

Health-Related Curriculum Resources for Educators ELEMENTARY (K-5)

Most of these resources are free, online, classroom-ready. This document will also be posted to the SD62 intranet.

The following resources have been identified, reviewed and vetted (for quality and evidence) to help support your health-related teaching efforts. If you have suggestions for this list, please see page 3 for contact details.

Resource	Description & Link
ActionSchoolsBC Resources (K-7)	Classroom-ready resources that engage students in learning to be healthy including <i>Being Me</i> (self-esteem & body image), <i>Brain Builders</i> , <i>Brain Dance</i> , <i>Hop Scotch</i> , <i>Stretching</i> , <i>Tai chi</i> , <i>Fruit & Vegetable Journal</i> , <i>Count the Cubes</i> activity (how much sugar is in drinks & foods). healthyschoolsbc.ca/healthy-schools-bc-resources/action-schools-bc-resources
Agriculture in the Classroom (K-12)	Many resources including <i>Spuds in Tubs</i> (free tubs, soil & seed potatoes), <i>Planting a Promise</i> (free daffodil bulbs). Available in French. aitc-canada.ca
BC Lung Vaping Toolkit (Gr 5-7)	Free vaping resources including PowerPoint presentation & talking notes for teachers, activities for students, factsheets and resources for parents. Vaping Prevention Toolkit https://bc.lung.ca/how-we-can-help/vaping/vaping-prevention-toolkit
BC Responsible and Problem Gambling Program (K-12)	Free, engaging student presentations and teacher training & resources about gambling. 1-888-795-6111 www.bcreponsiblegambling.ca/prevention-education
Be Active Every Day (K-5)	Fun activities to promote physical activity and healthy eating including <i>Track Your Adventure</i> , <i>5-2-1-0 Scavenger Hunt</i> , <i>What are your activity goals?</i> be-active.ca
Be Safe (K-3) (in SD62, often done in Grade 1)	Personal safety program with a focus on preventing sexual abuse. Includes positive, non-threatening, simple key messages and age-appropriate learning resources. Includes online training for educators, educator's guide, resources for parents and communicating with parents. www.redcross.ca/////program-for-young-children-be-safe-can-help-prevent-sexual-abuse Available in all SD62 elementary school libraries.
Build Your Best Day, 24 Hour Movement Guidelines	Many educator resources including the <i>Matching Game</i> , <i>Charades</i> , <i>'Fave 4</i> (students build their own Sit, Step, Sweat, Sleep graphic) buildyourbestday.participaction.com If link doesn't work, try copying and pasting into Chrome.
Do Bugs Need Drugs (K-3)	Lesson plans and activities about hand hygiene and the spread of germs and infections. www.dobugsneeddrugs Hands on kit available for loan from WSSookeSchoolTeam@viha.ca
Everyday Mental Health Classroom Resource (K-8)	Co-created with practicing educators. Repository of high-quality everyday mental wellness practices that can be easily incorporated into the class routing. Skill categories include stress management & coping, emotion identification, positive motivation, relationship, self-confidence & identity, and executive functioning. School Mental Health Assist https://smh-assist.ca/emhc/
Heart-Mind Online (K-12)	Resources to support social-emotional learning. Examples include: - 6 kind activities inspired by the Little Hummingbird book - Heart-mind-well-being - What-colour-is-your-heart Many more lessons and resources at heartmindonline.org/resources/for-educators
iMinds (Grades K-12)	Wide range of curriculum linked learning materials and resources to teach substance use literacy, searchable by grade and/or subject. Examples:

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	<ul style="list-style-type: none"> - Explorers All (Gr 4) – in this 5-lesson unit, students become ‘explorers’ who seek out and examine the benefits, risks and harms related to drugs and a range of options for managing everyday problems. Also available in French. - Charlie and the Chocolate Factory (Gr 4-6) - Roald Dahl's story provides a great entry for discussing issues related to gambling. This instructional idea provides teachers with everything they need to begin the conversation including a visual and a student worksheet. <p>Many more lessons and resources available at www.helpingschools.ca</p>
Kids Boost Immunity (Gr 4-12)	Free, online science, social studies & health lessons and videos developed with teachers about germs/infections, antibiotics, vaccines, global inequity in health & evaluating online information. KidsBoostImmunity (works best with Chrome, Safari or Firefox, <i>not Explorer</i> . Create free account to access all lessons & videos). https://kidsboostimmunity.com
Kids Have Stress Too (Gr 1-3) and Stress Lessons (Gr 4-6)	Classroom-ready resources including lesson plans and hands-on activities to help children recognize and manage stress effectively and build emotional resiliency. Small fee to access lesson plans & resources. www.psychologyfoundation.org (under “professionals”)
Kids in the Know (K to Grade 9)	Canadian Centre for Child Protection’s interactive safety education program to help educators teach children effective personal safety strategies. KidsInTheKnow.ca
Learning for Life – Teaching Digital Health Literacy (Grades 4-7)	Curriculum linked, credible, interactive resources built by and for BC educators: <ul style="list-style-type: none"> - Educator’s guide with lesson plans and activities to address physical activity, healthy eating, sleep hygiene, social/emotional wellbeing - Lessons building competencies in health, media, information technology and science literacy to build overall digital literacy Available at digem.med.ubc.ca/projects/ubclearningforlife and LearningCommonsSD62
LIVE 5-2-1-0 (K-Gr 5)	Classroom-ready activities, games, tracking sheets and planners to live 5-2-1-0 (5 or more servings of vegetables & fruit, 2 hours’ maximum screen time, 1 hour or more of active play, and 0 sugary drinks). www.live5210.ca/resources/schools
Media Smarts (K-12)	Hundreds of free digital and media literacy resources educators, parents and youth. Teacher resources searchable by grade and topic and include MediaLiteracy101 (6 short videos) and Data Defenders (Gr 4-6) , Know the Deal: The Value of Privacy (Gr 6-8) , More lessons at mediasmarts.ca/teacher-resources and www.commonssensemedia
MindUp (K-8)	Classroom lessons to provide students with emotional and cognitive tools to help manage emotions and behaviours, reduce stress, sharpen concentration and increase empathy and optimism. Available for purchase or contact the District Resource Centre or Student Services. mindup.org
Ministry of Health PHE Instructional Samples	Instructional examples to meet the curriculum, examples include: <ul style="list-style-type: none"> - Mindful Breathing (Mental Well-being) (K-3) - Rat Park (Gr 4-7) Teaches about how our environment influences drug use/misuse. curriculum.gov.bc.ca/curriculum/physical-health-education
Roots of Empathy (K-5)	Program that reduces aggression and increases social/emotional competence and empathy. Over the year, a neighbourhood infant and parent visit the classroom and a trained Roots of Empathy instructor guides the children as they observe the relationship between baby and parent. Through this experiential learning, the baby is the ‘teacher’ and a catalyst, helping children identify and reflect on their own feelings and the feelings of others. Roots of Empathy Training is required. Contact Cheryl Ring at the SD62 School Board Office. cring@sd62.bc.ca http://rootsofempathy.org/british-columbia/

Resource	Description & Link
Sip Smart (Grades 4-6)	Teaches students about sugary drinks and healthy drink choices in a fun way. Includes Lesson plans with handouts, assessment tools and other teacher resources. sipsmart.ca Related resource <i>Re-Think Your Drink</i> available from WSSookeSchoolTeam@viha.ca
SOGI (K-12)	Sexual orientation and gender identity resources including lesson plans, videos and learning modules, presentations and facilitators guide. www.sogieducation.org
Teaching Sexual Health (Gr 4-12)	Comprehensive resources including lesson plans, presentations, quizzes and videos by grade. teachingsexualhealth.ca/teachers Also available in French. Educators can contact WSSookeSchoolTeam@viha.ca to borrow Sexual Health Teaching Kits or for support/mentoring from a nurse on teaching this topic.
WE Schools and WE Well-being (K-12)	Lesson plans, activities and tools to help students understand and take action on world issues such as human rights and sustainable development. WE/Classroom Resources and WE/Educator resources and https://www.we.org/get-doing/activities-and-resources/wellbeing/
Whole Body Listening (K-5)	Storybooks Whole Body Listening at School and Whole Body Listening at Home explain how Larry struggled to pay attention, and how, when he learned what was expected of him and each part of his body, he found listening much easier. www.socialthinking.com/WholeBodyListening Available for purchase or contact your school librarian, school-based team or inclusion coach.
Whole School or Classroom Physical Activity Ideas	Ideas for including physical activity into your daily schedule, including links to fun online videos you can do in class. learningcommons62.sd62.bc.ca///physical-and-health-education
WITS (K-6)	Resources to bring together schools, families and communities to create responsive environments that help children deal with bullying. Contact your school principal for more information. witsprogram.ca
Zones of Regulation	Framework to foster self-regulation and control. Resources include books, Teacher's Toolbox, (assessment and activities), videos and webinar training. Zones of Regulation Available for purchase or contact your librarian, District Resource Centre or Student Services.

Find more PHE related resources including resources & apps for youth and families:

- Foundry foundrybc.ca
- Kelty Mental Health kelytmentalhealth.ca
- Island Health Healthy Schools islandhealth.ca//healthy-schools
- Open Mind Youth Mental Health Resources openmindbc.ca/teachers
- Social-Emotional Resource Finder www.selresources.com/sel-resources
- TeachBC teachbc.bctf.ca

Looking for more support or ideas?

- Contact Cindy CAndrew@sd62.bc.ca (SD62 Healthy Schools Lead) or Melissa MHorner@sd62.bc.ca (Curriculum and Learning Team)
- Contact your local WSSookeSchoolTeam@viha.ca who can provide support:
 - ✓ Collaborating/supporting a comprehensive school health approach
 - ✓ Sharing health data and evidence-based resources
 - ✓ Supporting health-related grant applications
 - ✓ Linking to programs, services and community agencies.

Do you have ideas or suggestions for this list?

- Contact Cindy CAndrew@sd62.bc.ca, Melissa MHorner@sd62.bc.ca or WSSookeSchoolTeam@viha.ca