Community Health Curriculum: Check the grade level you teach for simple starter questions for community health based on student age.

**Kinder : Health and Self**

*Discussion:* What do you do to be healthy? What do you do differently when you're sick?

*Activity:* Pretend you are sick and you tell a doctor how you feel. What would you say?


**1st: Health and Family**

*Discussion:* Ask an adult in your family, what does my family do to stay healthy? Name a healthy activity they’ve done today and have them give a reason why they believe the activity is healthy.

*Activity:* If you could help someone in your family with their health, what would you do or say?

*Emotion:* Grateful vs. Grumpy

[https://healthpoweredkids.org/lessons/gratefulsandgrumbles/](https://healthpoweredkids.org/lessons/gratefulsandgrumbles/)

**2nd: Health and Teeth**

*Discussion:* What does a dentist do? Why is this important?

*Activity:* How are my family’s teeth different from mine? How do I take care of my teeth?

*Experiment:* Hard-boiled eggs in solutions

[https://healthpoweredkids.org/lessons/why-should-you-brush-your-teeth/](https://healthpoweredkids.org/lessons/why-should-you-brush-your-teeth/)

**3rd: Health and Fitness**

*Discussion:* What do I do for exercise at school and at home?

*Activity:* What do other people in my family or my friends do for exercise? Why is this important?

*Emotion:* Mood and Exercise

4th: Mental Health

Discussion: What do you do when you sometimes feel overwhelmed with lots of things to do?

Activity: How do people in my family plan their time with work and home?

Emotion: Stanley Stress

https://ca.pbslearningmedia.org/resource/5382115a-d6ca-4d7f-8e02-e1fd537a8d51/healthbeat-stanley-stress/

5th: Digital Health

Discussion: What is your digital footprint, and why is it important?

Activity: Help kids learn about their online presence, so it is in line with how they want to be seen in real life make good choices about their online content they view.

Explore: Self-management skills


Middle School: Communication Skills

Discussion: How can communication techniques minimize communication barriers seen in health care?

Activity: Understand effective communication, use effective listening techniques and use proper verbal and nonverbal communication skills

Explore: Communication barriers

Communication Barriers Lesson Plan from Texas CTE

Middle School: How to Teach Health Science Career Exploration in Middle School

Discussion: What kind of careers are there in health care? What are the requirements, roles and responsibilities of health care workers?

Activity: An introduction to health care careers, healthcare pathways, exploration of health care career requirements, roles and responsibilities and ending with student reflections
Middle/High School:

Discussion: Is healthcare a human right?

Activity: This lesson plan helps students explore the concept that health is a basic human right. Primary sources—Article 25 of the "U.N. Universal Declaration of Human Rights" and Article 1 of the "Declaration of Alma-Ata"—are used to help students define health and human rights, and to build a connection between the two. Students apply the concept of health as a basic human right by analyzing case studies from the Against the Odds exhibition. **Time Needed:** Two 45-minute class periods

Health and Human Rights - Against the Odds Lesson plans

High School: Good Health & Well Being- Sustainable development goals of the United Nations

Discussion: How do we ensure healthy lives and promote well-being for all at all ages?

Activity: 1) Read the information on [this page](#) about the UN Sustainable Goal 3: Health. In small groups, discuss the information on the page, paying special attention to the Goal 3 targets. Use this information (as well as other information in the Links or what you find on your own) to determine which goals are the most realistic and which are the most ambitious. Be prepared to share your groups’ opinions with the whole class.

Activity: 2) Using the information from [this page](#) and your other research, look more closely at health data from your region. Using the style of the infographics in the middle of the page, create your own infographic for your school or wider community (individual or small group) promoting “healthy lives and well-being for all ages.” Be prepared to share how and why you decided on the priorities, data, and images you chose when you present your infographic to the class.
Sustainable Development Goal 3: Good Health and Well-Being - SDG Series | Academy 4…