



# Preview Materials

## Grade K



Educators love our K-12 curriculum based on a user-friendly design and its supreme effectiveness in delivering comprehensive health knowledge and skills.

- Health Promotion Wave (HPW) is **research based** and has been **proven effective** upon the results of an independent evaluation. We provide the connections between the latest proven teaching methodologies and strategies and the most current health information available.
- Health Promotion Wave's **materials are reusable** year after year because no consumable student text is required; in addition, the program provides **updated inserts** on a regular basis at minimal cost.

- Health Promotion Wave's lessons can be **integrated within the current frameworks** of a variety of subjects like reading, writing, math, science, art and music (Grades K-5).
- Health Promotion Wave is **engaging**, with lessons designed to promote **direct participation of students, parents and teachers**.
- Health Promotion Wave incorporates a variety of quality custom made and collected multimedia outlets to **accommodate diverse teaching and learning styles**. Multimedia resources include literature, posters, games, videos, software and models all used to enhance the enrichment of the information and skills taught by our program.

### Using this Preview:

Refer to the bookmarks on the left to navigate to the page you need. Included in the PDF files are:

**Lesson Plans:** The complete Teacher Edition contains lessons that cover a broad range of health topics including Personal and Mental Health; Family Life; Stress Management; Safety and Injury Prevention; Nutrition and Fitness; Drug Prevention; Growth and Development; Community Health and Disease Prevention.

**Student Activities:** Reproducible activity sheets that easily accommodate any class size. These hands-on activities are designed for use directly with the corresponding lessons in the Teacher Edition. No additional planning or drafting of lesson plans from a student text is required.

**Parent Activities:** These blackline masters are provided to keep parents informed and engaged in the health education of their children.

**Evaluations and Assessments:** These blackline masters are provided ready made in our program. These tools are one of the many options given to teachers to gauge students' progress in mastering the knowledge and skills vital to make healthy choices.

**Posters and Flash Cards:** These full-color custom designed pieces are one of many tools used to accommodate a variety of learning styles and provide colorful reminders of the lessons taught throughout the school year. Actual posters are 18" by 24"; flash cards are 6" by 9".

# Personal and Mental Health

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## Sessions 1-2 Introduction to HPW

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### GOALS

To welcome children to the Health Promotion Wave (HPW) comprehensive health program, and to create a comfortable environment for promoting and valuing health.

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### OBJECTIVES

# 1

#### Getting to Know One Another

Recognize each child as a valued member of the class and appreciate unique individual qualities.

**Skills:** *self-concept, communication, bonding*

# 2

#### Welcome to HPW

Introduce the HPW program and recognize health as an important value.

**Skills:** *personal responsibility*

# 3

#### Classroom Guidelines

Demonstrate acceptable methods of gaining attention.

**Skills:** *communication, personal responsibility, interpersonal relations*

### PARENT/ COMMUNITY CONNECTION

# 4

#### Parent Component

Introduce parents to the HPW comprehensive health curriculum, and welcome them as important collaborators in promoting children's life-long health skills and behaviors.

**Skills:** *communication, personal responsibility*

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### MATERIALS

Blackline Master, Nametag  
Art Materials: crayons, markers  
HPW Flashcard: **health**  
Herbie, the Duck Puppet  
HPW Posters: Staying Healthy with Herbie, Classroom Rules  
Parent Activity 1, Health and Wellness,  
*Herbie's Health Song*, Herbie's Health Pledge

### CURRICULUM CONNECTION



art, music, writing, vocabulary, social skills

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# Personal and Mental Health

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## Introduction

The Personal and Mental Health component provides the cornerstone of the Health Promotion Wave (HPW) comprehensive health education curriculum. Before mastering health-related knowledge, skills, and behaviors, children must first appreciate and embrace the core concepts of the Personal and Mental Health Component:

- Health is more than just how one feels physically. It is a combination of physical, emotional, mental, and social components that influences one's degree of health.
- Each person has a personal responsibility for learning how to make choices that will contribute to a healthy, happy and productive life.

This lesson introduces children to the HPW program and sets some ground rules for HPW using Herbie, the Duck Puppet, "Herbie's Health Song," and several activities designed to promote the importance of enjoying and valuing personal health.

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## Getting to Know One Another

**Purpose:** To recognize each child as a valued member of the class and appreciate unique individual qualities.

**Skills:** *self-concept, communication, bonding*

## OBJECTIVE

# 1

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## Personal Introductions

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## ACTIVITY 1

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**Materials:** Blackline Master, Nametag  
Art Materials: crayons, markers



**Time:** about 15 minutes

**1.** Copy and distribute the 'Nametag' Blackline Master. Have children write their names in the center of one of the blocks. Each sheet has 2 designs to choose from. (Some children may require help writing their names); then, have them color and illustrate their nametags to uniquely represent a personal interest, such as a hobby or favorite color. Cut out a name tag and tape to each student.

**2.** Have children introduce themselves; discuss hobbies and favorite activities they have in common with each other.

Blackline Masters are located in the back of the Student Activities.

# Personal and Mental Health

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## ACTIVITY 2 Getting To Know One Another

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**Time:** about 10-15 minutes

- 1.** Sit with children in a comfortable circle. Everyone should have his/her nametag.
- 2.** Begin by introducing yourself and sharing your nametag, along with your favorite activities illustrated on your nametag. After each introduction, have children welcome the individual by saying "Welcome (child's name)." If a child speaks a second language, have him or her teach the other children how to say welcome or hello, and then the class can welcome the child in both languages.
- 3.** Sum up this activity by having children discuss hobbies and favorite activities they have in common, and those that are unique to each individual.

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## OBJECTIVE Welcome to HPW

# 2

**Purpose:** To introduce the HPW program and recognize health as an important value.

**Skills:** *personal responsibility*

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## ACTIVITY 1 What is Health?

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**Materials:** HPW Flashcard: **health**

**Time:** about 10 minutes

- 1.** Display the **health** flashcard.
- 2.** Have children describe the picture associated with the word health. Ask children how this represents health.  
**health:** *feeling good; happy and well in your mind and body.*
- 3.** Use the following questions as a guide to help children identify the importance of health in their lives.
  - *Why is your health important?*
  - *What does it feel like when you are sick?*
  - *What things can you do to help your body feel healthy?*
  - *What things can you do to help your mind feel healthy?*

# Personal and Mental Health

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**4.** Sum up this activity by explaining to children that over the next several months they will be learning what it means to be healthy, why their health is so important, and what they can do to take charge of their own health.

*As children's reading skills improve, have them read the health vocabulary and list additional pictures or activities that would fit the vocabulary word.*

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## Keeping Healthy with Herbie

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## ACTIVITY 2

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**Materials:** Herbie, the Duck Puppet  
HPW Poster: Staying Healthy with Herbie  
Piano or other instrument



**Time:** about 20-25 minutes

**1.** Introduce Herbie, the Duck Puppet. Explain that Herbie is a very special duck who will help teach children how to keep safe and healthy.

Example:

*Hi boys and girls. My name is Herbie and, as you can see, I am a duck. Have you ever seen a duck? Most people like us because we are friendly and have the nicest, softest, yellow feathers. We love to be outside in the sunshine, wade in cool, clear ponds and visit with nice boys and girls.*

*Okay, enough about ducks. I have a very important job to do; that is to help you learn some very important things about staying healthy and safe. I know we are going to have a lot of fun together, so let's get to work!*

**2.** Next, display the HPW Poster: Staying Healthy with Herbie. This song illustrates important components of health and will provide a good baseline for students' understanding of the concept of health.

**3.** Explain that Herbie has his own song that will help us to remember important behaviors and skills for keeping safe and healthy. Have children describe the health concept of the pictures on the poster and compare their health behaviors to Herbie's behaviors.

**4.** Teach children this song, two verses at a time along with the chorus. Sing the lyrics to the popular marching tune *The Caissons Go Rolling Along* ("Over hill, over dale, ...").

**5.** Start each health class on a positive note with Herbie and his health song. Have students march around the room (or outside) as they sing the song. Have children act out the verses and add hand motions as they become familiar with the chorus and verses.

# Personal and Mental Health

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## ACTIVITY 3 Components of Health

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**Materials:** HPW Poster: Staying Healthy With Herbie  
Herbie, the Duck Puppet

**Time:** about 15 minutes

**1.** The purpose of this activity is to illustrate the physical, emotional, mental, and social components of health and how they are connected. After singing each verse, have children point to a picture which illustrates the health concept(s) in that verse.

*Examples:* **Physical:** brushing his teeth, showering, eating healthy snacks

**Emotional/Mental:** Loving family, refusing dares

**Social:** Sharing, getting along with others

**2.** Discuss the following:

- *What are some things Herbie does to keep his body healthy?* [Examples: exercises, eats healthy foods, bathes]
- *What does Herbie do to keep his mind healthy?* [Examples: has good friends, gets plenty of sleep, exercises]
- *What does Herbie do to make and keep his friends?* [Examples: he shares, showers, plays well with others]
- *What things keep Herbie's body and mind healthy?* [Examples: exercises, gets plenty of sleep. Remind children that the body and mind are connected and what we do to help one area also helps other areas]

**3.** Complete this activity by emphasizing the following points:

- Keeping our body healthy is a very important part of health.
- Keeping our mind healthy is another very important part of health.
- Other ways we can keep our body and mind healthy include: feeling good about ourselves; recognizing that each person is unique and special; understanding our feelings; getting along well with others.

# Personal and Mental Health

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## Classroom Guidelines

**Purpose:** To demonstrate acceptable methods of gaining attention.

**Skills:** *communication, personal responsibility, interpersonal relations*

## OBJECTIVE

# 3

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## Healthy Classrooms

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## ACTIVITY 1

**Time:** about 10-15 minutes



**1.** Begin by having children sit comfortably in a circle. Have children describe how each scenario would make them feel, and what would happen if they behaved this way at home.

**SCENARIOS:**

- What if someone took a ball away from you while you were playing with it?
- What if someone said something mean to you?
- What if someone interrupted you while you were talking?  
*Please add common scenarios which occur in your classroom*

**2.** Complete this activity by making the following points:

- You have much more fun with your friends when you all play nicely.
- You enjoy special family moments when all family members cooperate and support each other.
- In school, you will also have more fun and learn more when you treat others the way you like to be treated.

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## HPW Guidelines

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## ACTIVITY 2

**Materials:** HPW Poster: Classroom Rules  
Herbie, the Duck Puppet  
Markers

**Time:** about 10 minutes

**1.** Using Herbie, the Duck Puppet, tell children Herbie is just about ready to help them learn all about staying healthy. But, first Herbie has some important classroom rules.

**2.** Display the HPW Poster: Classroom Rules. Read each of Herbie's rules and have children give an example or act out each rule.

- Be polite
- Say please and thank you
- One person speaks at a time
- Raise your hand if you would like to speak

# Personal and Mental Health

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- Listen to others when they are speaking
- Take turns
- Include everyone in activities inside and outside the classroom

**3.** Complete this activity by adding additional (your own or children's) rules. Discuss the consequences in your classroom when these rules are broken. Be sure to hang the poster in a prominent location throughout the program.

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## ACTIVITY 3 Practice Acceptable Ways to Gain Attention

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**Materials:** HPW Poster: Classroom Rules

**Time:** about 15-20 minutes

**1.** Keep the Classroom Rules displayed in a prominent position. Tell children they will be practicing ways they can follow the classroom rules. Use the following scenarios and add situations which commonly occur in your classroom.

**Scenarios**

- a. You would like to play with a toy another child is playing with.
- b. You would like to join in a game some other children are playing.
- c. You would like to share a story with the rest of the class.
- d. You would like to invite a child who is alone to join you for lunch.

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## ACTIVITY 4 Classroom Chores

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**Time:** about 10-15 minutes

**1.** 'Making a difference' has been identified by the National Association of School Psychologists as an important protective factor; i.e., a child's long-term ability for positive behavior, social competency, and emotional well-being.

**2.** Classroom chores and responsibilities provide children the opportunity to build self-esteem and foster a sense of connection. Successful completion of chores also provides the opportunity to offer children positive recognition.

**3.** Create a chart of classroom chores and responsibilities; then, decide how often the chores will be rotated. Be sure to give all children the opportunity to contribute while taking into consideration special needs and limitations. This may also be a good opportunity to demonstrate how children can include and assist children with disabilities.

# Personal and Mental Health

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## Parent Component

## OBJECTIVE

# 4

**Purpose:** To introduce parents to the HPW comprehensive health curriculum, and welcome them as important collaborators in promoting children’s life-long health skills and behaviors.

**Skills:** *communication, personal responsibility*

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## Closing Activity

## ACTIVITY 1

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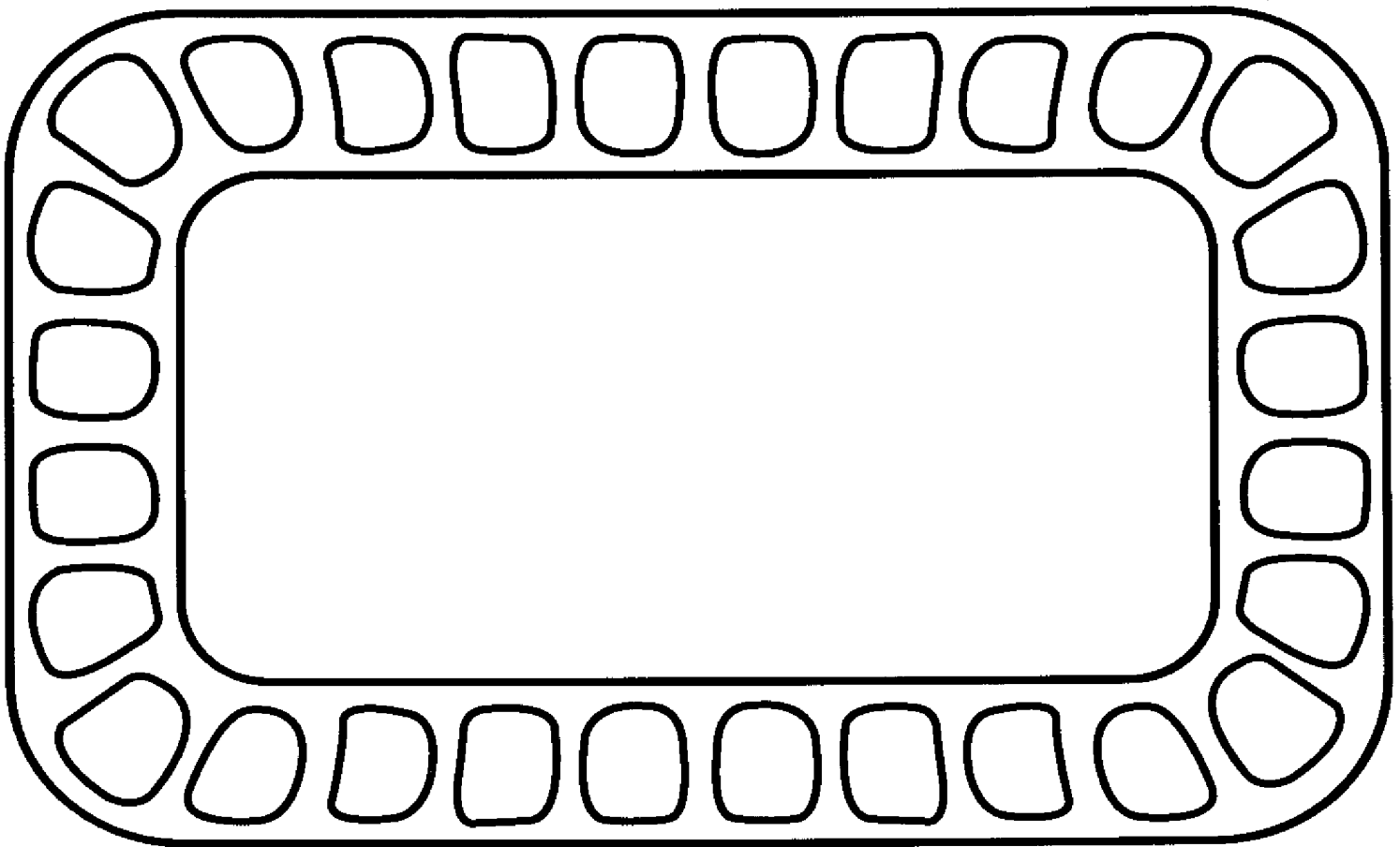
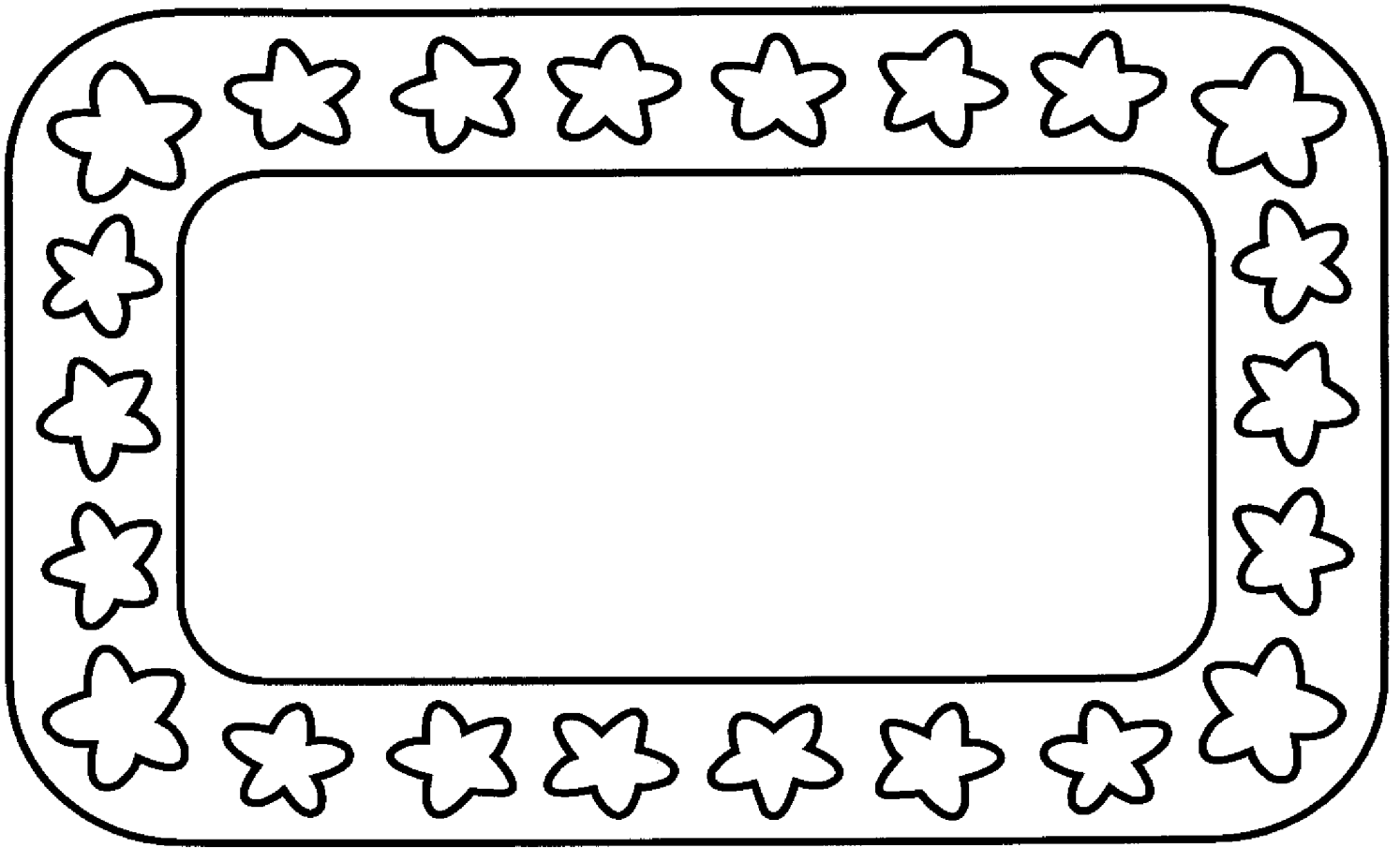
**Materials:** Parent Activity 1, Health and Wellness  
*Herbie’s Health Song*  
Herbie’s Health Pledge



**Time:** about 10 minutes

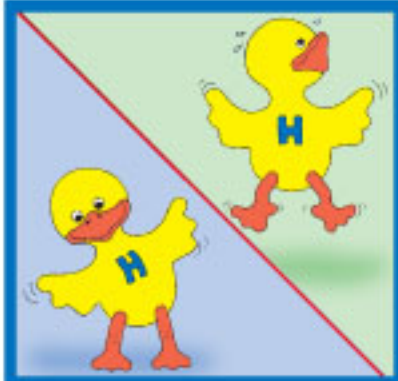
*Parent letters are designed to inform parents of what is being covered in health class, to provide a summary of the classroom activities, and when appropriate, pertinent health-related information and tips. Some parent letters include activities for parents and children to complete at home with an assigned due date.*

- 1.** Copy and distribute Parent Activity 1, Health and Wellness, for children to share with their parents or guardians. This letter details and encourages parental involvement in the HPW program. Attached is “Herbie’s Health Pledge” for children and parents to sign and post somewhere in their homes as a motivator for making healthy choices. A copy of *Herbie’s Health Song* is also attached so that parents can sing along with their children.
- 2.** Invite children to share the positive experiences they have with their parents after each parent activity.





health



## Herbie's Health Song

King of the Castle of The Calabash to Rolling Along • Music by Edward L. Gruber

1. Wash my face, brush my teeth, comb my  
 2. Lov - ing you, lov - ing me, we are  
 3. Stay - ing safe, school and home, know my

hair, and get my sleep. } Stay - ing health - y with  
 one big fam - il - y. } bod - y is my own.

Her - bie is fun. } 1. Ex - er - cise head to  
 2. Care and share, be a - }  
 3. Right from wrong, safe and

too; eat - ing health - y, watch me grow. } Stay - ing  
 wear; just re - fuse to take a care. } strong  
 work - ing hard to get a - long. } work - ing hard to get a - long.

**Chorus:**

health - y with Her - bie is fun. Now with  
 me, Her - bie, your new friend and health bod - dy

Shout out your pledge and sing a - long. For where  
 e'er we go, You will al - ways know, Stay - ing  
 health - y with Her - bie is fun.



# Classroom Rules

1. Be polite
2. Say please and thank you
3. One person speaks at a time
4. Raise your hand if you would like to speak
5. Listen to others when they are speaking
6. Take turns
7. Include everyone in activities inside and outside the classroom





Parent Activity 1, Health and Wellness

Dear Parent,

We have just begun our health study program with your child. As you and your child start to talk about ideas and new ways of seeing the world, it is important that we at school work with you in giving your child a strong foundation for understanding the relationship between personal choices and ones health. We will work with you in giving your child more chances to see the many positive choices that can be made through developing good communication skills, resisting the wrong influence, as well as promoting a greater sense of self awareness and worth—skills which are so important to have in today’s world.

Your participation is very important! Parents continue to be their children’s main resource for information and seeking help. The goal of our parent component is to keep you informed and engage you in helping your child achieve the program goals.

I will be asking you to take part with your child in activities and experiences that foster health and safety concepts at home and at school. These will include a combination of activity sheets, class functions, interviews, reading opportunities, and hands-on experiences. All activities have been kept within a 25-minute time frame and scheduled at various intervals throughout the year. I hope that this Parent Component will help to keep you informed and personally involved in your child’s Kindergarten health education experience.

For this assignment, I have attached the words to *Herbie’s Health Song* (Herbie, the Duck Puppet, is our program mascot), which is to the tune of the Caisson Song (“Over hill, over dale, we will fight...”). Please sing this song with your child, emphasizing all of the things that we can do to stay healthy.

I have also attached Herbie’s health pledge. Please read the pledge and sign along with your child, and we will be ready to begin our wonderful adventure together.

I appreciate your comments on all health activities. Thank you.

Parent Comments:

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# Herbie's Health Song

sing to the melody of The Caissons Go Rolling Along • Music by Edmund L. Gruber



1. Wash my face, brush my teeth, comb my  
2. Lov - ing you, lov - ing me, we are  
3. Stay - ing safe, school and home; know my



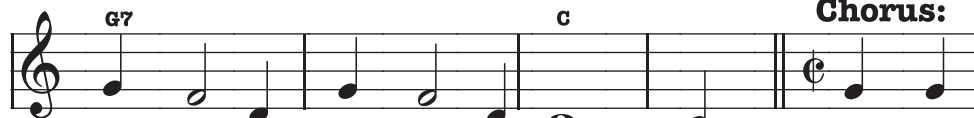
hair, and get my sleep. } Stay - ing health - y with  
one big fam - il - y. }  
bod - y is my own. }



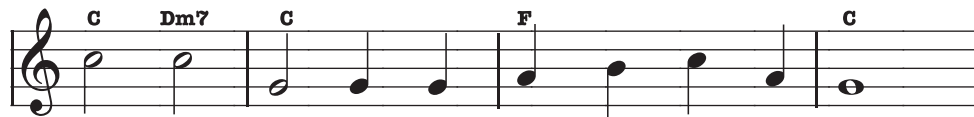
Her - bie is fun. } 1. Ex - er - cise head to  
2. Care and share, be a -  
3. Right from wrong, safe and



toe; eat - ing health - y, watch me grow. } Stay - ing  
ware; just re - fuse to take a dare. }  
strong; work - ing hard to get a - long. }



health - y with Her - bie is fun. Now with



me, Her - bie, your new friend and health bud - dy



Shout out your pledge and sing a - long. For where



e'er we go, You will al - ways know, Stay - ing



health - y with Her - bie is fun.

# Herbie's Health Pledge

I learned from Herbie, the Duck

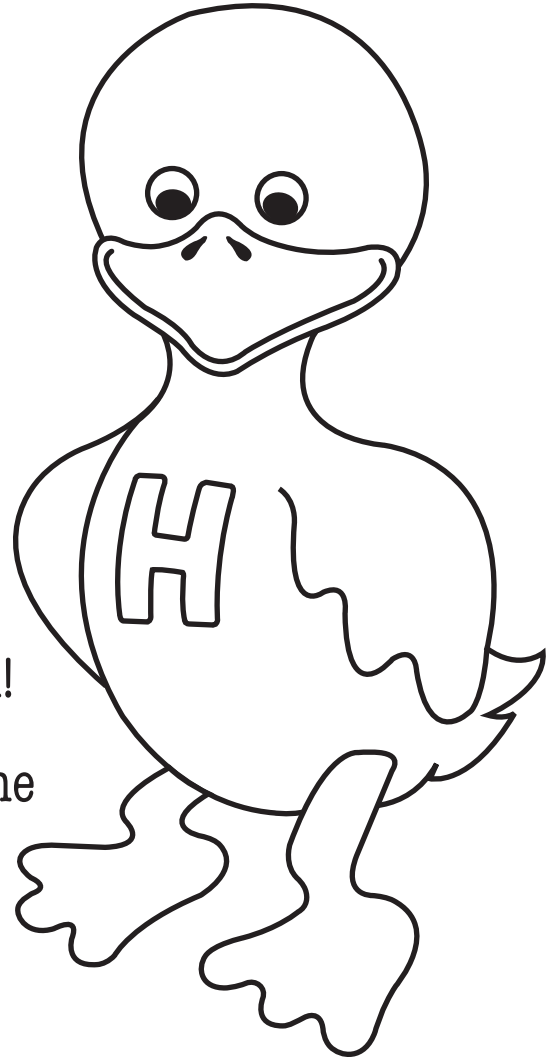
My health is more than pure luck!

My health **IS** very important to me

So I pledge to take responsibility

I will work hard to stay healthy

Will you pledge to work with me?



Signed: \_\_\_\_\_  
child

Signed: \_\_\_\_\_  
parent