



Healthy Living Resources for the Classroom 2016/2017

Personal Safety & Injury Prevention Elementary (K-8)

Classroom Resources and Lesson Plans

If you would like to borrow a resource, please contact Algoma Public Health at resources@algomapublichealth.com

Ontario Road Safety Resource/Lesson Plans (appropriate for grades K-12)

- Downloadable lesson plans covering various topics, including passenger safety, bicycle safety, rollerblading and skateboarding, as well as pedestrian safety, technology and distractions. Developed in partnership between Ministry of Transportation of Ontario (MTO) and the Ontario Physical and Health Education Association (OPHEA). Lesson Plans are available at www.ontarioroadsafety.ca

Sunsense Primary Lesson Plan (appropriate for grades JK-2)

- This 30-45 minute lesson plan includes a PowerPoint presentation, lesson plan outline, activities, handouts and DVD (Sun safe Play Everyday – to be booked out separately) to look at the skin, skin types, how UV rays affect the skin and ways to protect your skin from over-exposure to the sun.

Sunsense Intermediate Lesson Plan (appropriate for grades 3-5)

- This 30-45 minute lesson plan includes a PowerPoint presentation, handouts and information about skin types, eyes, and hair color and how this affects sunburn potential, as well as information about skin cancer, ozone and how it affects UV rays. Sun protection strategies are discussed.

Sunsense Senior Lesson Plan (appropriate for grades 6-8)

- This 30-45 minutes lesson plan includes a PowerPoint presentation, activities that explore the skin, information about types of skin cancer, ozone and UVA, UVB and UVC rays, effects of rays on eyes, and skin, and sun protection strategies.

TD Think First for Kids – Wonderers (appropriate for kindergarten)

- This injury prevention resource is a National Injury Prevention Program that includes 10 modules. The resource can be found at <http://www.parachutecanada.org/programs/item/kindergarten-resources>

Module 1-4 - Knowing my brain and spinal cord
Module 5 - Pedestrian and vehicular safety
Module 6 - Cycling safety
Module 7 - Playground, recreation, sports and water safety
Module 8-9 - Solving problems
Module 10 - Avoiding the hazards of choking, suffocation and strangulation

- The program components also include reproducible teacher resource sheets, a letter for families, a CD of 13 Think First Safety songs plus music score and lyrics, suggested resources to augment the program, list of provincial curriculum expectations, Think First At Home activity sheets, an evaluation component for teachers to use, and a school certificate of participation.

TD Think First for Kids – Discoverers (appropriate for grades 1-3)

- This injury prevention resource is a National Injury Prevention Program that includes 6 modules:

Module 1 - Introductions to the brain and spinal cord
Module 2 - Pedestrian and vehicular safety
Module 3 – Roller blades, skateboards and scooters
Module 4 – Playground, recreational, sports and water safety (summer and winter)
Module 5 - Creative problem solving and safety around weapons
Module 6 - Awareness of choking, suffocation and strangulation hazards

- The program components also include reproducible teacher resource and student work sheets, including the TD Think First At Home activity sheet, blackline masters for activity booklet, comic strips that can be reproduced, posters, an 11 minutes animated cartoon video, suggested resources to augment the program, evaluation sheet including assessment rubrics and comments section, a student diploma and a school certificate of participation.
The resource can be found at <http://www.parachutecanada.org/programs/item/grade-1-3-resources>

TD Think First for Kids – Explorers (appropriate for grades 4-6)

- This injury prevention resource is a National Injury Prevention Program that includes 6 modules:

Module 1 - Introductions to the brain and spinal cord
Module 2 - Pedestrian and vehicular safety
Module 3 - Cycling safety
Module 4 - Recreational, sports and water safety (summer and winter)
Module 5 - Creative problem solving and safety around weapons
Module 6 - Awareness of choking, suffocation and strangulation hazards



- The program components also include reproducible teacher resource and student work sheets, including the TD Think First At Home activity sheet, blackline masters for activity booklet, comic strips that can be reproduced, posters, a 10 minute video, suggested resources to augment the program, evaluation sheet including assessment rubrics and comments section, a student diploma, a school certificate of participation, and a school safety dramatic presentation.

The resource can be found at <http://www.parachutecanada.org/programs/item/grade-4-6-resources>

TD Think First for Kids – Navigators (appropriate for grades 7-8)

- This injury prevention resource is a National Injury Prevention Program that includes 6 modules:

Module 1 - Dangerous games video

Module 2 - Brain and spinal cord introduction

Module 3 - Class games demonstrating reflexes, brain's synapses

Module 4 - Discussion of the effect of hazardous substances

Module 5 - Analyzing and discussing dangerous situations, how to relieve stress and apply a decision-making model

Module 6 - Celebrating the connections with a group and individual component

- The program components also include reproducible teacher resource and student work sheets, a letter to families, a 15 minute video, suggested resources to augment the program, evaluation sheet including assessment rubrics and comments section, a student diploma, and a school certificate of participation.

This resource can be found at <http://www.parachutecanada.org/programs/item/grade-7-8-resources>

Videos

To sign-out any of these videos for a two week period, free of charge please contact
Algoma Public Health at 705-942-4646 ext. 3010

****All videos available in English only****

Bike Safe, Walk Smart (2004) (9 minutes, grades 4-8)

- This DVD was developed by the National Highway Traffic Safety Administration and presented by a girl and a boy.

Don't Use Your Brains for Breaks (7 minutes, grades 2-7)

- This DVD video discusses the importance of helmet use in recreational activities like skateboarding, inline skating, cycling etc to prevent head injuries in children. Produced in Ottawa, this video is a fun and creative way to teach children about helmet use.



For More Information

Canada Safety Council

www.elmer.ca



Canadian Cancer society

www.cancer.ca



Canadian Dermatology Association

www.dermatology.ca



Health Canada

www.healthcanada.gc.ca



Health Canada Santé Canada

Ministry of Transportation of Ontario

www.mto.gov.on.ca



Ontario Injury Prevention Resource Centre

www.oninjuryresources.ca

Ontario Road Safety Resource

www.ontarioroadsafety.ca

Parachute

www.parachutecanada.org

Safe Kids Canada

www.safekidsCanada.ca

