



Grade 4 Engagement and Assessment Ideas

Body Systems

- Have students explore and complete activities on online interactive human body sites.
- Have students list 3 strategies for building up immunity against disease.

Community/Environmental Health

- Ask students to select one type of pollution and explain how it affects individual and family health.
- Discuss strategies to avoid tobacco smoke.
- Have students work together to research organizations in the community that help reduce pollution.

Nutrition

- Provide students with a selection of images of meals served at restaurants and available information about serving size and calories; have them discuss strategies for avoiding overconsumption (e.g., sharing meals, “doggie bags”, ordering smaller portions).
- Analyze serving size recommendations on the packaging of various snack foods and drinks and discuss strategies for limiting consumption of snacks and increasing consumption of a healthy variety of food groups.

Disease Prevention/Health Promotion

- Have students write one-page reflection statements about their activity levels and what influences them to be active.
- Have students list examples of exercise and recreational activities that they enjoy.
- Have students write one-page essays about personal health habits that improve cardiovascular health.
- Have students create a plan to get enough sleep and 60 minutes of physical activity over the next 3 days.
- Ask students to talk about ways they take personal responsibility for their health.
- Have students evaluate five health information sources to determine if it has reliable content, is accurate, and provides current information.

- Have students name 3 ways their families influence their health.
- Have students identify three upcoming community volunteer events that raise awareness about health issues.
- Read stories about young people across the country who are volunteering and improving community health.
- Introduce students to various community service options that they can become involved in (e.g., scouts, health walks, neighborhood clean ups).
- Have students create a plan in response to the following question: What can I do to protect my community and environment?
- Have students keep a log of the volunteer opportunities that they participate in either at home or in school (i.e., help another student, collect the mail, etc.).

Substance Abuse Prevention

- Provide students with VA ABC booklets <https://www.abc.virginia.gov/education/publications> to complete.
- Have students role-play scenarios during which refusal skills may be necessary.

Safety/Injury Prevention

- Have students develop a poster to warn friends and family of the hazards of not following safety practices.
- Have students perform a skit to convince friends to wear safety gear.
- Ask students to explain what to do when a friend decides to do something wrong.
- Role-play unsafe scenarios in which refusal skills may be necessary.

Mental Wellness/Social Emotional Skills

- Implement KidsHealth.org lessons
 - Feeling Sad - *Lets Talk About It, Feeling Better* <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>;
 - Getting Along – *Oh Brother, Kindness Coupons* http://classroom.kidshealth.org/3to5/personal/growing/getting_along.pdf ;
 - Empathy – *Deciding on Empathy, Empathy Award* <http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf> ;
 - Conflict Resolution – *Conflict Corner* https://classroom.kidshealth.org/3to5/personal/growing/conflict_resolution.pdf; and
 - Stress – *Take Care of Yourself, Morning Stressbusters* <https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf>
- Incorporate activities that encourage kindness into every class.
- Help students practice mindfulness.
- Create and read two scenarios where a child experiences disappointment. In one scenario the where the child handles it inappropriately, and in the other scenario, the child overcomes disappointment in a positive manner. Have students discuss the pros and cons

of each ending. Have students further illustrate or act out constructive ways of dealing with disappointment.

- Encourage students to talk to trusted adults about disappointments, loss, and grief. Talk to them about helpful school and community resource people. *When Grief Enters the Classroom* is a resource that provides good background and strategies for educators on addressing grief across various developmental ages. http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf.

Violence Prevention

- Tell students that they will be engaging in a cooperative activity and stress that they should ask you or their friends for help if they have problems. Have students work in groups to solve a puzzle together with one piece missing. Afterwards discuss how they helped each other, who asked classmates, or the teacher for help and how that felt.
- Give students prompts and have them role-play a disagreement and communication to resolve it.
- Role-play scenarios in which it is necessary to exhibit self-control
- Role-play scenarios in which refusal skills may be necessary.
- Expect students to exhibit appropriate behavior during non-structured time.
- Role-play scenarios dealing with reporting and/or coping with bullying situations.