

My Growing Body



The Parkway Lower Elementary Health Education Curriculum includes the My Growing Body Unit. Parkway understands that educating children about a child's health is a collaborative effort between schools, families, and health professionals. We value the parent's role in helping their child weigh their family values and beliefs in making decisions regarding their sexual health. We hope you will use this information to have conversations with your child about these topics prior to or following these lessons.

For curriculum and lesson details visit the Parkway Information website at <https://www.parkwayschools.net/Page/3329>

Overview of 1st Grade

Lesson Focus	Lesson Overview
My Body and How It Grows	In this lesson, students will learn about the human body, its different systems, and its purpose. Students will participate in learning activities that help them learn the parts that make up their body and how they work together. Students will develop an appreciation for how everyone is unique in their appearance and growth.
Keeping My Body Healthy	In this lesson, students will explore the benefits of proper care of the body through good habits such as grooming, sufficient sleep, exercise and hygiene.
Our Classroom Community	In this lesson, students will develop an understanding of and connection with their fellow students/peers, by exploring ways that they are alike and different. Students will participate in learning activities that help them develop an early appreciation of the diversity around them and how members of a community help support each other and work together.
Building Friendships	In this lesson, students will explore the characteristics of a good friend. Students will be engaged in learning activities that help them understand the importance of good friendships and how to maintain healthful friendships. Students will also be introduced to teasing and bullying, ways to recognize these behaviors, and why they are inappropriate and hurtful behaviors.

Please contact your school's health education teacher for dates of lessons.

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Classroom Video List

“Kids Talk About Bullying” ,

A short video where real kids speak about bullying, how it makes them feel when they get bullied or watch it happen to someone else.. Click [here](#) to view the video.

Recommended Resources

RECOMMENDED PARENT RESOURCES

- ◆ [“Positive Parenting Tips “](#) (CDC)
- ◆ [“Child Development”](#)- pbs.org/parents
- ◆ [HealthyChildren.org](#) - American Academy of Pediatrics
- ◆ [Education Nation Parent Toolkit](#) - NBC News Education Nation
- ◆ [Stopbullying.gov](#)
- ◆ [PACER’S National Bullying Prevention Center](#)

RECOMMENDED STUDENT RESOURCES

- ◆ [McGruff the Crime Dog](#) - National Crime Prevention Council
- ◆ [PBS Kids](#)
- ◆ [BrainPOPJr.](#)
- ◆ [PACER’s Kids Against Bullying](#)—Pacer’s Center Kids Against Bullying
- ◆ [Stop Bullying - Kids](#) - stopbullying.gov/kids
- ◆ “ What I Like About Me” by Allia Zobel-Nolan -Book

More information about the Parkway Health Education Curriculum can be found at <https://www.parkwayschools.net/Page/3329>