

Health Wheel

Grades: K-2

National Health Education Standard (NHES) Standard 3.2.1: Identify trusted adults and professionals who can help promote health.

Objective: Students will learn about who they can discuss health related issues with and determine how to access valid health information.

Materials: Templates 3.2.1 Cutouts and Health Wheel, scissors, tape or glue sticks, crayons or markers

Procedures:

1. The teacher introduces the health topic for the day and explains that there are many people at school and within the community that can give information about health.
2. Remind students that there are four main health categories: physical, emotional, social, and intellectual. Therefore, there may be many different reasons to seek out a health professional.
3. As a group, discuss some of the possible questions students may have for health professionals pertaining to each category.
4. Pass out Templates 3.2.1; Cutouts and Health Wheel. Provide students with the other materials they need for this lesson.
5. You may want to arrange the students in groups or they can work individually.
6. Explain that they will need to cut out the health professional from one template and paste it to a spoke on the Health Wheel template.
7. They may color in each picture once it is placed.

Connection to Other Subjects: English-Language Arts Grade K: Listening & Speaking Strategies

1.0 Students listen and respond to oral communication. They speak in clear and coherent sentences.

Extensions for Gifted: Students who need a bit more of a challenge may be instructed to write in the name of the professional next to their picture. Moreover, they may want to write down a question they could ask this person.

Adaptations for Learning Disabled: Students who need extra assistance with this exercise may want to work with a partner. The teacher should circulate through the class during this time to answer individual questions and provide clarification.

