



## Grade 5 Engagement and Assessment Ideas

### Body Systems

- Have students explore and complete activities on online interactive human body sites.

### Community/Environmental Health

- Ask students to list strategies for avoiding tobacco smoke.
- Have students complete a worksheet on ways to reduce polluting the air or water.

### Nutrition

- Provide a variety of food labels and have students locate information on calories, sugar, sodium content, ingredients etc.
- Have students create a message campaign to promote eating a variety of healthful food groups using [choosemyplate.gov](http://choosemyplate.gov) resources

### Disease Prevention/Health Promotion

- Ask students to create a poster project on fun physical activities that they can do with friends and instead of watching television.
- Create a scenario about a student who did not get enough sleep before an athletic event or class test and have students discuss potential consequences to performance.
- Discuss the health benefits and harms associated with sun exposure and discuss strategies for adequately limiting sun exposure (UV rays).
- Have students coordinate a school health fair for the community.

### Substance Abuse Prevention

- Have students identify 10 healthy alternatives for managing pain, stress, and for socializing that are alcohol, tobacco and drug free.
- Have students practice refusal skills.
- Have students develop anti-drug, alcohol, and tobacco print or social media campaign that promote positive behaviors to peers.

## Safety/Injury Prevention

- Hold safety drills.
- Have students role-play emergency communication strategies.

## Mental Wellness/Social Emotional Skills

- Implement KidsHealth.org lessons:
  - Feeling Sad- *Lets Talk About It, Feeling Better* <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
  - Getting Along – *Oh Brother, Kindness Coupons* [http://classroom.kidshealth.org/3to5/personal/growing/getting\\_along.pdf](http://classroom.kidshealth.org/3to5/personal/growing/getting_along.pdf)
  - Empathy – *Deciding on Empathy, Empathy Award* <http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf>
  - Conflict Resolution – *Conflict Corner* [https://classroom.kidshealth.org/3to5/personal/growing/conflict\\_resolution.pdf](https://classroom.kidshealth.org/3to5/personal/growing/conflict_resolution.pdf)
  - Stress – *Take Care of Yourself, Morning Stressbusters* <https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf>
- Discuss stress management strategies and have students exercise a strategy of their choosing for a 2 - 5 minute time period in the class (i.e., physical or creative expression, talking, breathing).
- Help students practice mindfulness.
- Implement activities to improve interpersonal communications skills.
- Have students work together to create a class social media or Instagram account with pictures and captions that reflect their positive traits.
- Create and read two scenarios where a child experiences disappointment; in one scenario, the child handles it inappropriately and in the other scenario the child overcomes disappointment in a positive manner. Have students discuss the pros and cons of each ending. Have students further illustrate or act out constructive ways of dealing with disappointment.
- Encourage students to talk to trusted adults about disappointments, loss and grief. Talk to them about helpful school and community resource people. *When Grief Enters the Classroom* is a resource that provides good background and strategies for educators on addressing grief across various developmental ages. [http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\\_guide.pdf](http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf).

## Violence Prevention

- Role-play scenarios dealing with reporting and/or coping with bullying situations, including standing up for friends and reporting to teachers and other trusted adults.