



First Grade Health Resources

HUMAN BODY SYSTEMS

This nine lesson kit is designed to be an introduction to the systems of the human body, the names and functions of major body parts, and where these parts are located. Students are introduced to the major function of each body system.

- To launch the unit, read *Me and My Amazing Body* to the class.
- Next have each student lay on a large sheet of paper and have a partner trace his/her shape. As each body system is studied, students cut out, color, and label body parts and add them to their outline.

The kit includes teacher information, read-aloud books for each body system, and all the blacklines needed for the project. The body systems studied in order are: skeletal, muscular, digestive, respiratory, circulatory, and nervous.

Students personalize their paper bodies by drawing their face and adding hair. It is suggested that students put on a “body show” to share what they have learned with their parents or another class. Implicit in this unit of study is an appreciation for the human body and the importance of taking good care of it.

PEDESTRIAN SAFETY

Navigating Neighborhoods was developed by the Bicycle Transportation Alliance with funding from the Oregon Safe Routes to School Program. The five lessons introduce safe pedestrian behaviors including:

1. establishing eye contact with drivers
2. making sure drivers come to a full stop
3. knowing where to cross
4. understanding road signs
5. knowing safe behavior at crosswalks, intersections, driveways, sidewalks, roads without sidewalks, and corners.

Two lessons involve taking walks in the neighborhood and experiencing a “walking school bus.” Map skills are part of the program. The last lesson asks students to create a poster to advocate for safe pedestrian behavior.

Web resource:

<http://www.walknbike.org/>

POISON SAFETY

This mini-kit (1 or 2 lessons) uses materials from the American Association of Poison Control Centers. Students use a working definition of “poison” to learn about safe behaviors including helping to create a plan to keep poisons away from younger children at home.

Lesson includes a discussion about medicines. There is a homework assignment (English and Spanish). Kit materials include a video and a teacher’s notebook with blacklines.

Web resource:

<http://www.poison.org/prevent/preVideo.asp>