

## **Grade K Michigan Model for Health**

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### **Nutrition and Physical Activity**

Grade K Michigan Model Teacher Manual	TCH
Food Models	CRD
Food sources	P
My Pyramid: Know Your Food Groups	K

### **Nutrition and Physical Activity Extension Materials**

Bread and Jam for Frances	B
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### **Alcohol, Tobacco, and other Drugs**

Using Medicine Safely	P
Poison Products Cards	CRD
Warning Signs Flash Cards	CRD

### **ATOD Extension Materials**

Drug and Non-Drug Cards	CRD
Medicine Use Pictures	CRD
McGruff the crime dog in the no show	VHS, IMC # 8239
Drugs and Poisons: Avoiding the Dangers	DVD, IMC # 8233

### **Safety**

The Two D's For Telling	P
Pedestrian Safety Set	K
Rule for Dangerous Objects	P
Dangerous Objects Cards	CRD
Call 911 for Emergencies	P
Personal Safety Cards	CRD
Say No to Bad Touch	P
What Tadoo	VHS, IMC# 8187, DVD IMC# 8219

### **Safety Extension Materials**

Fire Fighters	B
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### **Social and Emotional**

Sock Puppet	R
Courtesy Cards	CRD
Courtesy Words Bulletin Board	BB
Friends	P
Loving Touches	B
Feeling Faces – Happy, Upset, Surprised and Calm	P
Ways to Settle Down	P
Feelings Trading Cards	CRD
Black and White vs. Color	P
How Do I Feel?	B - Social and Emotional Unit, lesson 4 missing “How Do I Feel” book. There will be a new addenda coming out for this lesson with a replacement book called “The Way I Feel” from Educational Materials Center.

## **Social and Emotional Extension and Suggested Materials**

Making Friends	B
The Berenstain Bears and the Trouble With Friends	B
Families are different	B
Why Am I Different?	B
The New Baby	B
I Like Me	B

## **Personal Health and Wellness**

Keep G-E-R-M-S Away	P
Large Teeth	M
Giant Toothbrush	M

## **Personal Health and Wellness Extension Materials**

Little Rabbit's Loose Tooth	B
The Berenstain Bears Visit the Dentist	B
Stopping Decay	BB
Goofy over Dental Health	VHS, IMC# 8246

## **Grade 1 Michigan Model for Health**

Grade 1 Michigan Model Teacher Manual	TCH
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## **Nutrition and Physical Activity**

Food Models (classroom qty. 2)	CRD
MyPyramid: Know Your Food Groups	K
Learning Basic Skills Through Music/Exercise...	CD
Health Hints Bulletin Board	BB
Heart Healthy Snacks	P
Heart Healthy Exercise	P

## **Nutrition and Physical Activity Extension Materials**

Children Around the World	BB
Sleep is for Everyone	B
Alexander and the Terrible, Horrible.. Very Bad...	B

## **Safety**

Safety on Wheels (set of 7 posters)	P
Burn prevention Poster Set	P
Get Out! Get Help!	P
The Three D's For Telling	P
Call 911 For Emergency Help	P
Personal Safety Cards	CRD
Say No!	P
What to Do with Secrets	DVD, IMC # 8220, VHS, IMC #8188

### Safety Extension Materials

Fire Fighters	B
Safety Do's and Don'ts (set of 7 posters)	P
Emergency Situations Poster Set	P
Safe Home	VHS, IMC # 8254

### Social and Emotional

Ways to Settle Down	P
Feeling Faces: Happy, Upset, Surprised.. Calm	P
Courtesy Words Bulletin Board	BB
Expressing Appreciation	P
Friends	P
Be A Winner By Making Good Decisions	P
The Three D's For Telling	P
Sock Puppet	R

### Social and Emotional Extension and Suggested Materials

A Garden of Feelings	P
How Do I feel?	B
Alexander and the Terrible, Horrible.. Very Bad Day	B
We Are Best Friends	B
Double-Dip Feelings	B
I'll Always Love You	B
Families are different and alike	DVD, IMC # 8227
Ways to Settle Down	P

### Personal Health and Wellness

Cover Your Sneeze	BB
??Thumbs Up For Kids	VHS – this is not available
Giant Toothbrush	M
Large Teeth	M
Learning the basic skills through music, cover your mouth and keep germs away	CD

### Personal Health and Wellness Extension Materials

Germs Make Me Sick	B
The Berenstain Bears Go to the Doctor	B
Those mean, nasty, dirty downright disgusting invisible germs	B

### Alcohol, Tobacco and Other Drugs

Using Medicine Safely	P
Poison Products Cards	CRD
Warning Signs Flash Cards	CRD
Stay Safe Around Poisons	P

### Alcohol, Tobacco and Other Drugs Extension Materials

Why I won't do drugs	VHS, IMC#8253
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## **Grade 2 Michigan Model For Health**

Grade 2 Michigan Model Teacher Manual TCH

### **Nutrition and Physical Activity**

Food Models (classroom qty. 2) CRD

Food Puzzles PZ

MyPyramid Poster For Kids P

MyPyramid: Know Your Food Groups Poster Set P

### **Alcohol, Tobacco, and Other Drugs**

Facts About Secondhand Smoke (teacher ref.) PM

#### **ATOD Extension Materials**

Drugs and Stuff with Harv and Marv DVD IMC# 8224

### **Safety**

Believe Me DVD IMC# 8221

Longfellow's Whale Tales Kit K

Safety Tips for Using the Internet P

Say No! P

#### **Safety Extension Materials**

The Berenstain Bears Learn About Strangers B

Internet Language (set of 38) P

### **Social and Emotional**

Be A Winner By Making Good Decisions P

Feeling Faces and Vocabulary Happy, Upset... K

Feeling Word Cards G

Garden of Feelings, A P

Getting Along (Bk,cd) (book is required in lesson) BK/CD

Listening P

Mixed Feelings G

Rules for Role Playing P

Three D's for Telling P

What to do About Strong Feelings P

#### **Social and Emotional Extension and Suggested Materials**

Berenstain Bears and Mama's New Job B

Check It Out P

Expressing Appreciation P

Families are Different and Alike DVD IMC# 8227

## **Grade 3 Michigan Model for Health**

Grade 3 Michigan Model Teacher Manual TCH

### **Nutrition and Physical Activity**

Advocate for Health P  
Goal Setting P  
My Pyramid: Healthy Food Choices Poster Set K

### **Alcohol, Tobacco, and Other Drugs**

Dusty the Dragon VHS IMC # 8257  
The Pictures Say It All P

#### **ATOD Extension & Suggested Materials**

Facts About Second Hand Smoke PM  
A Story about Feelings DVD IMC #8251  
How To Make Emergency Phone Calls P

### **Safety**

Passenger Safety Poster Set P  
Safety Belt R  
Safety Belts: Use Them Every Time You Ride.. P  
Safety Detective Poster Set P  
Say No! P

#### **Safety Extension Materials**

Safety Tips for Using the Internet P  
Staying Safe Around Dangerous Objects P

### **Social and Emotional**

Four Things To Remember When Sharing What... P  
Keeping Friends P  
Making Friends P  
Protect Yourself and Others From Bullying P  
Rules for Role Playing P  
Three D's For Telling P  
Three Things To Remember When Sharing... P  
We're All Stars! BB  
What To Do About Strong Feelings P

#### **Social and Emotional Extension and Suggested Materials**

Be A Winner By Making Good Decisions P  
Check It Out P  
Solving Conflicts VHS IMC# 8200  
No One Quite You or Me DVD IMC# 8260, VHS IMC# 8228

## **Personal Health and Wellness**

Goal Setting P  
Keeping Our Bodies Clean K

## **Personal Health and Wellness Extension Materials**

Giant Toothbrush M  
Large Teeth M

## **Grade 4 Michigan Model for Health**

Grade 4 Michigan Model Teachers Manual TCH

## **Nutrition and Physical Activity**

Food Models CRD  
Goal Setting P  
MyPyramid: Healthy Food Choices K

## **Alcohol, Tobacco, and other Drugs**

I Don't Buy It DVD IMC# 8222, VHS IMC# 8191  
Say No and Mean It DVD IMC# 8265, VHS IMC# 8194

## **HIV**

HIV Curriculum Section TCH

## **Safety**

Burn Hazards (set of 12 pairs) P  
Finding Home Hazards Inside P  
Finding Home Hazards Outside P  
How To Make Emergency Phone Calls P  
Internet Language (set of 38) P  
Now I Can Tell You My Secret DVD IMC# 8264, VHS IMC# 8192  
Safety Rules for Staying Home Alone P, VHS (Alone at Home) available check with IMC  
Slip! Slop! Slap! Sun Safety Poster P  
Staying Safe Around Dangerous Objects P

## **Social and Emotional**

Act Wise To Resole Conflicts P  
I Can Do It: Taking Responsibility DVD IMC# 8263, VHS IMC# 8193  
Check It Out! P  
Protect Yourself and Others From Bullying P  
So Many Feelings P  
Speaking and Listening With Respect P

Three D's For Telling	P
Walking the Path to Wise Decisions	P
When Something Is Bothering You, Act!	P

## **Grade 5 Michigan Model for Health**

Grade 5 Michigan Model Teacher Manual	TCH
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### **Nutrition and Physical Activity**

Food Labels (8 decks of 24 cards)	CRD
Food Label Signs (set of 8)	P
MyPyramid: Healthy Food Choices	K
Using Food Labels to Guide Decisions	P
Nutrients Posters (set of 2 posters)	P

### **HIV**

AIDS: Facts For Kids (DVD)	DVD IMC# 8232
HIV Curriculum Section	TCH

### **Safety**

How To Make Emergency Phone Calls	P
Slip! Slop! Slap! Sun Safety Poster	P
When Should You Tell? Dealing w/Abuse	DVD IMC# 8196

### **Alcohol, Tobacco and Other Drugs**

About Tobacco	PM
Advocacy	P
The Danger Zone: Dangers in Your House	DVD IMC# 8248, VHS IMC# 8186
The Pictures Say It All, Lungs Poster	P
Tobacco Sales Warning Signs	CRD
The Truth About Inhalants	VHS IMC# 8195
The Truth About Tobacco	PM
<b>ATOD Extension Materials</b>	
Wizard of No	VHS check with IMC for number
Smoke Screens	VHS check with IMC for number

### **Social-Emotional**

Act Wise To Resolve Conflicts	P
Advocacy	P
Check It Out	P
Goal Setting	P
Lend An Ear! How To Listen Respectfully	P
So Many Feelings	P

Solving Conflicts	VHS IMC# 8200
Protect Yourself and Others From Bullying	P
Take A Stand! How To Speak Assertively	P
Three D's For Telling	P
Walking the Path To Wise Decisions	P
When Something Is Bothering You, Act!	P