



Teacher Virtual Resource Guide for Six Health Behavior

Teacher Handbook

2020-2021 school year

Timeline:

Week 1: Return to Remote School in the time of COVID-19

Week 2: Hand Hygiene

Week 3: Media Health and Mindfulness

Week 4: Physical Movement

Week 5: Sleep

Week 6: Oral Hygiene & Nutrition

Week 1: Return to Remote School in the Time of Covid-19

Messaging for teachers:

School at the beginning of the year will look really different compared to past years. While most students may already be aware of Covid-19, it's important to take the time to gain a common

understanding of what Covid-19 is, how we keep ourselves safe, and explain to students why we can't be physically together right now.

Messaging around this topic with the kids

- 1) Our school family is doing many things to keep us healthy and safe.
 - a) Remote learning is one way we are keeping our school family safe - we are each others safe keepers
- 2) Covid-19 is an infection in our lungs that can make it harder for us to breathe. It shares similarities to the common cold but these symptoms can be more serious
 - a) Spreads via droplets of water and mucus from the nose and mouth
- 3) There are many ways we can keep ourselves and others healthy during this time in order to prevent the spread of germs

Virtual Resources:

Objective: Helping students understand why the new learning environment exists, from a health perspective, and provide context as to what COVID-19 is and how we stay safe:

Resources	Recommended Grade Level	About
Osmosis Videos (eng/spn)	All	This video provides basic information about COVID-19 and how to stay safe
Social Distancing Song	All	This video helps students understand what it means to social distance
Wearing a Mask Story Mask Coloring Activities	All	Story that helps explain and reinforce why it's important to wear masks
Brainpop	ELE	Explains what coronavirus is, how it impacts the body, and preventative measures to stay healthy

Week 2: Hand Hygiene Resources

Messaging for teachers

Now more than ever, hand washing is important in helping stop the spread of Covid. Everyone needs to do their part to help each other stay safe. Constantly reinforcing what proper hand washing looks like and its importance to our students is critical in keeping them and their families safe.

Messaging around this topic with the kids

- 1) We wash our hands to prevent the spreading of germs that make us sick!
- 2) Hand washing is especially important during this time of Covid to help reduce the spread of germs that make us sick.
- 3) These are the **five steps** to washing your hands:
 - a) Wet hands with water.
 - b) Lather up with soap. Be sure to lather the backs of hands, between fingers, and under the nails.
 - c) Scrub hands for 20 seconds – about the time it takes to hum the “Happy Birthday” song.
 - d) Rinse hands well under warm, running water.
 - e) Dry hands using a clean towel.
- 4) These are the times when we should wash our hands at school:
 - a) All children at The Primary School should always wash their hands with soap and water with proper technique before each meal time, after each bathroom use, and after coughing/sneezing, and after returning indoors from outdoor activities.
 - b) Hand sanitizer is used as secondary action not in replacement of hand washing

Key Takeaways	
ECE	Students can model proper hand washing techniques with some verbal assistance, modeling, and reminders Students recognize that hand washing is a key routine that keeps us and others stay healthy especially now
ELE	Students can model proper hand washing techniques independently Students understand the importance of hand washing in preventing disease transmission, specifically in connection to Covid-19

At home/virtual resources:

Objective: At home and virtual resources are meant to help build content knowledge and understanding of hand washing and ways to integrate these practices at home.

Resources	Recommended Grade Level	About	Key Takeaways
CDC Printable Fact Sheets	All	Variety of fact sheets to look over (Link)	Understand the 5 steps of hand washing and identify ways to help children build these skills
Scrub Club	All	Germ identification, hand washing videos, printable fun worksheets (word search, fill in the blanks, etc.), testing hand washing knowledge (Link) Scrub Club hero certificates (Link)	Understand the 5 steps of hand washing and the details of each process Identify different types of germs and how they can impact our bodies
BrainPop Educators	ELE	Variety of ideas for hand washing activities (Link)	Understanding steps of hand washing and using strategies to help improve hand washing techniques Identify the ways germs can spread and how germs can make us sick
Germ Presentation Slides	ELE	Slide Deck all about germs (Link)	Germs include viruses, fungi, and bacteria found in many places that can make us sick Identify some of the ways that germs are spread Identify strategies to help prevent the spread of germs
Sesame Street	ECE	Review of hand washing steps with coloring printables Opportunity to include these steps at home near their sinks (Link)	Identify and order each step of hand washing correctly
Dirty Hands, Clean Hands Craft	ECE	Using hand cutouts, have children color what a dirty hand might look like. For the clean hands, have children draw what is used to clean them (water, soap, towels) (Link)	During the activity discuss how keeping hands dirty can spread unwanted germs and how hand washing will get rid of the germs
Books			

Germs are not for sharing	All	Link Recorded Read Aloud shared via youtube page or on Seesaw	Explore what germs are, what they do, and why it's so important to cover them up, block them from spreading, and wash them down
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Week 3: Media Health and Mindfulness

Messaging for teachers

We rely on technology now more than ever to learn and stay connected which is a necessity. This means we may spend hours in front of a screen which can leave little room for much needed mindfulness breaks. Encouraging each other to take breaks and engage in other activities is important for re-energizing our minds and bodies.

Messaging around this topic with the kids

- 1) Technology helps us stay connected with others and helps us learn new things. Now more than ever, it's important we use it properly and when needed.
- 2) A healthy balance between internet/tv use is important in order to make time for friends, family, homework, and other mindfulness activities that help calm us down and re-energize.
- 3) There are certain times we should try and avoid using electronics, especially before bedtime because it can disrupt how we sleep.

Key Takeaways	
ECE	Students should engage mindfulness breaks as much as possible Students recognize media balance and mindfulness as a routine that keeps us healthy Students have the ability to recognize and verbalize when their body or mind needs a break
ELE	Students understand the many ways they can engage in safe media use and media balance Students understand the impact media balance and mindfulness exercises have on their body and overall well-being

At home/virtual resources:

Objective: At home and virtual resources are meant to help build content knowledge and understanding of media health and ways to integrate media balance at home.

Resources	Recommended Grade Level	About	Takeaways
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Family Media Plan	All	Create a media plan that works best for your family (Eng/Spn)	Having a media plans can help your family stay accountable and check-in
Keeping an Eye on Screen Time	All	Fill in the time that you spend on each type of screen (Link)	Another way for families to stay accountable by tracking media screen time (great for practicing counting as well!)
Family Activity Jar	All	Make a jar filled with non screen time activities written in pieces of paper. Every time you are looking for something to do, pick from the jar!	Find creative ways to spend time doing other activities that are not screen related
Screen Free Train	All	Activity done with family and can be shared during a community circle/zoom session, etc. (Link)	Tape the engine of the train to the wall and provide children with car sheets to take home. Every time they choose a screenless activity, they should draw it on a car sheet and bring it in for us to attach to the screen free train – the more screen free activities the students do, the longer the train gets. Alternatively, have each child draw their favorite screen free activity on their train car.
Pulling the Plug	All	Activity done with family and can be shared during a community circle/zoom session, etc.	Brainstorm ways to replace screen time with other fun activities. Create one page collage using your own drawings or magazine cutouts to describe the activities you can do instead
Safari	All	Turn your outdoor activities or walks into an adventure.	Have your child examine the world around them and notice the animals and bugs around them!
Mindful Posing/Yoga	All	Create and learn mindfulness poses together!	Children can learn mindfulness through body poses which can

			make them feel strong, brave, and happy. An example is the Superman: this is practiced by clenching your fists and reaching for the sky.
Belly Buddies	All	Listen to music with your child and take in some noticings!	Have children notice their stomachs rising and falling as they breathe. You can also have them listen for tones or instruments in a song!
Emotion Spotlight	All	<p>Pick an emotion or ask your child to choose one they struggled with today for discussion.</p> <p>Ex: If your child says they are upset with someone, have them try some of these exercises!</p> <p>- <i>Bubbles</i>: Blowing bubbles can be a great way to teach your child breathing activities. If you don't have bubbles, try blowing pinwheels!</p> <p>- <i>Feeling a Minute</i>: Have your child close their eyes and relax in silence for one complete minute. This exercise can help your child calm their emotions, increase body awareness, and be more present. One minute is actually a lot of time!</p>	Noticing our emotions is helpful in grounding us in the moment and finding exercises that can help with our emotions.
Media Balance	ELE	Video on the importance of media balance (Link)	Media balance is important because it leaves time for us to do other important activities like exercise and spending time with others
Books			
If You Give a Mouse an Iphone	All	Can be recorded and posted on youtube/seesaw (Link)	A look at how the mouse becomes dependent on his phone and starts ignoring the boy
Dot.	All	Can be recorded and posted on youtube/seesaw (Link)	About a young girl who is learning how to balance

			technology and playing outside with her friends
The Berenstain Bears and Too Much TV	ECE	Can be recorded and posted on youtube/seesaw (Link)	When the cubs and Papa bear start watching too much TV, Mama comes up with a plan to get them away from the TV

Week 4: Physical Movement Resources

Messaging for teachers

During this time, we are spending a lot more time indoors, which leaves little room for much needed physical movement. The ways in which we engage with physical movement might be restricted (e.g. gyms), but there are other ways to continue moving in order to keep our immune system healthy!

Messaging around this topic with the kids

- 1) We, students and adults, should all make an effort to get 60 minutes of moderate physical movement each day
- 2) There are many different ways to engage in physical movement depending on our body's ability and what we like that benefit our bodies in different ways.
- 3) Physical movement strengthens our muscles (heart, legs, arms, etc.) and bones, improves our sleep, and helps us stay healthy.
- 4) Physical movement is one way for our bodies to engage in mindfulness by taking a break, helping us calm down when we are feeling certain emotions, and re-energize.

Key Takeaways	
ECE	Students should engage in physical movement as much as possible Students recognize physical movement as a routine that keeps us healthy Students have the ability to recognize and verbalize when their body or mind needs a break
ELE	Students need the recommended amount of 60 minutes of physical movement Emphasize there are movements we can each do <i>on our own</i> at the same time! Students understand the impact that certain physical movement and mindfulness exercises have on their body and overall well-being

At home/virtual resources:

Objective: At home and virtual resources are meant to help build content knowledge and understanding of the importance of physical movement and ways to integrate these practices at home.

Resources	Recommended Grade Level	About	Key Takeaways
GoNoodle	All	Interactive videos to get students moving (Link)	<p>Ability to follow along with these movement videos</p> <p>Understand these videos are useful when our bodies need a movement break</p>
Why Physical Movement is Important	All	Hip-hop song to teach kids importance of exercise (Link)	<p>Identify stretching before and after physical movement as important routines to keep our body strong</p> <p>Understand physical movement is beneficial for both the body and the mind</p>
Arthur Family Health (Fitness)	All	Collection of useful activities, videos, etc. about fitness (Link)	<p>Engaging in physical movement requires have a balance with other priorities like learning</p> <p>Help students engage in some of the physical movement activities (workout time, home olympics)</p>
Physical Movement Tracker	All	Exercise is Fun! Color-in tracker (Link) Fill in movement tracker (Link)	Help children understand and use this resource as a way to look at their own physical movement engagement
FitKids	All	Short videos of physical movement including warmups, fitness, mindfulness, and yoga from their curriculum. (Link)	<p>Identify some of the different types of ways that people can engage in physical movement</p> <p>Recognize the impact that some movements have on specific parts of the body (upper body, lower body, etc.)</p>
Dance Party	All	Dancing to your favorite music is one way to get your body moving!	

BrainPop Fitness	ELE	Tim and Moby explore the benefits of exercise and staying physically fit. (Link)	Understand that physical movement helps our heart, muscles, brain and other organs function better Identify why physical movement can make people feel good physically and emotionally Understand physical movement can help prevent health complications later in life
Let's Move Healthy Calendar	ELE	Calendar to help keep track of physical movement (Link)	Help children understand and use this resource as a way to look at their own physical movement engagement
Sesame Street	ECE	Includes a variety of easy and fun ideas and activities to get children moving and understand the importance of being active (Link) Elmo says printable movement cards (Link) We Have the Moves! Resource (Link)	Recognize physical movement as an important part of our growing minds and bodies Physical movement can help us calm down and relieve stress
Books			
Get up and Go!		Link (can be a recorded read aloud shared via youtube channel/Seesaw)	Our bodies come in different shapes and sizes and its important to care for our bodies
The Busy Body Book: A Kid's Guide to Fitness		Link (can be a recorded read aloud shared via youtube channel/Seesaw)	Bodies are amazing! A celebration of the amazing human machine and a life on the move!

Week 5: Sleep Resources

Messaging for teachers

Many of our routines have shifted over the past couple of months and one of those routines might be sleep! This is true for our students and families as well and we can help re-establish these routines as the start of the school year approaches.

Messaging around this topic with the kids

- 1) Sleep is important for everyone because it helps your body rest and prepares you to have enough energy for the next day.
- 2) A well rested sleep can improve our ability to learn and play as well as improve our mood and help our body stay healthy (especially in helping our body fight off germs!)
- 3) A bedtime routine and consistent bedtime are actions you can take to help you sleep better.

Key Takeaways	
ECE	Students recognize sleep as a routine that keeps us healthy. Students understand the impact that sleep has on their bodies.
ELE	Students understand the impact that good quality sleep has on their body and overall well-being. Students understand the connection between sleep and boosting our bodies ability to fight germs that make us sick.

At home/virtual resources:

Objective: At home and virtual resources are meant to help build content knowledge and understanding of sleep and ways to integrate sleep routine practices at home.

Resources	Recommended Grade Level	About	Takeaways
Sleep Worksheets	All	Sleep Hygiene Word Search (Link) & Answer Key (Link) What is Sleep Puzzle (Link) & Answer Key (Link)	Engage in fun activities that promote sleep and its importance Ask key questions: why is sleep important? How does it keep us healthy?
Why Do We Need Sleep?	All	Video about why it is that we need to sleep and what happens if we do not get enough sleep (moves a little quickly so maybe watch on	Explore how not sleeping well makes us feel tired throughout the day

		0.75x speed, especially for younger kids) (Link)	Sleep provides our bodies with more energy (to fight off infections, learn, play, etc.)
When I Sleep	All	Fun sleep song (Link)	Explore the importance of sleep and what happens when you fall asleep
My Bedtime Routine	All	Use your TPS Sleep Routine template to determine what getting ready for bed looks like Create your own routine checklist and visual. Here are some ideas (Link)	Walk through your family's specific sleep routine and how that is meant to help prepare for bed
Head to Bed	All	A maze where students avoid things that interfere with going to sleep in order to reach bed (Link)	One way to unwind at the end of the day that does not include things that interfere with sleep Why should these things be avoided?
Sleep Calculator	ELE	Great for counting numbers and looking at hours of sleep at the same time (Link)	Explore together the amount of sleep your child and family get every night. Explore how rested you feel and what impact it has on your day
BrainPop Sleep	ELE	Tim and Moby explore how your body rests during sleep, and what your brain does too. (Link) Daily Sleep Journal (Link)	Explore together the amount of sleep your child and family get every night. Explore how rested you feel and what impact it has on your day
Daniel Tiger Bedtime Routine	ECE	This is how Daniel Tiger goes to get ready for bed! (Link)	Think about what you do at home to get ready for bed. Review the steps for your family bedtime routines
Books			
Sleep is for Everyone		Why do you get sleepy? When you feel tired, your body is telling you	Explore why sleep everyone needs sleep

		that it needs a rest. Everyone needs sleep. (Link)	
Sleep Like a Tiger		A little girl does not want to go to sleep, so instead her loving parents guide her through her bedtime routine (Link)	Explore the bedtime routines in the book and compare/discuss personal bedtime routine at home

Week 6: Oral Hygiene Resources

Messaging for teachers

We won't be brushing our teeth in school anytime soon or going to the dentist for routine cleaning which means we need to provide our students and families with the resources they need to understand the importance of oral hygiene at home.

Messaging around this topic with the kids

- 1) We brush our teeth 2 times a day for a total 2 minutes to keep them clean and healthy.
- 2) Our teeth do a lot for our body and play an important role so we should take care of them as much as possible.
- 3) This is the way we brush our teeth
 - a) Small amount of toothpaste (pea-sized)
 - b) Brush using gentle back and forth and circular motions in the front, back, and top of each tooth
 - c) Spit out toothpaste
- 4) Certain foods and in large quantities, can be bad for your teeth - the foods you choose impact your oral health!

Key Takeaways	
ECE	Students recognize brushing teeth as a routine that keeps us healthy. Students understand the impact that tooth brushing has on their bodies.
ELE	Students understand the impact that good tooth brushing has on their body and overall well-being. Students understand the connection between tooth brushing and boosting our bodies ability to fight germs that make us sick.

At home/virtual resources:

Objective: At home and virtual resources are meant to help build content knowledge and understanding of oral hygiene and ways to integrate these practices at home.

Resources	Recommended Grade Level	About	Takeaways
How to Brush Your Teeth Video	All	Explains the steps of toothbrushing (Link)	Explore the steps that need to happen for good tooth brushing
Going to the Dentist	All	Shows a child taking his first trip to the dentist, and finding out that it isn't so bad (Link)	Going to the dentist is important to keep our teeth strong and healthy
Draw yourself Brushing your Teeth	All	Fun art activity (Link)	Share drawing and have children discuss what they are doing
Oral Hygiene Calendar	All	Keep track of how often you are brushing your teeth (Link)	Keep track of tooth brushing and reflect on how you've been brushing your teeth and when
Happy Tooth, Sad Tooth Collage	All	Have students cut out pictures of healthy/unhealthy foods and drinks to either the sad tooth or happy tooth <ul style="list-style-type: none"> • What are the foods that keep our teeth healthy/strong? • What are the foods that harm our teeth? 	Explore the foods that keep teeth healthy and strong and the foods that can harm our teeth
Letter to the Tooth Fairy	ELE	Have kids write how they plan on keeping their teeth healthy?	Discuss how your family can keep their teeth healthy and set goals
Sesame Street	ECE	Help keep your child's teeth (and body!) in tip-top shape with these videos, articles, songs, and more. (Link)	Explore what are teeth do for us, why it's important to care for them, and how we can keep them healthy
Books			
The Tooth Book		Book about why to brush teeth (Link)	Explore all the things teeth can do, how they grow, and how to keep them healthy
Open Wide:		Link	Explore the inside of your mouth and

Tooth School Inside			take a closer look at what a healthy teeth looks like and what happens when we don't take care of them
The Berenstain Bears Visit the Dentist		Learning about what happens at the dentist and how your teeth get cleaned (Link)	Going to the dentist is important to keep our teeth strong and healthy

Week 6: Nutrition Resources

Messaging for teachers

Healthy eating choices are extremely important for our overall well being and, in particular, for boosting our immune systems. A healthier immune system helps our bodies fight off harmful infections, like Covid, that make us more vulnerable to getting sick.

Messaging around this topic with the kids

- 1) Healthy eating requires a balanced plate that includes certain food groups
- 2) A variety of foods help your body grow and provides you with energy to keep you healthy. We need to make sure that we eat certain foods (fruits/veggies) more often than other foods (junk food).
- 3) Everyone has different foods that they enjoy eating and that's wonderful. It's important to keep an open mind about trying new foods, especially ones that are good for our body.

Key Takeaways	
ECE/ELE	<p>Students recognize the nutrient food groups.</p> <p>Students understand why healthy/balanced eating is important and the impact it has on our body.</p> <p>Students understand that healthy eating behaviors are a key part of a general healthy lifestyle especially for boosting our ability to fight off germs that make us sick</p>

At home/virtual resources:

Objective: At home and virtual resources are meant to help build content knowledge and understanding of healthy eating and a balanced diet .

Resources	Recommended Grade Level	About	Takeaways
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Anytime and Sometime Food Chart	All	Activity worksheet (Link)	<p>Understand that there are some nutritious foods that our bodies need regularly and other foods are treats we eat occasionally</p> <p>Identify different food types that are regular consumption and other foods that are occasional consumption</p>
The Picky Eater	All	Clover, a bunny, learns to try new foods and eat a more varied diet (Link)	<p>Identify the importance of being open-minded when trying new foods</p> <p>Understand that nourishing foods impact our bodies (more energy.)</p>
MyPlate eBooks	All	These free eBooks teach young children about the <i>MyPlate</i> food groups and include interactive features to test comprehension and make learning fun. Each eBook includes audio narration that highlights the text as it's read aloud, drawing and coloring palettes, colorful characters, and interactive games and mazes. (Link)	<p>Read with and/or along with students as they identify which foods belong to the different food groups</p> <p>Use the two bite club to encourage students to commit to trying a new food</p>
MyPlate at Home Resources	All	Parent English and Spanish Handout - reinforces class lessons at home (Link)	Identify ways together to implement a balanced plate at home
Kid-Friendly Recipes	All	Prepare these kid-friendly fruit and vegetable recipes together at home (Link)	Prepare some of these delicious recipes and talk through why these recipes are considered healthier options
BrainPop Nutrition	ELE	Tim and Moby examine nutrition, a balanced diet, and health (Link)	<p>Eating healthy is about having a balanced diet</p> <p>Identify some of the important food groups in a balanced plate</p> <p>Provide examples of certain foods that belong to specific food groups</p>

Arthur Family Health	ECE	Recipes, games, and other activities designed to teach students about nutrition through Arthur and his friends (Link)	Learn what it means to make healthier choices when it comes to snacks
Sesame Street	ECE	Includes a variety of easy and fun ideas and activities to help children learn about fruits, vegetables, and other healthy foods (Link) A Delicious Day Book (Link)	Identify observations about foods with regards to color and type of food (fruit/vegetable) Understand the process of preparing a meal includes grocery shopping, washing ingredients, and cooking
Grow your Colors	ECE	Interactive game to explore more about fruit and vegetable identification using the rainbow (Link)	Identify different fruits and vegetables using the colors of the rainbow