercise and fitness

### Grade 1

- Rules for safe play
- Setting fitness goals
- Muscle impairments
- Types of physical activities
- Fitness pyramid

### Grade 2

- Making goals for fitness
- Practicing various types of exercises
- Types of physical activities
- Fitness pyramid

### Grade 3

- Relationship between exercise and physical fitness
- Self worth and stress reduction
- Types of physical activities
- Fitness pyramid

### Grade 4

- Benefits of exercise
- Identifying healthful environmental conditions for exercise
- Safety routines
- Fitness goals
- Good sportsmanship

- Fitness habits
- Sports and dance from other cultures
- Components of physical fitness
- Types of physical activities
- Fitness pyramid

### Grade 5

- Mental, emotional, and physical benefits of exercise
- Components of physical fitness
- Sports injury prevention
- Steroids
- Protective equipment
- Rules in sports

- Environmental conditions
- Diet and exercise plan
- Types of physical activities
- Monitoring fitness/target heart rate
- Fitness pyramid
- Fitness principles
Almost 30 years of equipping children and their families with the knowledge and skills to make healthy choices throughout their lives.

We are here for you!