

Harcourt
**Health
and
Fitness**

Planning Resources

Grade 2

Teaching Resources

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What We Are Learning About Health

In Chapter 1 of *Harcourt Health and Fitness*, we are learning about

- how bodies grow and change as people get older.
- the major organs, their functions, and how they work together.
- setting health goals, such as an exercise plan.
- being a caring friend by listening and by being thoughtful and kind.



Visit www.harcourtschool.com/health for links to parent resources.

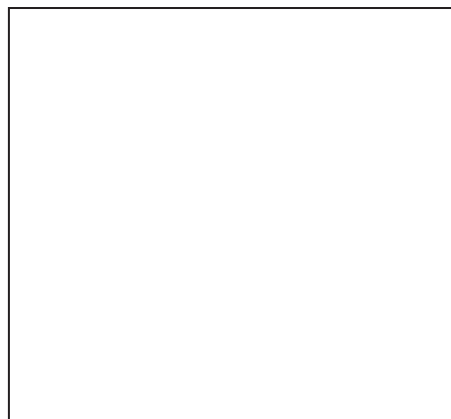
How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

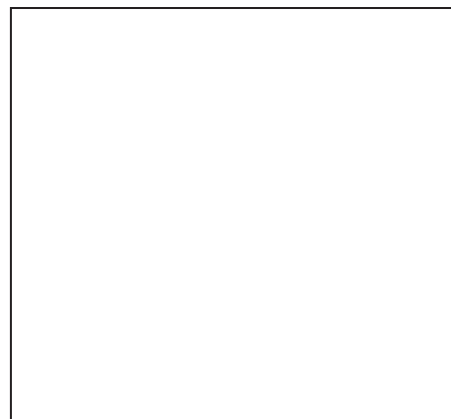
- explaining how you grew and changed as you got older.
- encouraging him or her to set health goals.
- role-playing being a caring friend with your child.

A Family Activity

All people change as they get older. They get taller and heavier. Have your child draw a picture of the way he or she looks today. Next, have your child draw a picture of the way he or she might look in three years.



How I Look Today



How I Might Look in Three Years

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 1 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Cómo crecen y cambian las personas.
- Los órganos principales, sus funciones y cómo trabajan juntos.
- Cómo proponer metas para la salud, tal como un plan de ejercicio.
- Cómo ser un amigo bondadoso, escuchando atentamente a los demás.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Explíquelo cómo usted cambió mientras crecía.
- Anímelo a proponer metas para la salud.
- Desempeñe el papel de un amigo bondadoso con su hijo(a).

Actividad familiar

Todas las personas cambian cuando crecen. Las personas aumentan de estatura y de peso. Pida a su hijo(a) que haga un dibujo de cómo se ve hoy. Luego, pídale que haga un dibujo de cómo se verá en tres años.



Cómo me veo hoy



Cómo me verá en tres años

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 2 of *Harcourt Health and Fitness*, we are learning about

- fighting germs that cause illness.
- the function of and ways to protect the eyes and ears.
- communicating to a trusted adult when ill.
- showing self-respect by keeping clean and healthy.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- washing your hands together.
- discussing how you use your eyes and ears at home.
- praising your child when he or she takes responsibility for his or her personal hygiene.

A Family Activity

Have your child think about the different ways in which he or she uses sight and hearing. Discuss what it would be like not to have either, stressing the importance of taking care of both. Then have your child draw a picture of his or her favorite thing to look at and to listen to.

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 2 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Cómo combatir los gérmenes que causan enfermedades.
- Las maneras de proteger los ojos y oídos y sus funciones.
- Cómo comunicar a un adulto de confianza cuando se sienten enfermos.
- Cómo demostrar amor propio al mantener un aspecto limpio y saludable.



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Cómo puede usted ayudar

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- Juntos laven sus manos.
- Hablen acerca de cómo usamos los ojos y oídos en casa.
- Elógielo cuando se responsabiliza por su higiene personal.

Actividad familiar

Pida a su hijo(a) que piense acerca de las diferentes maneras en que usamos la visión y la audición. Comenten cómo sería no tener ambas. Enfátice la importancia de cuidarlas. Luego, pídale que haga un dibujo de algo favorito que le gusta observar o escuchar.

School-Home Connection

A Note to Family Members

What We Are Learning About Health

In Chapter 3 of *Harcourt Health and Fitness*, we are learning about

- proper care of primary and permanent teeth.
- eating the right foods to keep teeth healthy and strong.
- setting goals to take care of and maintain healthy teeth.
- being honest about teeth, from brushing regularly to telling when there is a problem.

 Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- explaining how you felt when you lost your primary teeth.
- helping your child set a goal for the care of his or her teeth.
- praising your child when he or she is honest about taking care of his or her teeth.

A Family Activity

Help your child make an inventory of dental care products found in your home. Have him or her make a check mark in the proper column for each example of a product you find. Talk with your child about how the products are used. Have your child locate the ADA seal on labels, and explain what it means.

Toothbrushes	Toothpaste	Dental Floss	Mouthwash	Other

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 3 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Cómo cuidar apropiadamente los primeros dientes y los dientes permanentes.
- Cómo comer los alimentos correctos para mantener los dientes fuertes y sanos.
- Cómo proponer metas para cuidar y mantener dientes sanos.
- Cómo cepillarse fielmente y avisar a alguien cuando existe algún problema.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Explíquele cómo se sintió usted cuando perdió sus primeros dientes.
- Ayúdele a proponer una meta para el mantenimiento de sus dientes.
- Elógielo por cuidar sus dientes apropiadamente.

Actividad familiar

Ayude a su hijo(a) a hacer un inventario de productos dentales que tengan en casa. Pídale que haga una marca en la columna apropiada de los productos que encuentre. Hablen acerca de cómo se usan los productos. Pídale que localice el sello de la ADA en las etiquetas y que explique qué significan.

Cepillos de dientes	Pasta de dientes	Hilo dental	Enjuague bucal	Otros

School-Home Connection

**A Note to
Family Members**

What We Are Learning About Health

In Chapter 4 of *Harcourt Health and Fitness*, we are learning about

- a healthful diet and how the body uses food.
- using MyPyramid to select a healthful diet and to identify unhealthful foods.
- making healthful decisions when choosing snacks.
- being honest and following family rules about snacks.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing how diets have changed since you were a child.
- praising his or her efforts to use MyPyramid in choosing foods.
- letting your child know what you do and don't want him or her to eat for snacks.

A Family Activity

Have your child dictate his or her menu choices for you to write in the table below. Then compare the chart to a copy of MyPyramid. Talk with your child about how his or her nutritional choices could be maintained or improved.

What I Ate Yesterday

Breakfast	Lunch	Dinner	Snacks

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 4 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Comer alimentos sanos y cómo el cuerpo utiliza los alimentos.
- Cómo usar MiPirámide para seleccionar alimentos sanos e identificar los alimentos pocos saludables.
- Cómo tomar decisiones para refrigerios saludables.
- Cómo ser sincero y seguir las reglas del hogar para refrigerios saludables.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Hablen acerca de cómo ha cambiado la alimentación desde que usted era niño.
- Elogie sus esfuerzos por elegir los alimentos de MiPirámide.
- Explíquele lo que debe o no debe comer en las meriendas.

Actividad familiar

Pida a su hijo(a) que haga su selección de alimentos para completar la tabla a continuación. Luego, compare la tabla con una copia de MiPirámide. Hablen acerca de cómo se pueden mantener o mejorar las selecciones nutricionales.

Lo que comí ayer

Desayuno	Almuerzo	Cena	Refrigerios

School-Home Connection

A Note to Family Members

What We Are Learning About Health

In Chapter 5 of *Harcourt Health and Fitness*, we are learning about

- the healthful benefits of exercise and how to exercise safely.
- how sleep helps the body and the brain and relieves stress.
- managing stress when excited or worried, through activity or by talking to someone.
- treating everyone with respect by being fair.

 Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- encouraging your child to find exercise that he or she likes.
- discussing how sleep helps you in your everyday activities.
- praising his or her efforts to be fair and respectful toward others.

A Family Activity

Have your child help plan family exercise time. First, survey family members for their exercise preferences. Help your child fill out the table. Then, use the information to come up with an exercise activity in which the whole family can participate.

Your Family's Exercise

Family Member	Favorite Kind of Exercise	Best Time to Exercise

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 5 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Los beneficios del ejercicio y cómo hacer ejercicio cuidadosamente.
- Cómo dormir ayuda al cuerpo, al cerebro y alivia el estrés.
- Cómo manejar el estrés cuando estés entusiasmado o preocupado ya sea con una actividad o hablando con alguien.
- Cómo tratar a las personas justamente y con respeto.



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Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Anímelo a hacer el ejercicio que más le guste.
- Hablen acerca de cómo dormir lo suficiente te ayuda en las actividades que desempeñas todos los días.
- Elogie sus esfuerzos para tratar a las personas justamente y con respeto.

Actividad familiar

Ayude a su hijo(a) a preparar un plan de ejercicio familiar. Primero, hagan una encuesta de las preferencias de ejercicio de los familiares. Ayúdelo a completar la tabla. Luego, usen la información para ejercer un plan de ejercicio donde toda la familia pueda participar.

Ejercicios de la familia

Familiar	Ejercicio favorito	Mejor tiempo para hacer ejercicio

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 6 of *Harcourt Health and Fitness*, we are learning about

- ways to prevent fires and appropriate behaviors during a fire.
- weapons, poisons, and strangers, and ways to stay safe at home and school.
- refusing to play in unsafe situations that parents would not approve of.
- being responsible when getting someone else's attention.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing different situations dealing with weapons, poisons, and strangers.
- explaining to your child what you expect of him or her when he or she is unsupervised.
- praising your child for talking to others respectfully and responsibly.

A Family Activity

Every family needs a fire safety plan. Tour your home with your child, pointing out smoke detectors and fire extinguishers. Have your child note two exits from each room. Check for possible fire hazards, such as frayed electrical cords or blocked heating vents. Be sure your child knows how to call 911, but remind him or her to call from outside the home if there is a fire. Choose a safe place outside your home for family members to meet in case of fire.

La escuela y la casa

Nota para
los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 6 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Las maneras de prevenir un fuego y qué medidas tomar durante un fuego.
- Las armas, los venenos y los desconocidos y cómo mantenerse seguro en casa y en la escuela.
- Cómo rehusar jugar en situaciones inseguras que no han sido aprobadas por los padres.
- Cómo llamar la atención de alguien de manera responsable.



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Cómo puede usted ayudar

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- Hablen de distintas situaciones que han surgido con las armas, los venenos y los desconocidos.
- Explíquelo lo que usted espera de él o ella cuando juega sin supervisión.
- Elógielo cuando es responsable y habla con respeto a los demás.

Actividad familiar

Todas las familias necesitan un plan de seguridad contra el fuego. En su hogar, muestre a su hijo(a) los detectores de humo y los extinguidores. Muéstrelle dos salidas para cada habitación. Revisen los peligros que puedan ocasionar un fuego como cables eléctricos desgastados o conductos de calefacción bloqueados. Asegúrese de que su hijo(a) sepa llamar al 911 pero recuérdelo que llame desde afuera de la casa en caso de fuego. Elija un lugar seguro fuera de la casa onde la familia se pueda reunir en caso de un fuego.

School-Home Connection

A Note to Family Members

What We Are Learning About Health

In Chapter 7 of *Harcourt Health and Fitness*, we are learning about

- being safe in and around water, with animals, at school, and in cars and buses.
- the importance of safety gear when on a bike, skateboard, skates, or scooter.
- resolving conflicts with peers.
- showing good citizenship by following community safety rules.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing how to stay safe in specific situations at and around home and school.
- stressing that you would like him or her to wear safety gear when it is needed.
- examining community laws dealing with safety and children.

A Family Activity

Outside the home there are many things that are hazardous and can cause injuries. Help your child list the things he or she can do to stay safe outside. Encourage your child to come up with additional outside activities that require special safety measures.

Road Safety

Activity	Things to Do to Stay Safe
Walking	
Skating	
Skateboarding	
Riding a bike	
Riding in a car or bus	

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 7 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Cómo mantenerse seguro dentro del agua o a su alrededor, con animales, en la escuela y al viajar en carro y autobús.
- La importancia de usar equipo de protección para montar en bicicleta, monopatín, patines o patineta.
- Cómo resolver diferencias de opinión con los amigos.
- Cómo ser un buen ciudadano al seguir las normas de seguridad de la comunidad.



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Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Hablen acerca de cómo mantenerse seguro en ciertas situaciones de la casa y la escuela.
- Enfatícele la importancia de usar equipo de protección siempre que sea necesario.
- Revisen las reglas de su comunidad con respecto a la seguridad y el cuidado de los niños.

Actividad familiar

Existen muchos peligros fuera del hogar, que pueden causar daño. Pida a su hijo(a) que haga una lista de las cosas que puede hacer para mantenerse seguro fuera de la casa. Anímelo a añadir otras actividades que no se mencionan en la lista y a escribir las medidas de seguridad respectivas.

Seguridad en la carretera

Actividad	Lo que puedo hacer para mantenerme seguro
Caminar	
Patinar	
Andar en monopatín	
Montar en bicicleta	
Viajar en carro o autobús	

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 8 of *Harcourt Health and Fitness*, we are learning about

- the symptoms and causes of illness and what to do when ill.
- identifying diseases, how they are spread, and the vaccines that prevent some diseases.
- communicating to a trusted adult when feeling ill.
- helping, respecting, and caring for people with health problems.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- explaining the importance of washing hands in stopping the spread of germs.
- discussing someone you know that has dealt with a disease.
- letting your child know exactly who to talk to when not feeling well.

A Family Activity

Ask your child to draw one or more ways in which family members can prevent the spread of illness. For example, your child might draw family members receiving vaccines. Use the drawing as a starting point for a family discussion about good health habits.

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 8 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Los síntomas y las causas de las enfermedades y qué hacer al estar enfermos.
- Algunas maneras de identificar enfermedades, cómo se propagan y las vacunas que previenen algunas enfermedades.
- Cómo comunicar a un adulto de confianza cuando se sienten enfermos.
- Cómo ayudar, respetar y cuidar a las personas con problemas de salud.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

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- Explíquele la importancia de lavarse las manos y como esto evita que los gérmenes se propaguen.
- Hablen acerca de una persona conocida que haya tenido una enfermedad.
- Déjele saber con quien debe hablar cuando no se siente bien.

Actividad familiar

Pida a su hijo(a) que haga un dibujo que muestre una o varias maneras sobre como los familiares pueden prevenir que una enfermedad se propague. Por ejemplo, su hijo(a) podría dibujar algunos familiares vacunándose. Reúnanse en familia y use el dibujo para iniciar un tema de conversación familiar acerca de los hábitos para tener una buena salud.

School-Home Connection

A Note to Family Members

What We Are Learning About Health


In Chapter 9 of *Harcourt Health and Fitness*, we are learning about

- safely using medicines by reading the labels and always taking them in the presence of a trusted adult.
- the harmful effects of caffeine, alcohol, and tobacco on children.
- ways of and the importance of refusing drugs.
- the responsibility of self-control in refusing drugs and in taking medicine only with supervision.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- practicing reading the labels of different medicines at home or at the pharmacy.
- discussing the use of caffeine, tobacco, or alcohol in your home.
- praising your child's self-control in refusing drugs from peers.

 Visit www.harcourtschool.com/health for links to parent resources.

A Family Activity

Talk with your child about medicines and drugs. With your child, look in your kitchen for products containing caffeine. List each product you find, and have your child suggest a more healthful alternative for family members.

Products with Caffeine	More Healthful Choices

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 9 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Cómo saber usar los medicamentos al leer las etiquetas y tomarlos siempre en presencia de un adulto de confianza.
- Los efectos dañinos de la cafeína, el alcohol y el tabaco en los niños.
- Algunas maneras de rechazar las drogas y la importancia de rechazarlas.
- Cómo ser responsable al rechazar las drogas y tomar los medicamentos bajo supervisión.

Cómo puede usted ayudar

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- Lean las etiquetas de varios medicamentos que tengan en la casa o que estén en la farmacia.
- Hablen acerca del uso de la cafeína, el tabaco o el alcohol en su hogar.
- Elógielo por ser capaz de rechazar las drogas que le ofrecen sus compañeros.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Actividad familiar

Hable con su hijo(a) acerca de los medicamentos y las drogas. Busquen algunos productos que contengan cafeína en la cocina. Hagan una lista de cada producto que encuentren y pídale que sugiera otros productos que sean más saludables para los familiares.

Productos con cafeína	Productos más saludables

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 10 of *Harcourt Health and Fitness*, we are learning about

- how everyone is unique.
- expressing wants, needs, and emotions in healthful ways.
- managing stress at school.
- respecting others when playing games or sports.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing how family members are unique.
- encouraging your child to examine his or her needs and wants.
- playing a game together.

A Family Activity

Talk with your child about his or her friends. Have your child dictate information about a friend while you fill in the table below. Talk about ways to make new friends and maintain existing friendships.

My Special Friend

My friend's name	
How long we've been friends	
How we met	
What we like to do	

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 10 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Cómo cada uno es único.
- Cómo expresar los deseos, las necesidades y emociones de maneras saludables.
- Cómo manejar el estrés en la escuela.
- Cómo respetar a los demás al jugar o practicar algún deporte.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Hablen acerca de cómo los familiares son únicos.
- Anímelo a que piense acerca de sus necesidades y deseos.
- Jueguen juntos.

Actividad familiar

Hable con su hijo(a) acerca de sus amistades. Pídale que le dé información acerca de un amigo para completar la tabla de abajo. Coméntele acerca de algunas maneras de hacer nuevas amistades y cómo mantener las amistades existentes.

Mi mejor amigo

Cómo se llama	
Cuánto tiempo hemos sido amigos	
Cómo nos conocimos	
Qué nos gusta hacer	

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 11 of *Harcourt Health and Fitness*, we are learning about

- being a responsible family member.
- helping and respecting other family members.
- how families change, and dealing with that change.
- being trustworthy by telling the truth about making mistakes.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- examining the roles of all the family members.
- encouraging your child to help others.
- praising your child when he or she accepts responsibility for a mistake.

A Family Activity

With your child, talk about family rules and why they are important. Help your child see that rules help keep family members safe and free from conflict. Have your child write one important family rule on the lines below. Then talk about the significance this rule has for your child.

A Family Rule

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 11 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Cómo ser un familiar responsable.
- Cómo respetar y ayudar a otros familiares.
- Cómo las familias cambian y algunas maneras para hacer frente al cambio.
- Cómo ser una persona digna de confianza por decir la verdad al cometer errores.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Examinen las responsabilidades de todos los familiares.
- Anímelo a ayudar a los demás.
- Elógielo cuando se responsabiliza de sus errores.

Actividad familiar

Junto con su hijo(a), hablen acerca de las reglas de la familia y por qué son importantes. Hágale ver que las reglas ayudan los familiares a mantenerse seguros y a evitar conflictos. Pídale que escriba en las líneas de abajo acerca de una regla de la familia que sea importante. Luego, hablen acerca de la importancia que esta regla tiene para su hijo(a).

Una regla de la familia

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 12 of *Harcourt Health and Fitness*, we are learning about

- safety workers in the community.
- recycling and its benefits for a healthful community.
- making the right decisions about throwing away trash.
- being a good citizen by picking up litter at school, helping raise money for charity, or helping others.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- introducing your child to a safety worker in your community.
- praising your child when he or she recycles.
- encouraging your child to help out in the community or at school.

A Family Activity

On a walk or drive through your neighborhood, point out the community hospitals or clinics. Talk about the work of doctors, nurses, paramedics, and other health workers. Have your child draw a picture of how community health workers help your family.

La escuela y la casa

**Nota para
los familiares**

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 12 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Los trabajadores de seguridad en la comunidad.
- El reciclaje y sus beneficios para tener una comunidad saludable.
- Cómo tomar decisiones correctas cuando hay que tirar cosas a la basura.
- Cómo ser un buen ciudadano al recoger basura en la escuela, ayudar a recoger fondos para una obra de caridad, o ayudar a otros.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Preséntele un trabajador de seguridad de su comunidad.
- Elógielo cuando recicla.
- Anímelo a que ayude en la comunidad o en la escuela.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

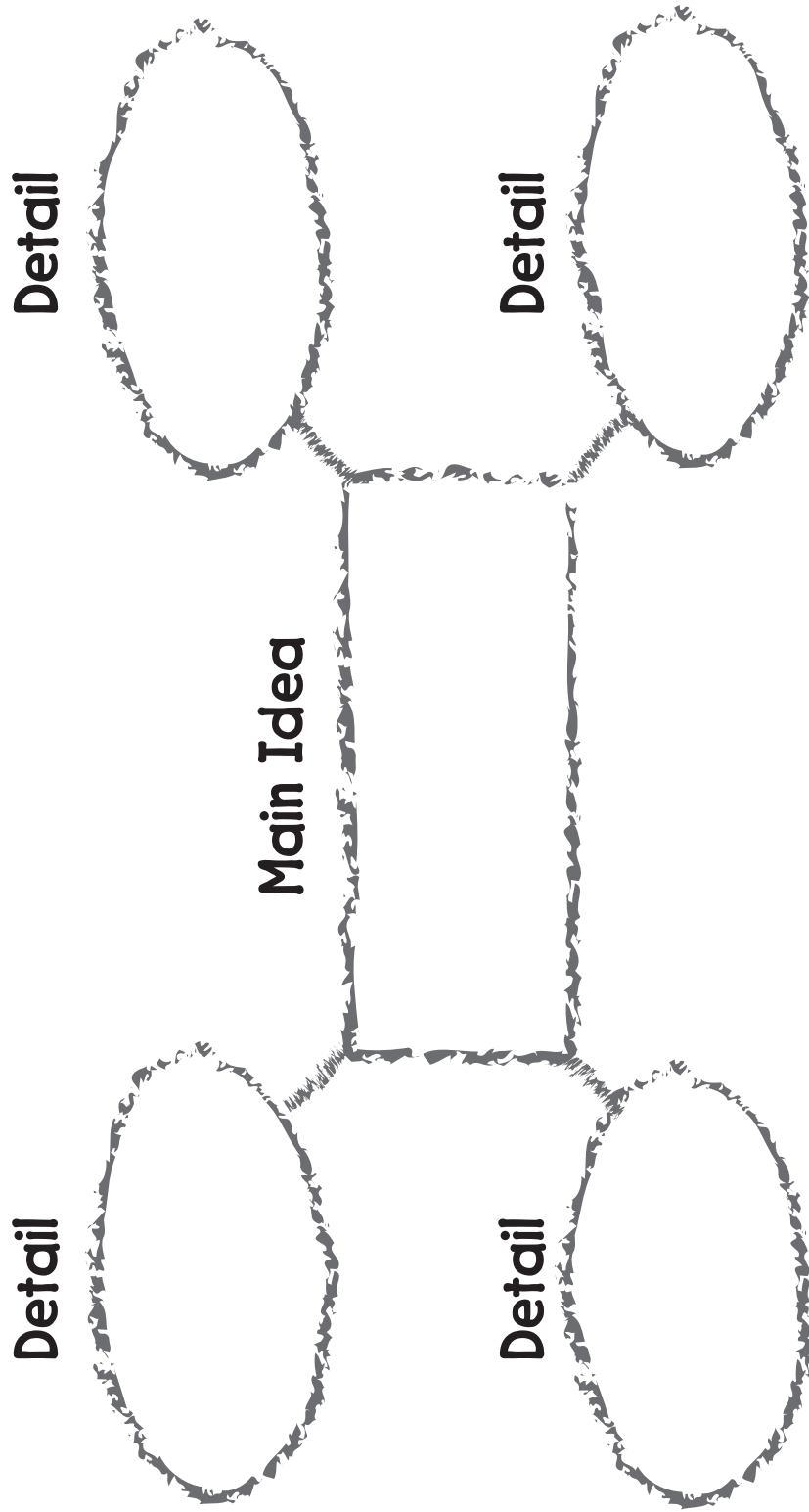
Actividad familiar

Cuando salgan a caminar o a manejar en su vecindario, señalen los hospitales o clínicas de la comunidad. Hablen acerca del trabajo de los doctores, enfermeras, paramédicos y otros trabajadores en el área de la salud. Pídale que haga un dibujo que muestre cómo los trabajadores en el área de la salud de la comunidad ayudan su familia.



Reading Skill Graphic Organizer

Find the Main Idea





Reading Skill Graphic Organizer

Find Cause and Effect

Cause

A large, empty rectangular box with a rough, hand-drawn border, intended for writing the cause of an event.

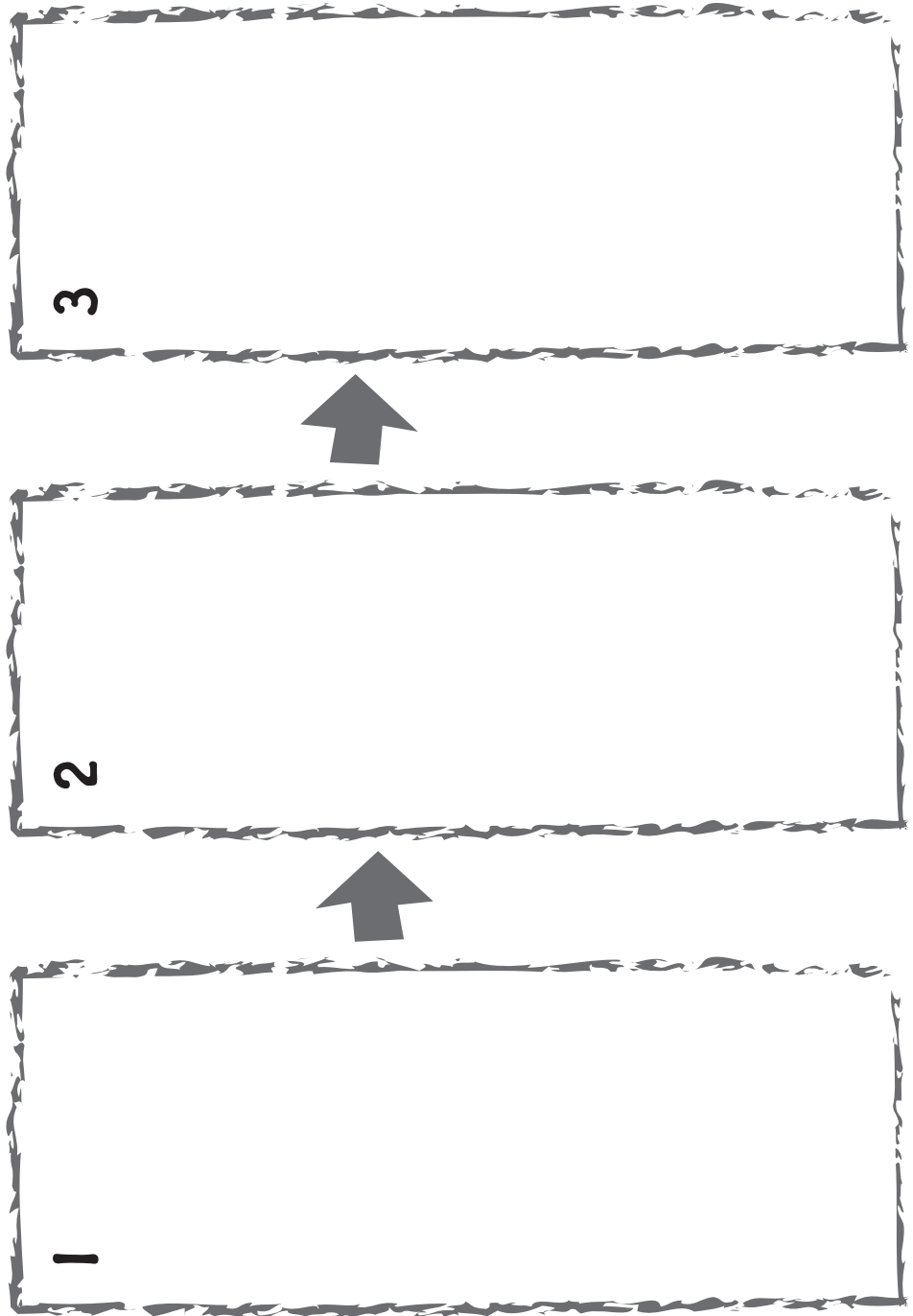
Effect

A large, empty rectangular box with a rough, hand-drawn border, intended for writing the effect of an event.



Reading Skill Graphic Organizer

Sequence





Reading Skill Graphic Organizer

Make Predictions

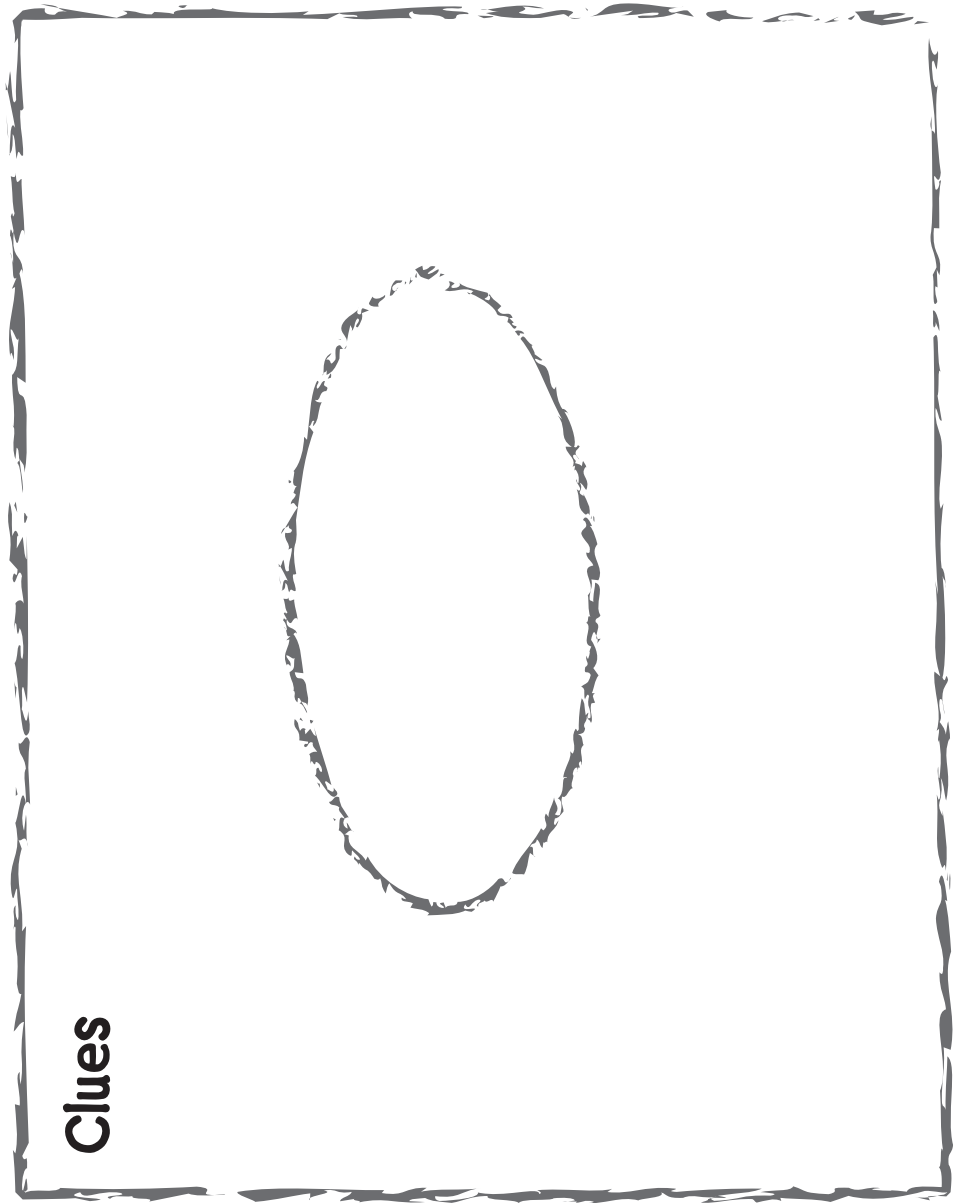
Prediction

What Happened



Reading Skill Graphic Organizer

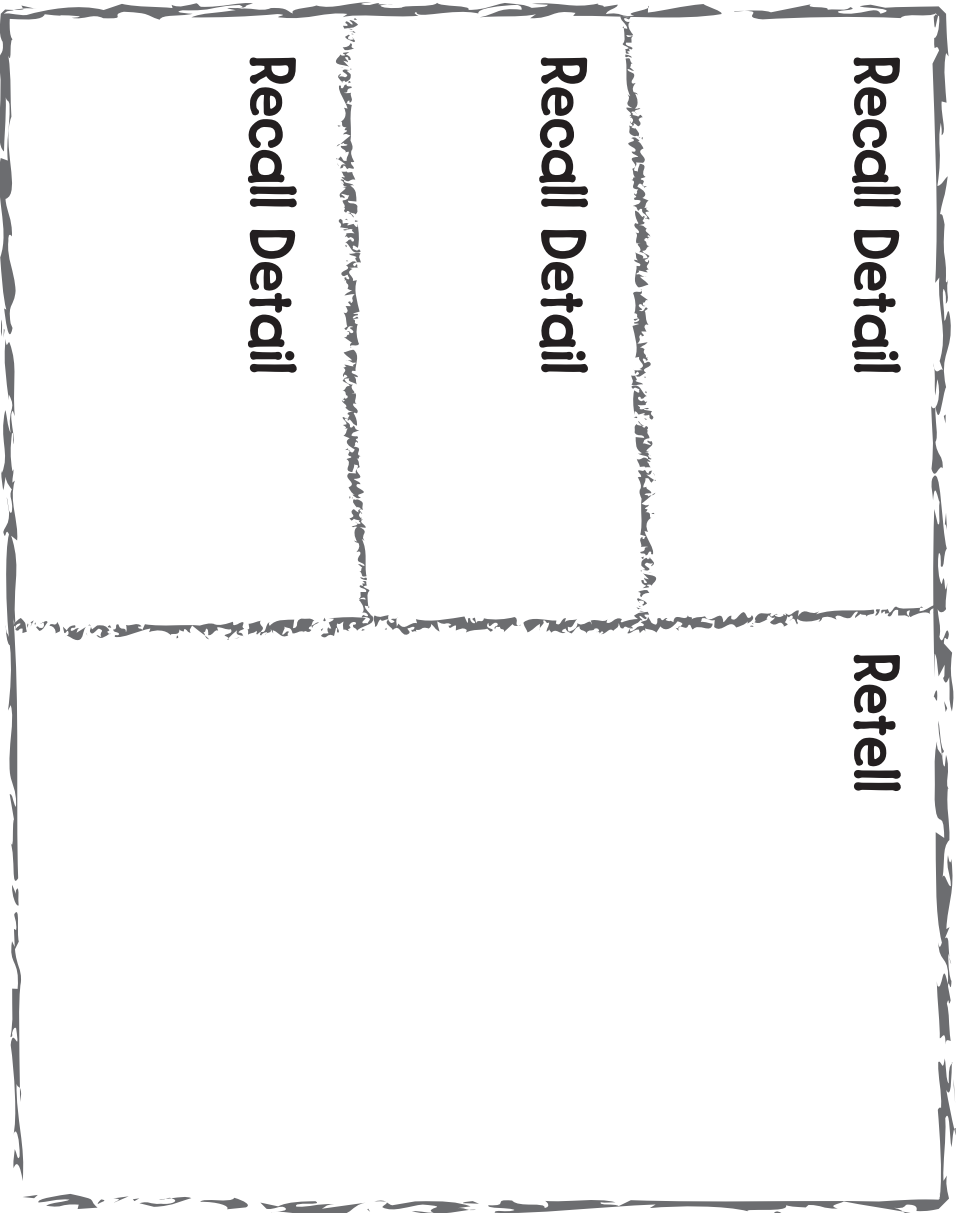
Use Context Clues





Reading Skill Graphic Organizer

Recall and Retell



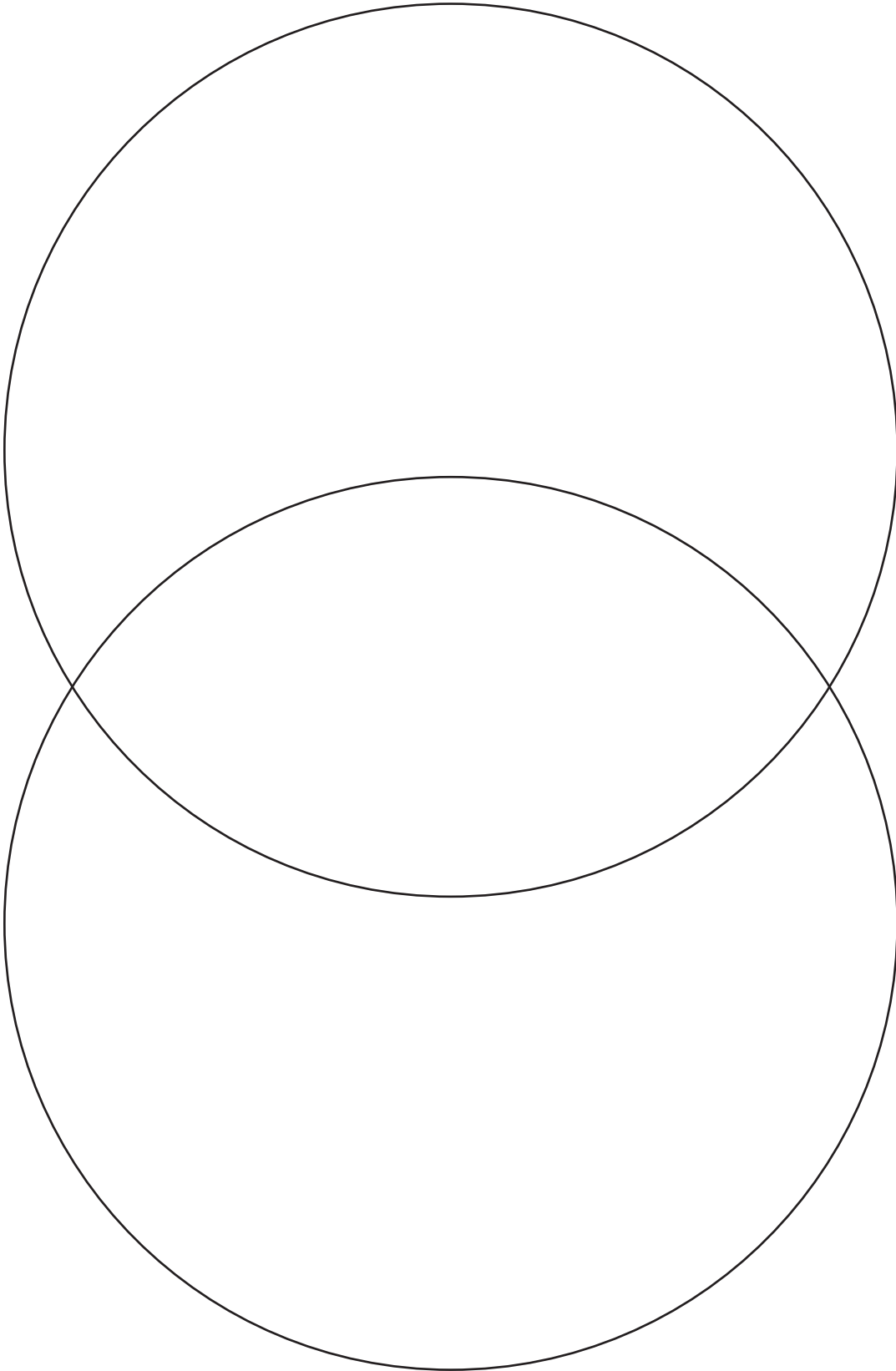
Preview Vocabulary

Words
I Know

Words I've
Seen or Heard

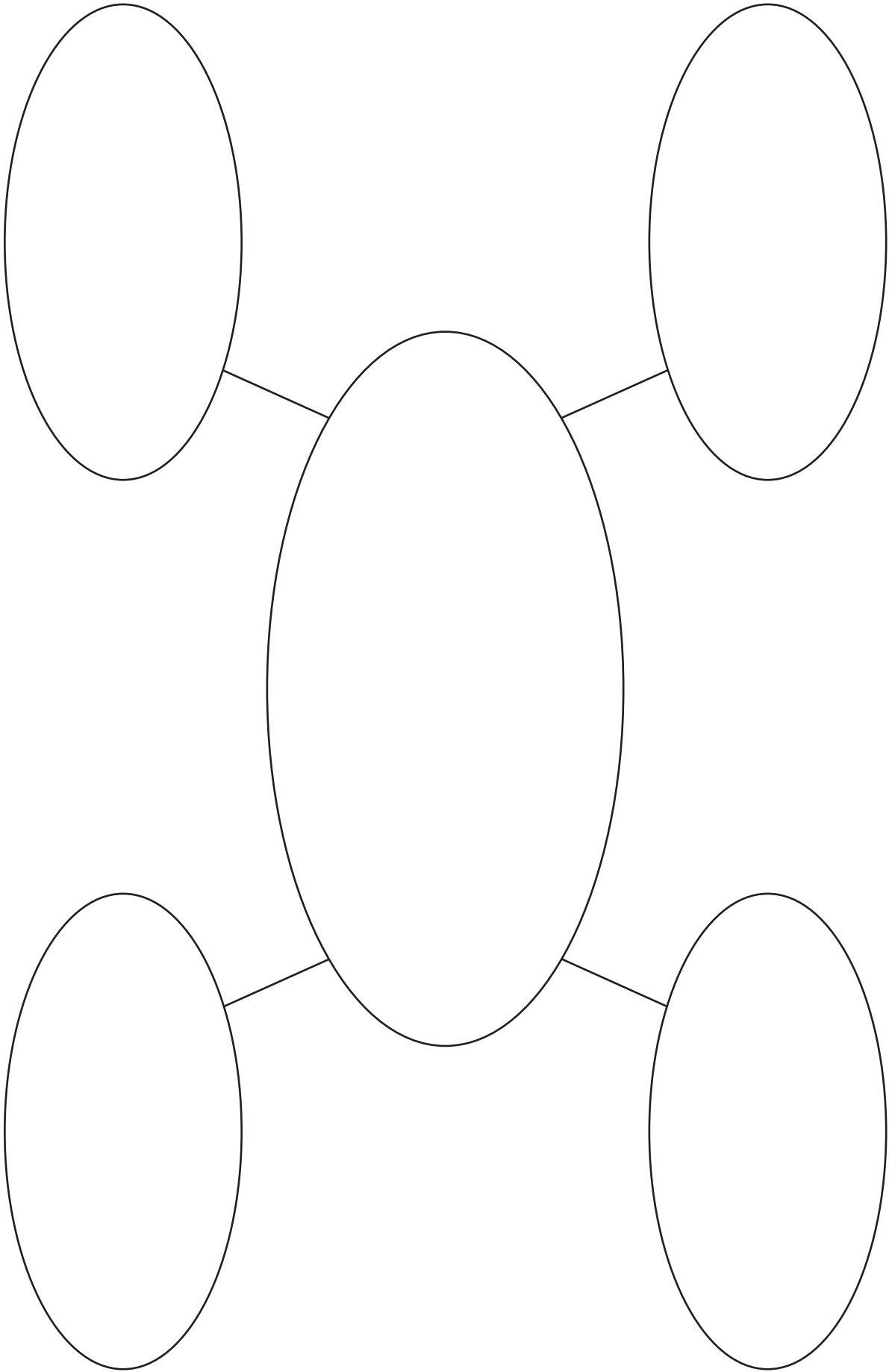
New
Words

Venn Diagram



K-W-L Chart

What I Know	What I Want to Know	What I Learned



Web

Chart

Knowledge Chart

Prior Knowledge About ____	New Knowledge About ____
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.

Prediction Chart

What I Predict Will Happen	What Actually Happened

Understanding Life Skills

Having good health isn't just about knowing what to eat or how to stay well. It's also about other skills that you use in your daily life. Learning how to use these skills can help you stay safe and healthy.

Communicate

When you communicate, you explain your ideas, needs, or feelings so others can understand them. You also need to listen to what others have to say.

How to Communicate Well

1. Decide whom to talk to.
2. Say what you need to say.
3. Listen carefully. Answer any questions.
4. Get information.

Make Decisions

When you make decisions, you think about your choices. Then you decide on the best thing to do to be safe and healthy.

Steps for Making Decisions

1. Think about the choices.
2. Say **NO** to choices that are against the law or your family's rules.
3. Ask yourself: What could happen with each choice? Does the choice show good character?
4. Make the best choice.

Understanding Life Skills

Manage Stress

Everyone feels stress. Knowing how to manage your stress can help you feel better.

Steps for Managing Stress

1. Know what stress feels like.
2. Figure out what is making you feel stress.
3. Do something that will help you feel better.

Ways to Relieve Stress

- Take a walk, or exercise.
- Draw a picture.
- Think about a happy place.

Refuse

Know what to say before you are asked to do something you don't want to do.

How to Refuse

1. Say **NO**, and tell why not.
2. Think about what could happen.
3. Suggest something else to do.

Other Ways to Refuse

- Say **NO** again, and walk away.
- Change the subject.

Understanding Life Skills

Resolve Conflicts

You must communicate to find ways to resolve conflicts.

Steps for Resolving Conflicts

1. Agree that there is a problem.
2. Listen to the other person.
3. Think of ways to work out the problem together.
4. Find a way for both sides to win.

Ways to Work Out a Problem

- Talk about the problem.
- Ask for someone to help you work it out.
- Think about a happy place.
- Take a break for a while.

Set Goals

When you set goals, you decide on a change you want to make. Then you take steps to make that change happen.

Steps for Setting Goals

1. Set a goal.
2. Plan steps to meet that goal.
3. Work toward the goal.
4. Ask yourself: How am I doing?

Building Good Character

Caring	Citizenship	Fairness	Respect	Responsibility	Honesty
--------	-------------	----------	---------	----------------	---------

These six character traits help us make good decisions.
Having good character means showing these traits every day.

Caring

“The only way to have a friend is to be one.”

—Ralph Waldo Emerson

DO

- Help your family.
- Be a good friend.
- Show kindness to others.
- Be a good listener.
- Thank people who help you.
- Help people in need.

DON'T

- Don't be selfish.
- Don't gossip.
- Don't hurt anyone's feelings.

How do YOU show CARING?

Citizenship

“Do good with what thou hast, or it will do thee no good.”

—William Penn

DO

- Take pride in your school, community, and country.
- Obey laws and rules.
- Be a good neighbor.
- Cooperate.
- Protect the environment.

DON'T

- Don't break rules and laws.
- Don't waste natural resources.
- Don't damage public property.
- Don't litter.

How do YOU show CITIZENSHIP?

Building Good Character

Caring	Citizenship	Fairness	Respect	Responsibility	Honesty
--------	-------------	----------	---------	----------------	---------

These six character traits help us make good decisions.
Having good character means showing these traits every day.

Fairness

“Character is like a tree and reputation like its shadow. The shadow is what we think of it; the tree is the real thing.”

—Abraham Lincoln

DO

- Play by the rules.
- Share.
- Take turns.
- Listen to others.
- Be a good sport.

DON'T

- Don't take more than your share.
- Don't take advantage of others.
- Don't blame others without cause.
- Don't cut in front of others in line.
- Don't be a bad loser or a bad winner.

How do YOU show FAIRNESS?

Respect

“Whatever is begun in anger ends in shame.”

—Benjamin Franklin

DO

- Be kind to people who are different from you.
- Be polite. Use good manners.
- Think about how others feel.
- Stay calm when you are angry.
- Develop self-respect.

DON'T

- Don't use bad language.
- Don't threaten or bully anyone.
- Don't hit or hurt anyone.

How do YOU show RESPECT?

Building Good Character

Caring	Citizenship	Fairness	Respect	Responsibility	Trustworthiness
--------	-------------	----------	---------	----------------	-----------------

These six character traits help us make good decisions.

Having good character means showing these traits every day.

Responsibility

"I am only one; but still I am one. I cannot do everything, but still I can do something; I will not refuse to do the something I can do."

—Helen Keller

DO

- Practice self-control.
- Express feelings in appropriate ways.
- Practice good health habits.
- Keep trying. Do your best.
- Complete tasks.
- Set goals and carry them out.

DON'T

- Don't smoke. Don't use alcohol or other drugs.
- Don't do things that are unsafe.
- Don't be talked into doing things that are wrong.
- Don't make excuses for your mistakes.
- Don't lose or misuse your things.

How do YOU show RESPONSIBILITY?

Honesty

"Honesty is the first chapter in the book of wisdom."

—Benjamin Franklin

DO

- Tell the truth.
- Do the right thing.
- Report dangerous situations.
- Be dependable.
- Be loyal.

DON'T

- Don't tell lies.
- Don't cheat.
- Don't steal.
- Don't break promises.
- Don't borrow things without asking.

How do YOU show HONESTY?

Eating Right

Dietary Guidelines for Americans

These guidelines come from the United States Department of Agriculture (USDA). Use them to have good nutrition and to make healthful choices.

Aim for Fitness

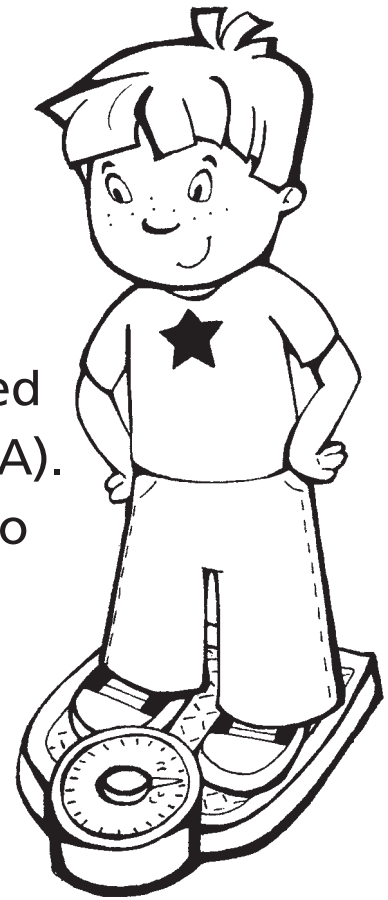
- Try to stay at a healthy weight.
- Be physically active each day.

Build a Healthy Base

- Use MyPyramid to help you make healthful food choices.
- Each day, choose a variety of fruits, vegetables, and grains such as whole wheat and brown rice.
- Keep food safe to eat.

Choose Sensibly

- Choose foods with low fat and low sugar.
- Choose foods with low salt.
Use less added salt.



Eating Right

Fight Bacteria

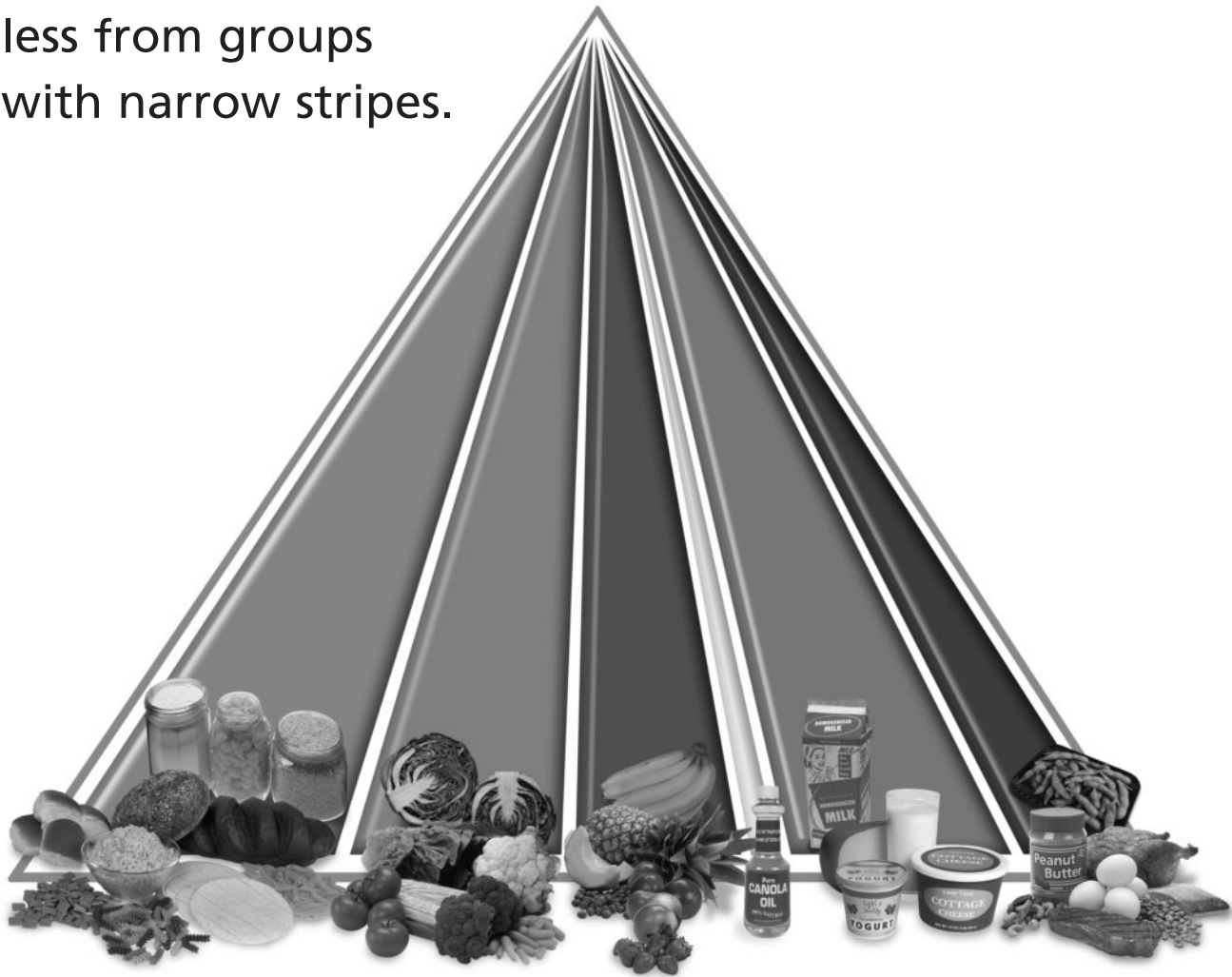
Eating spoiled food or undercooked meat can make you ill. To keep your food safe, follow the steps shown in the picture below. And remember—when in doubt, throw it out!



Eating Right

MyPyramid

It is important to eat foods from all the food groups. MyPyramid helps you choose healthful foods in the right amounts. You should eat more from food groups with wide stripes and less from groups with narrow stripes.



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Eating Right

Dental First Aid

Food or Objects Caught Between Teeth

Use dental floss to gently take out the object. If it cannot be removed easily, call your dentist.

You should know what to do if you have a broken or knocked-out tooth.



Broken Tooth

Rinse your mouth with warm water. Place a cold pack on the hurt area. Save any broken tooth parts. Call your dentist right away.

Knocked-Out Permanent Tooth

Find the tooth and wash it carefully. Put it back into the socket if you can. Hold it in place by biting on a clean cloth. If the tooth cannot be put back in, place it in a cup with milk or water. In either case, see a dentist as soon as possible.

Bitten Tongue or Lip

Hold a clean cloth on the bleeding area. Use a cold pack to stop swelling. If the bleeding doesn't stop within fifteen minutes, go to a hospital emergency room.

Eating Right

Food Safety Tips

- Wash your hands in warm, soapy water before making food. Wash your hands after preparing each dish.
- Keep raw meat, chicken, fish, and their juices away from other food.
- Never eat food that has raw eggs or raw egg yolks in it, such as unbaked cookie dough.



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- After a meal, wash all dishes, knives, forks, and spoons with hot, soapy water. Also wash the tops of counters.
- Keep leftover food in small bowls so it will cool fast. Put them in the refrigerator right away.



Getting Exercise

Warm-Up and Cool-Down Stretches

Warm up your muscles before you exercise. Spend at least five minutes stretching. You can use any of the stretches shown here. Hold each stretch while you count to 15. Repeat each stretch three times. Remember to start exercising slowly.

Slow down at the end of exercise. Then repeat some of these stretches for about two minutes. Stretching after exercise helps your muscles cool down.

▲ Leg Stretch

Extend one leg behind you. Keep the toes of that foot pointed up.



◀ Sit-and-Reach Stretch

Bend forward at the waist. Keep your eyes on your toes.

▼ Upper-Back and Shoulder Stretch

Try to stretch your hand down so that it rests flat against your back.

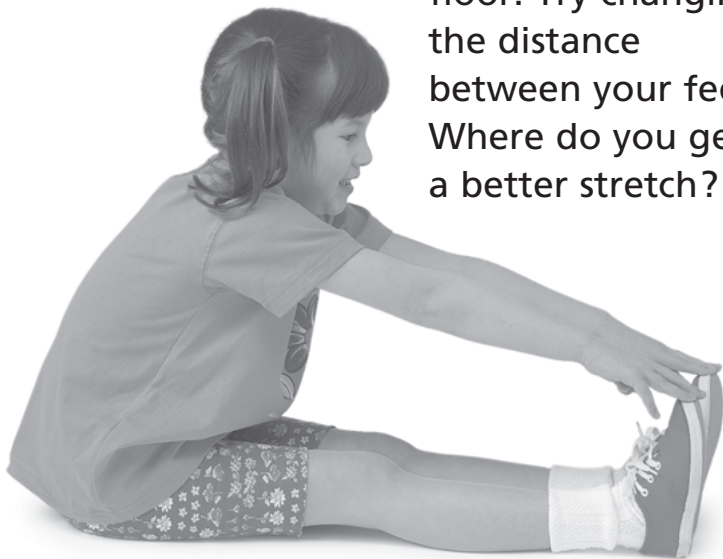


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- **Thigh Stretch** Keep both hands flat on the ground. Lean as far forward as you can.



- ▼ **Calf Stretch** Keep both feet on the floor. Try changing the distance between your feet. Where do you get a better stretch?



- ◀ **Shoulder and Chest Stretch** Pull your hands slowly toward the floor. Keep your elbows straight, but don't lock them.



Tips for Stretching

- Never bounce. Stretch gently.
- Breathe normally to get the air you need.
- Never stretch until it hurts. You should feel only a slight pull.

Getting Exercise

Build Your Heart and Lungs

Exercise helps your heart and lungs grow strong. The best exercise activities make you breathe deeply. They make your heart beat fast. You should try to exercise for at least twenty minutes at a time. Remember to warm up first and cool down at the end.

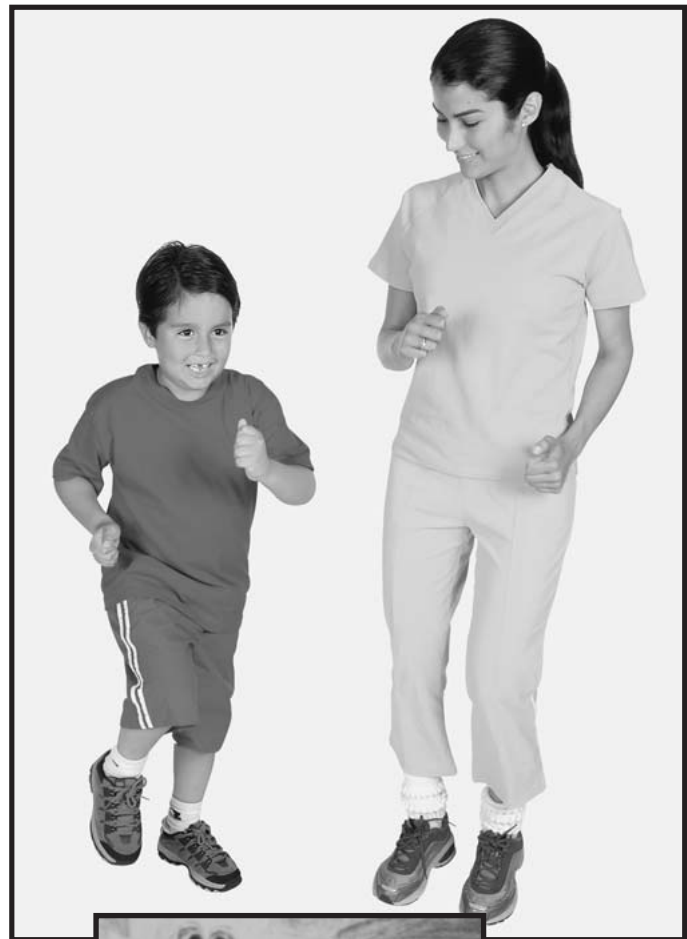
▼ **Swimming** If you are not a strong swimmer, use a kickboard to get a good workout. Remember to swim only when a lifeguard is present.

▲ **Skating** Always wear a helmet, elbow and knee pads, and wrist guards. Learn to skate, stop, and fall correctly.



► **Walking** A fast walk can help build your heart and lungs. Wear shoes that support your feet. Walk with a friend for extra fun!

▼ **Riding a Bike** When you ride your bike, your exercise really gets you somewhere! Follow bike safety rules, and always wear your helmet. See pages 118–119 for information on safety rules and bike helmets.



▲ **Jumping Rope** Jumping rope is good for your heart and your lungs. Always jump on a flat surface. Wear shoes that support your feet.

Getting Exercise

The President's Challenge

The President's Challenge is a physical fitness program for children ages six to seventeen. There are five activities in the President's Challenge. Each activity tests the fitness of a different part of your body. Your teacher can tell you more about how to take the President's Challenge.



- 1 **Curl-Ups or Sit-Ups** This exercise measures strength in the muscles below your stomach.

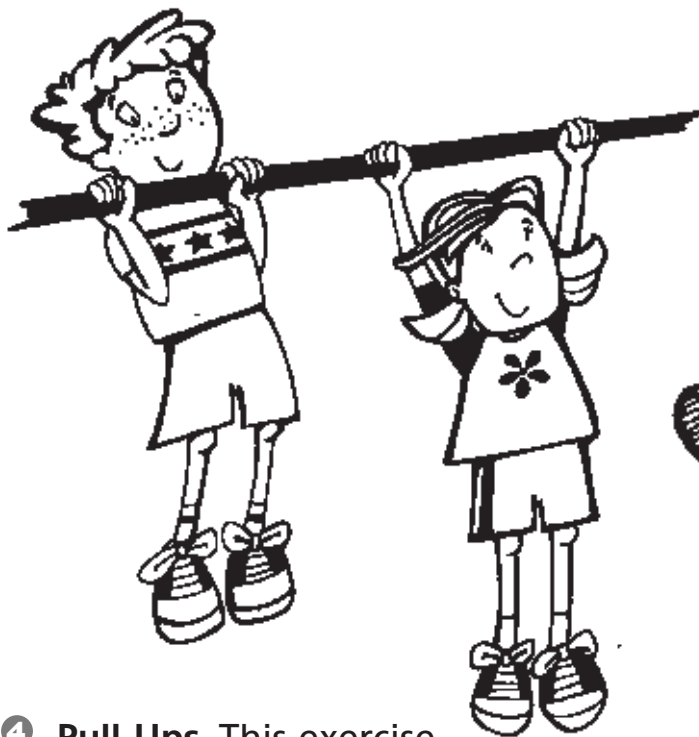
- 2 **Shuttle Run** This exercise measures the strength of your legs. It also tests your heart and lungs.



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- ③ **One-Mile Run or Walk** This exercise measures the strength of your legs. It tests how long you can exercise without getting too tired.



- ④ **Pull-Ups** This exercise measures strength in the muscles of your arms and shoulders.



- ⑤ **V-Sit Reach** This exercise measures how easily the muscles of your legs and back can stretch.

Health and Safety

Backpack Safety

Carrying a backpack that is too heavy can injure your back. Carrying one the wrong way also can hurt you.



Right way

Wrong way

© Harcourt

Safe Weight

Kep your backpack at a safe weight.

If you weigh	Your backpack should weigh no more than
45 pounds	$4\frac{1}{2}$ pounds
50 pounds	5 pounds
55 pounds	$5\frac{1}{2}$ pounds
60 pounds	6 pounds

▲ Your health book weighs about $1\frac{1}{2}$ pounds.

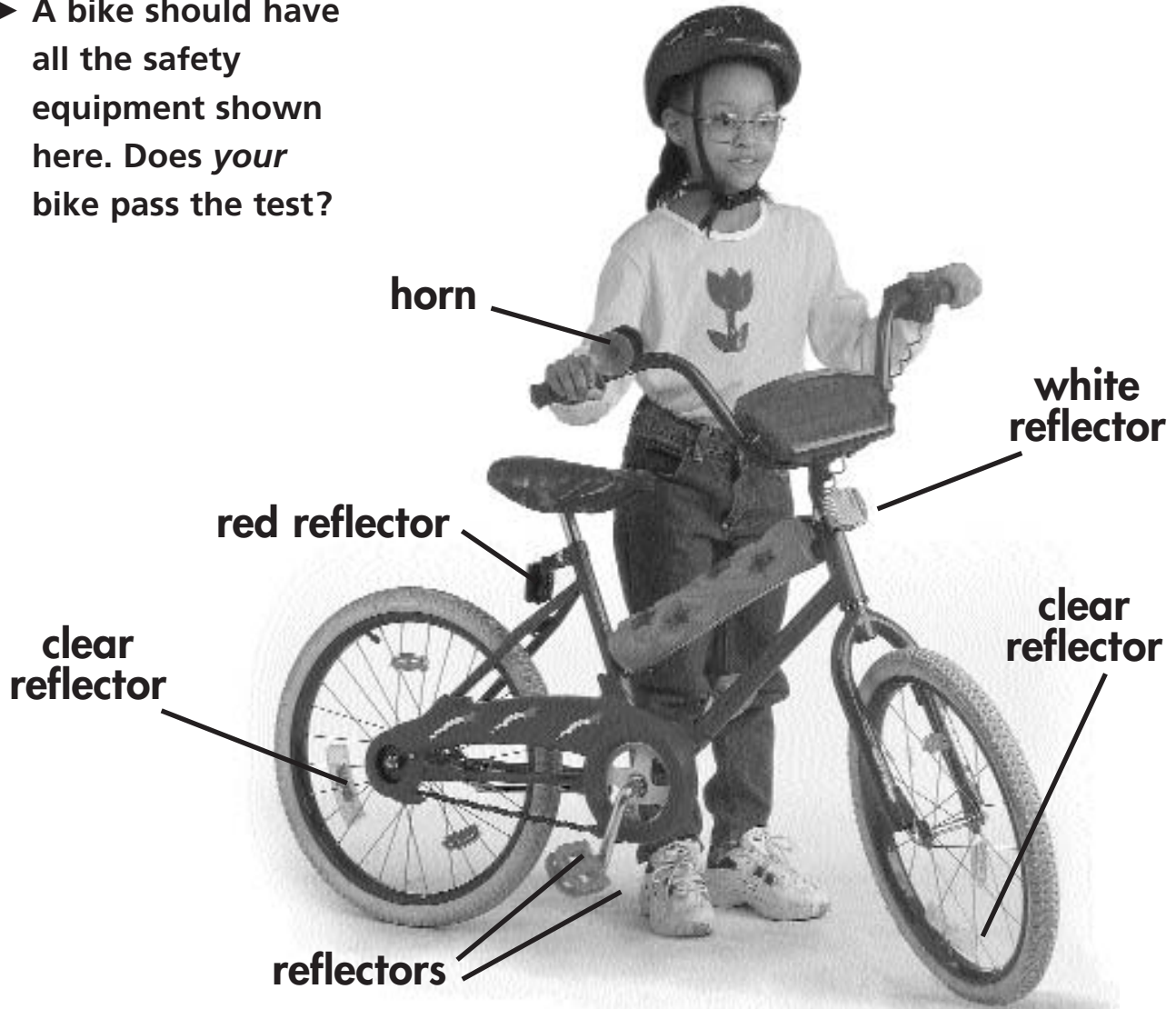
Safe Use

- Always use both shoulder straps to carry the pack.
- Use a pack with wide shoulder straps and a padded back.

Health and Safety

Bike Safety Check

- Your bike should have all the right safety equipment.
 - A safe bike should be the right size for you. You should be able to rest your heel on the pedal when you sit on your bike with the pedal in the lowest position.
- ▶ A bike should have all the safety equipment shown here. Does *your* bike pass the test?



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Health and Safety

Safety While Riding

- Check your bike for safety every time you ride it.
- Ride in single file. Ride in the same direction as traffic.
- Stop, look, listen, and think when you enter a street or cross a driveway.
- Walk your bike across an intersection.
- Obey all traffic signs and signals.
- Don't ride at night without an adult. Wear light-colored clothing, and use lights and reflectors for night riding.

Your Bike Helmet

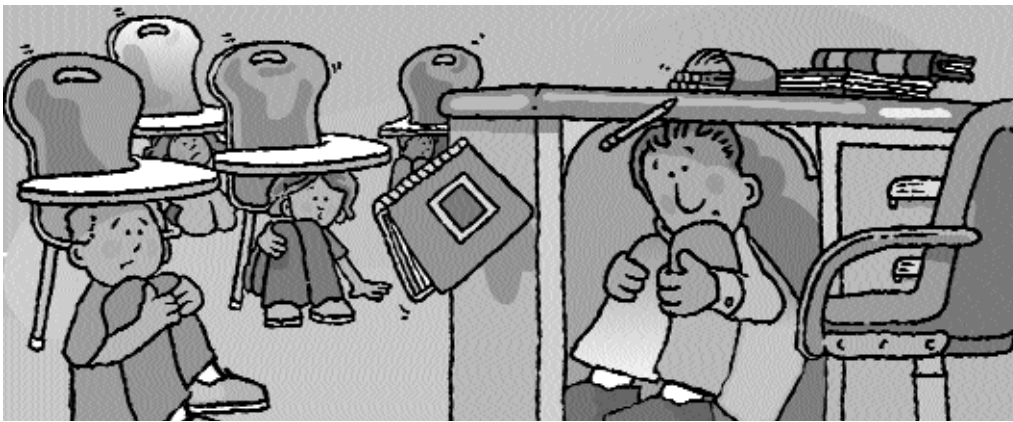
- Always wear a bike helmet.
- Wear your helmet flat on your head. Be sure it is strapped tightly.
- Replace your helmet if it gets bumped in a fall. Even though it may not be broken, the inside may be damaged. The helmet would not protect you if you fall again.



Health and Safety

Earthquake Safety Tips

- If you are outside, stay there. Move away from buildings and electric wires.
- If you are inside, go under a doorway or a heavy table or desk. Stay away from glass doors and windows.
- After the earthquake there may be aftershocks. Watch for falling objects.



Storm Safety Tips



In a Tornado

Go to a safe area away from doors and windows. A hallway or basement is best.

In a Hurricane

Stay in a room in the middle of the house. Listen to weather reports for what to do.

Fire Safety

You can stay safe from fires. Follow these safety rules.

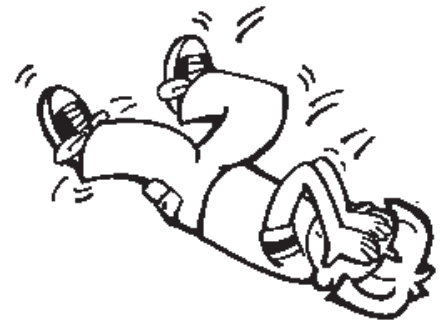
- Never play with matches or lighters.
- Be careful around stoves, heaters, fireplaces, and grills.
- Don't use microwaves, irons, or toasters without an adult's help.
- Practice your family's emergency plan.
- If there is a fire in your home, get out quickly. Drop to the floor and crawl if the room is filled with smoke. If a closed door feels hot, don't open it. Use another exit. Call 911 from outside your home.
- If your clothes catch on fire, use Stop, Drop, and Roll right away to put out the flames.



- ❶ **Stop** Don't run or wave your arms.



- ❷ **Drop** Lie down quickly. Cover your eyes with your hands.

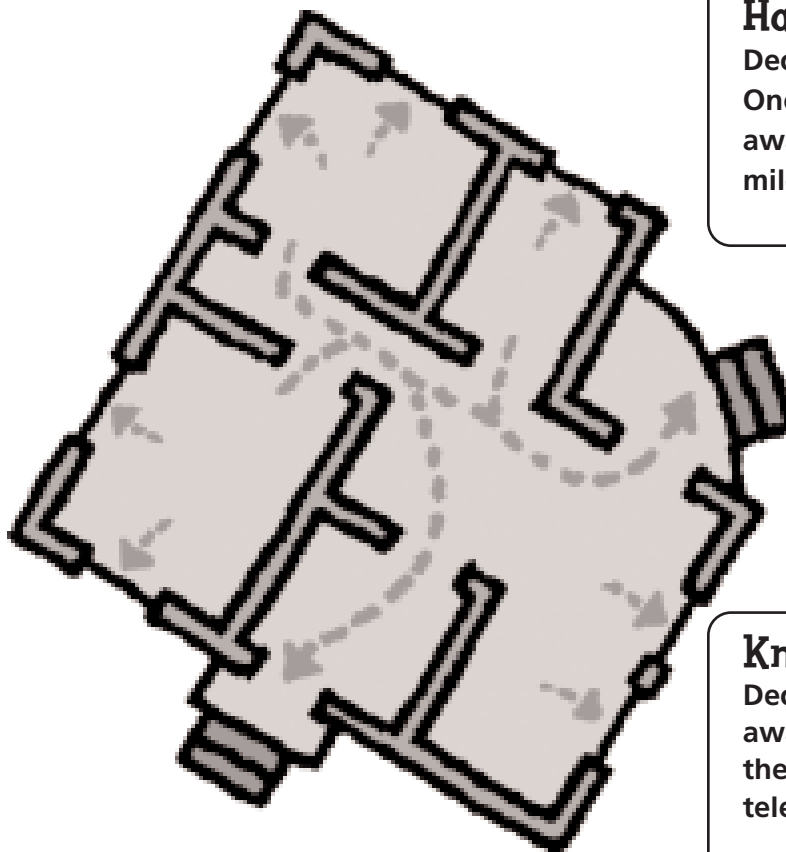


- ❸ **Roll** Roll back and forth to put out the fire.

Health and Safety

Family Emergency Plan

Your family can be safe in an emergency by following a plan.



Have Two Meeting Places

Decide on two places to meet. One should be about a block away and the other at least a mile away.

Know What Could Happen

Learn what emergencies might happen in your area.

Know Your Family Contact

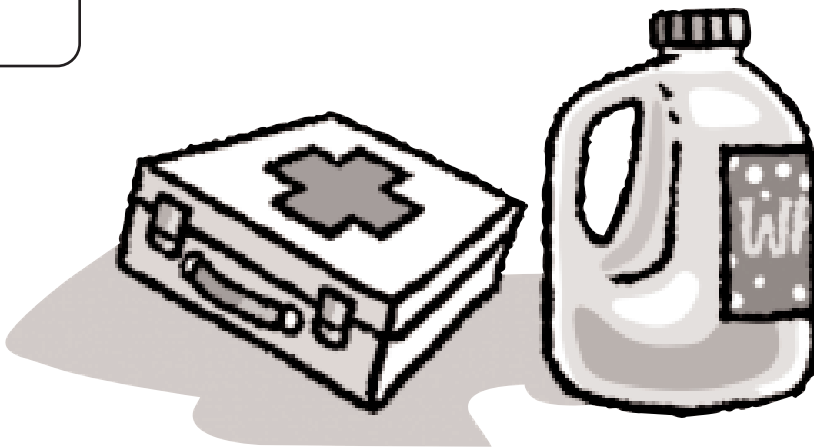
Decide on someone who lives far away to be a contact person. Know the person's name, address, and telephone number.

Have Emergency Drills

Practice getting out of your home safely.

Make an Emergency Kit

Gather first-aid items, food, and water.



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Health and Safety

First Aid for Kids

You can help someone who is hurt and stay safe, too. You will need to know these things.



**Know when to
call 911.**

**Know how the
body works.**

**Know how to
check for safety.**

**Know how to
prevent injury.**

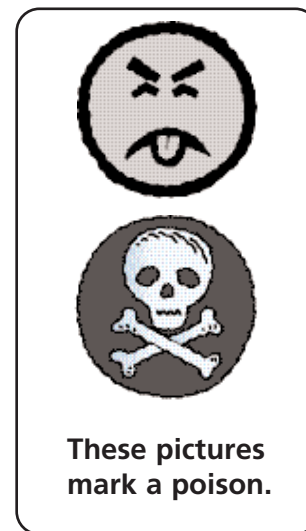
Health and Safety

Prevent Poisoning

A poison is something that can kill you or make you very ill. Some poisons have special uses. Only adults can use them safely.

Keep Away from Poisons

- Know the pictures and words that mark poisons.
- Never take any medicines or vitamins by yourself. Always ask an adult to help you.
- Never use cleaning products by yourself. Never mix cleaning products.
- Never use insect sprays or lotions by yourself. Always ask an adult to help you.



Health and Safety

Stranger Danger

Be safe. Follow these rules.

- Never talk to strangers.
- Never go anywhere with a stranger.
- Do not open the door if you are home alone.
- Do not tell anyone on the telephone that you are home alone unless you are calling 911.
- Do not give your name, address, or phone number to a stranger.
- If you are lost, tell a police officer, a guard, or a store clerk.



Health and Safety

Safety near Water

Water can be fun, but it can harm you, too. A person can drown in five minutes or less. The best way to be safe near water is to learn how to swim.

Water Safety Rules

- Never swim when there is no adult to watch you.
- If you cannot swim, do not use a blow-up raft to go into deep water.
- Know the rules for the beach or pool, and obey them.
- Do not run or play roughly while you are near the water.
- Never dive in head-first the first time you go in the water. Go feet-first to learn how deep the water is.



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- Watch the weather. Get out of the water at once if you see lightning or hear thunder.
- Protect your skin with sunscreen. Protect your eyes with sunglasses.
- Always wear a life jacket approved by the Coast Guard when you are in a boat.
- Know what to do in an emergency.



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▲ Always wear a life jacket when you ride in a boat.

Health and Safety

Summer and Backyard Safety

Summertime is a fun time of year. Check this safety list before playing.

- **Fire** Be careful around barbecue grills, lighter fluid, and bonfires.
- **Poison** Many plants, such as poinsettias, certain mushrooms, poison ivy, and oleander, are poisonous. Use caution around pesticides, pool chemicals, and pet products.



- **Water** Be careful around water. Wear a life jacket when boating. Wear boat shoes on slippery decks.
- **Cutting Tools and Power Tools** Be careful around mowers and other power tools.

- **Strangling Hazards** Use caution around fences, decks, railings, swings, clotheslines, and ropes.
- **Falling** Use good sense and good manners around playground equipment.
- **Animals** Avoid ticks, mosquitoes, bees, and stray animals. They can cause disease or injuries.



- **Sun** Always use sunscreen, even on cloudy days. Drink plenty of water when out in the sun.

Health and Safety

My Internet Safety Rules

- 1** I will never give anyone my name or address unless my parents know about it.
- 2** I will tell my parents if I see something that does not seem right for me to see.
- 3** I will never agree to get together with someone I meet on-line.
- 4** I will talk with my parents about rules for going on-line. I will follow those rules.



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