

Health Decisions Coloring Book

Grades: K-2

National Health Education Standard (NHES) Standard 5.2.1: Identify situations when a health-related decision is needed.

National Health Education Standard 5.2.2: Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Objective: Students will refer to the health coloring book for clarity on health-related decisions.

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

Procedures:

1. The teacher will introduce the concept of health-related decisions.
2. Examples will be given of times when it may become necessary to make your own health decisions or when you may need help.
3. The teacher will pass out Template 5.2.1 Coloring Book.
4. Together the scenarios on each page will be discussed and explained.
5. The students will then work independently to color in the pictures on each page.
6. The students will then be asked to place a help sticker on the pages where help with a health decision is needed.
7. The students will then offer their choices and explain their rationale.

Closure: Time for clarification, with questions and answers at the end of the lesson.

Connections to Other Subjects: English Language-Arts

1.0 Listening and Speaking Strategies

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

Extensions for Gifted: Students may want to write a sentence or two explaining each picture.

Adaptations for Learning Disabled: Students will be given a chance to ask for clarification.

DISCLAIMER: The lesson plans and information therein are for general information only. For guidance on individual health issues and diagnosis and treatment of specific conditions, consult a physician or other health-care professional.

