

# Professional Development

## Using *Macmillan/McGraw-Hill Health & Wellness*

With the enormous influence of the Internet as well as of all other forms of media, Health Education is more vital to children than ever before. Health Education provides a foundation in the basic life skills that enable tomorrow's adults to be health literate. It also provides children with the information and skills they need to make day-to-day decisions and practice healthful habits that can affect their immediate and long-term health—from choosing healthful snacks, to adjusting the volumes on their headsets, to selecting healthful entertainment.

*Macmillan/McGraw-Hill Health & Wellness* organizes health concepts into the ten strands listed below:

- Mental and Emotional Health
- Family and Social Health
- Growth and Development
- Nutrition
- Personal Health and Physical Activity
- Violence and Injury Prevention
- Alcohol, Tobacco, and Other Drugs
- Communicable and Chronic Diseases
- Consumer and Community Health
- Environmental Health

Each year, children revisit these strands, reinforcing and deepening their content understanding and skill proficiency.

The primary grades of *Macmillan/McGraw-Hill Health & Wellness* take an active, systems approach to teaching health content. Each component is specifically designed to foster discussion and hands-on interaction among students.

### Teacher's Edition

This is your map to all parts of the primary system for state-standard-based, grade-specific health content. Guided questions and additional activities provide all the support you need to teach each lesson.

- **Center Activity:** Each chapter begins with an activity for a selected classroom center. Each activity includes an alternative teaching strategy to meet all of your children's needs.

- **Learning Life Skills Lessons:** Each chapter presents one of these ten life skills as a real-life, child-appropriate situation using the *Life Skills Book* as the main vehicle of instruction.

- Practice Healthful Habits
- Find Health Facts/Get Help
- Communicate
- Make Wise Decisions
- Resolve Conflicts
- Say "No"
- Set Health Goals
- Think About Your Health Choices
- Help Others Be Healthy
- Manage Stress

Learning Life Skills lessons also provide strategies for incorporating Dinah Zike's *Foldables*<sup>TM</sup>—graphic organizers—into skills instruction.

- **Content Lessons:** The majority of lessons present health content using either the *Health Big Ideas Book* (K–2) or *Readers* (1–2). In addition to teaching strategies, each lesson includes an **Activity Corner**—two activities to reach all children through a variety of learning modes: cross-curricular activities provide opportunities for integrated learning; Build Character focuses on respect, caring, fairness, citizenship, responsibility, and trustworthiness; and Life Skills Activities.

- **Reference Section:** Additional information to support your instruction can be found at the back of the Teacher's Edition, including an English/Spanish glossary, a curriculum guide, correlations to health standards, and reduced versions of the Health Masters and School to Home Connection masters for each chapter.

### Health Big Ideas Book

Introduce each chapter with this grade-specific big book. The large pictures and child-friendly words engage children and get them talking about important topics such as feelings, families, friends, food choices, safety, checkups, childhood diseases, drug prevention, and good character.

### Life Skills Book

Guide children through a simple four-step process that helps them understand and apply each of the ten life skills using this visually attractive, grade-specific big book.

## Readers

Accompanying each chapter in grades 1 and 2 is a little book that presents each health subject in more depth for your children who read. Use the readers in small groups during guided reading or as whole-class instruction. Practice on one life skill is provided at the end of each reader.

Additional components include

- **Health Masters:** for activities and assessment
- **School to Home Connection:** for family letters
- **ELL Activity Guide:** for English-language learners
- **Health Clipboard Activities (1–2):** for quick activities
- **Health Songs CD:** 10 original songs plus 5 bonus workout tracks
- **Sunburst Videos:** provides a common experience for whole-class discussion

- **Transparency Book:** for quick review
- **TeacherWorks CD-ROM:** provides the Teacher’s Edition and accompanying Health Masters in a flexible format
- **Puppets:** provide opportunities for children to act out and practice healthful behaviors
- **www.mmhhealth.com:** for online activities and support

**Becoming Health Literate** By teaching your children health concepts and helping them acquire life skills, you will have the rewarding experience of promoting health literacy. Health literacy empowers today’s children (and tomorrow’s adults) to achieve and maintain optimal health. Health-literate children have mastered effective communication, critical thinking and problem solving, and being good citizens, enabling them to become productive members of society.

