

Unit 1: My Health		
Section 1: My Health at Home		
_____	My Health at Home 6-9 mins Healthy Habits at Home 7-10 mins My Health is Up to Me (song) 6-9 mins Improving My Health at Home 5-8 mins QLibs (My Health at Home) 6-9 mins	2.C,
_____ _____ _____	Influences at Home and School 6-9 mins Tricks for Kids 7-10 mins Get the Groceries (Gym Game) 6-9 mins Healthy Choice Ads 5-8 mins Train the Brain (Influences at Home and School) 6-9 mins	3.D, 4.B, 7.A
_____ _____	Why Do I Need Healthy Help? 6-9 mins Healthy Help in My Community 7-10 mins Healthy Helper (Music Video) 6-9 mins Why Get Healthy Help? 5-8 mins This or That (Finding the Right Healthy Helper) 6-9 mins	2.B, 5.A
_____ _____ _____	Reducing Emergency-Causing Hazards 6-9 mins Identify the Hazard 7-10 mins Stronger and Safer (Gym Game) 6-9 mins Emergency Prevention Sorter 5-8 mins Quiz Challenge - 2 - General Health 6-9 mins	9.A, 11.B, 11.C
Section 2: Asking for Help		
_____	Asking For Help 6-9 mins Life-Saver Flow Chart 7-10 mins Everybody Needs a Little Help (Lyrics) 6-9 mins Do They Need Help? 5-8 mins Asking for Help (Reflections and Other Thoughts) 6-9 mins	3.A, 3.E, 11.D
_____ _____	Qualities of a Good Friend 6-9 mins The Sun, the Star, and the Window (Story) 7-10 mins Think Quick! (Qualities of a Good Friend) 6-9 mins Lesson Mindset (Growing Stronger) 5-8 mins Qualities of a Good Friend (Reflections) 6-9 mins	3.E, 3.H, 4.A
_____ _____	Unsafe Suggestions by Friends 6-9 mins What Is an Unsafe Suggestion? 7-10 mins	10.A, 10.B



<p>_____</p> <p>_____</p>	<p>Brushing and Flossing      6-9 mins</p> <p>Finish with Floss      7-10 mins</p> <p>Brush Your Teeth (Music Video)      6-9 mins</p> <p>Lesson Mindset (Growing Stronger) 5-8 mins</p> <p>Brushing and Flossing (Futurizations)      6-9 mins</p>	2.C
<p>_____</p>	<p>Enjoying Exercise      6-9 mins</p> <p>Enjoying Exercise (Exercise or Not?) 7-10 mins</p> <p>Move and Groove (Music Video)      6-9 mins</p> <p>My Favorite Exercises      5-8 mins</p> <p>Cooling      EVideo      6-9</p>	
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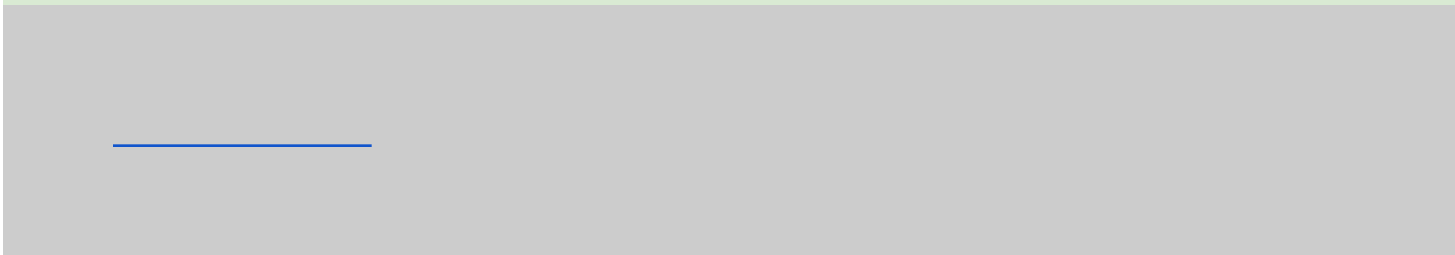
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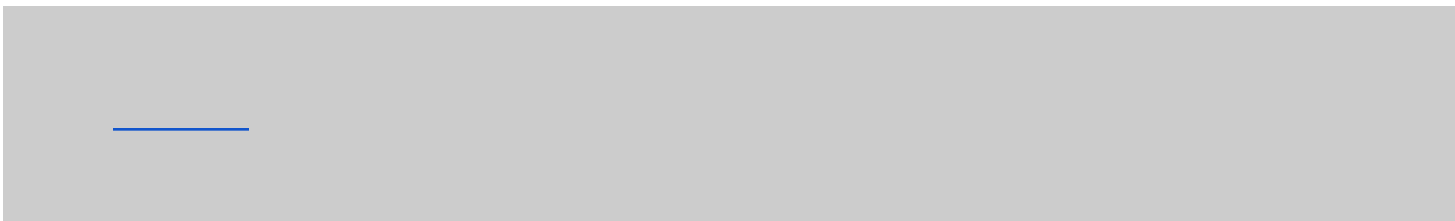
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