

The Teachers Guide to the *10 x10 Health Booklet*: Ten Things Every Child Should Know by the Age of Ten

Dear Teacher,

We hope you find our *10 x10 Health Booklet* a useful classroom resource. First and Second grade teachers, school nurses, counselors, parents and health professionals from around Sandoval County contributed to its content.

10 x 10 is an initiative of the Sandoval Health Collaborative and Sandoval Health Council to 1) educate and enthuse kids ages 7-10 to practice healthy behaviors for life, and 2) use this knowledge to become health ambassadors to their families and peers and help promote healthy behaviors at home and community-wide.

You know best how to integrate the 10 healthy behaviors into your classroom. Following are suggested online resources for additional class discussion and activities:

1. Eat Well

- https://fns-prod.azureedge.net/sites/default/files/tn/sump_level1.pdf (USDA My Plate lesson plans, songs, activities for Grades 1 & 2 level)
- http://kidshealth.org/classroom/prekto2/problems/conditions/obesity_quiz_answers.pdf (lesson plans)
- <http://www.superhealthykids.com/8-myplate-lesson-ideas-for-k-2nd-grade/kids-cook>
- <http://www.learnnc.org/lp/editions/nutrition/6643> (food for thought elementary lessons & activities)
- http://www.dineforlife.org/resources/Healthy%20Bodies%20Lesson_K-1.pdf (separate 1st grade & 2nd grade levels - questions for class discussion; also promote physical activity)
- http://www.help-teaching.com/questions/Nutrition/Grade_1questions (for class discussion)

2) Keep Moving

- http://kidshealth.org/classroom/prekto2/personal/fitness/fitness_handout1.pdf
- http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_Thru_5/
- www.youtube.com/watch?v=NbEeaBULvys (hip hop song)
- <https://educators.brainpop.com/lesson-plan/5-major-body-systems-with-brainpop-jr/>

- <https://www.verywell.com/exercise-for-kids-teach-the-importance-of-activity-1257096>
- <http://kidshealth.org/en/kids/work-it-out.html>
- <https://www.greatschools.org/gk/articles/first-grade-pe/>
- <http://pelessonplan.com/2016/01/13/animal-warm-up/>
- <https://www.lessonplanet.com/teachers/why-be-active>
- <http://activeforlife.com/activities/?actId=40>

3) Be Aware

- <https://educators.brainpop.com/bp-jr-topic/sugar/>
- <https://www.theguardian.com/teacher-network/2015/sep/21/how-to-teach-sug>
- <http://www.learnnc.org/lp/editions/nutrition/6601>
- <http://foodandfun.org/?p=learn/staff/activities&subject=Pour+It+Out&unit=Unit+3%3A+Be+Sugar+Smart>
- <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=284&id=2685>

4) Make Wise Choices

- <https://classroom.kidshealth.org/prekto2/problems/drugs/drugs.pdf>
- <http://www.ncpc.org/resources/files/pdf/drug-abuse/elementary-drug-prevention-part1.pdf>
- <https://educators.brainpop.com/lesson-plan/illegal-drugs-background-information-for-teachers-and-parents/>
- <http://www.teachkidshow.com/teach-your-child-how-to-make-good-choices/>

5) Think Safety

- http://classroom.kidshealth.org/prekto2/personal/safety/strangers_911.pdf
- https://classroom.kidshealth.org/prekto2/personal/safety/car_bus_safety.pdf
- https://classroom.kidshealth.org/prekto2/personal/safety/fire_safety.pdf
- <https://www.codot.gov/programs/bikeped/safe-routes/lesson-plans/CDOTSafetyLessonPlansGradesK2.pdf>
- <https://www.edutopia.org/blog/internet-safety-younger-elementary-mary-beth-hertz>
- <http://classroom.kidshealth.org/prekto2/problems/emotions/bullying.pdf>
- <https://www.weareteachers.com/bike-safety-smarts-for-teachers-and-kids/>

6) Keep it Clean

- <https://classroom.kidshealth.org/prekto2/personal/hygiene/germs.pdf>
- <https://classroom.kidshealth.org/index.jsp?Grade=pk&Section=personal>
- <http://study.com/academy/lesson/personal-hygiene-lesson-plan-for-elementary-school.html>
- <http://www.fao.org/docrep/008/ag066e/ag066e07.htm>

7) Stay Balanced

- <http://www.elementaryschoolcounseling.org/making-and-keeping-friends.html>
- <http://www.wikihow.com/Help-Others>
- <http://www.kindspring.org/story/view.php?sid=43439>
- <https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Childhood-Depression-What-Parents-Can-Do-To-Help.aspx>
- <http://pubs.ext.vt.edu/350/350-054/350->
- <http://savvyschoolcounselor.com/a-lesson-about-kindness/>
- <https://www.youtube.com/watch?v=-dykflUu2Pc> (short video & game aimed at 2nd graders)
- <http://www.the-best-childrens-books.org/teaching-compassion.html>

8) Navigate It

- <http://www.rntobsn.org/resources/school-nurses-guide-to-kids-health-and-safety/>
- <http://kidshealth.org/en/kids/nurses.html>
- <http://www.mouthhealthykids.org/en/educators/smile-smarts-dental-health-curriculum>
- <https://www.bluecrossma.com/wps/portal/members/healthier-living/manage-my-health/immunizations-healthy-kids/>
- <https://www.fsipinc.org> (pueblo health resources in Sandoval County)
- <https://www.aoa.org/patients-and-public/good-vision-throughout-life/childrens-vision/school-aged-vision-6-to-18-years-of-age>

9) Know Your Numbers

- http://www.kristensguide.com/Family/Parenting/Empower_Children/essential_safety_skills.asp
- http://www.rescuere.com/resources/lessons/day_1_1st2nd
- <https://www.fsipinc.org> (what 1st graders should know)
- <https://www.greatschools.org/gk/articles/second-grade-benchmarks/>

10) Keep Growing

- <https://le-scusd-ca.schoolloop.com/skills>
- <http://www.rootsofaction.com/is-lifelong-learning-in-your-childs-future/>
- <http://www.parentherald.com/articles/39245/20160426/school-library-benefits-important-reasons-students.htm>
- <http://riorancholibraries.org/Index.aspx?NID=285>
- <http://www.townofbernalillo.org/depts/library.htm>
- [cuba.nm public library](#)
- [jemez valley public library](#)
- <http://www.jemezpuablo.org>