

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 Kindergarten

Lesson Focus	Lesson Overview
My Body Parts & How They Work	In this lesson, students will develop an awareness of their body . Students will participate in lessons that help them identify different parts of their body and how they work.
Caring for & Respecting My Body	In this lesson, students will develop an awareness of their body and how to care for it. Students will participate in discussions and activities that help them identify how to care for their body, as well as how they show respect for themselves and others in how they treat their body.
Expressing My Feelings Healthfully	In this lesson, students will develop an awareness of their feelings. Students will participate in discussions and activities that help them to express and manage feelings of happiness, joy, sadness, anger, and frustration in healthful ways

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

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Classroom Video List

**“Get to Know Your Emotions”,
iMovies**

Short video that provides examples of different emotions. Click [here](#) to view the video.

Recommended Resources

RECOMMENDED PARENT RESOURCES

- ♦ [Positive Parenting Tips](#) (CDC)
- ♦ [HealthyChildren.org](#) - American Academy of Pediatrics
- ♦ [“Child Development”](#) - pbs.org/parents
- ♦ [Education Nation Parent Toolkit](#) - NBC News Education Nation

RECOMMENDED STUDENT RESOURCES

- ♦ [BrainPOPJr.](#)
- ♦ [PBS Kids](#)

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