Planning Resources

Grade 1

Activity Book
Lesson 1 pp. 4–7
Draw a line from the sense to its body part.

- touch
- sight
- hearing
- smell
- taste

Lesson 2 pp. 8–9
Mark an X on the picture that does NOT show how the baby will grow and change.

Lesson 3 pp. 10–11
Write the letter of the word to complete each sentence.

a. muscles
b. bones

1. _____ Your skeleton is made up of _______.
2. _____ Some ________ help you move.
Lesson 4 pp. 12–13
Draw lines to match each sentence with a word.

What gives your body energy?  mouth
Where do you start to digest food?  stomach
Where is food broken down?  food

Lesson 5 pp. 14–15
Use blue to color the body parts that take in air.
Use red to color the body parts that take what the body needs from the air.

Lesson 6 pp. 16–17
Look at the picture. Then answer each question.

heart  exercise

Which body part pumps blood?  heart
What makes the heart strong?  exercise
Make Predictions

Read the sentence in the first box. Draw a picture to show what will happen.

Mario plants a seed and takes good care of it.

What Will Happen
Set Goals

Steps for Setting Goals

1. Set a goal.
2. Make a plan to meet the goal.
3. Work toward the goal.
4. Ask yourself how you are doing.

Use the steps to solve this problem.

You want your heart and lungs to be healthy. Make an exercise plan. Draw pictures to show the steps you will take to meet your goal.

1. 
2. 
3. 
4. 

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Hidden Word

Use the clues to fill in the missing letters.

1. skeleton

2. muscles

3. senses

4. goal

5. digest

Read the letters in the circles in order. Use the letters to answer the question.

What body part do you use to breathe?

_____ _____ _____ _____

_____ _____ _____ _____

6. _____ _____ _____ _____
Draw two things you can use to keep your skin healthy.

What do these clues tell about? Write the word in the web.

- They help you choose the best products.
- They tell you what the products do.
- They tell you how products are alike and different.
- They tell you what is in the products.
Lesson 3  pp. 34–35

What can you do to find health information? Write the letter of the picture that goes with each sentence.

1. I can talk to a parent, doctor, or nurse.
2. I can look in a book.
3. I can watch a video.

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Use Context Clues

sunburn  ad  sunscreen

What do these clues tell about? Write the word in the circle.

1. Clues

It has SPF 30. ___________________________ It protects your skin. ___________________________

It keeps you from getting sunburn.

Write two clues that tell about the word in the circle.

2. Clues

___________________________ ___________________________

___________________________ ___________________________

ad
Set Goals

Steps for Setting Goals

1. Set a goal.
2. Make a plan to meet the goal.
3. Work toward the goal.
4. Ask yourself how you are doing.

Use the steps to solve this problem.

You want to keep your hands clean. Your goal is to wash your hands before and after every meal. Write sentences to tell how you will meet this goal.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
What Am I?
Write the word from the box that fits each clue.

- sunscreen
- ad
- sunburn
- germs

I make skin red and sore.

We are tiny things that can make you sick.

I protect skin from the sun.

I try to get you to buy a product.
Write a word or words from the box to complete each sentence.

primary teeth    bite    permanent teeth    chew

Your primary teeth grow in when you are a baby.

Your back teeth help you chew food into small pieces.

Your permanent teeth are your second set of teeth.

You bite into food with your front teeth.

Draw two times when you should brush your teeth.
Lesson 3 pp. 54–55
Circle the picture that shows a way to keep your teeth safe. Cross out the picture that shows something that can harm your teeth.

Lesson 4 pp. 56–57
What are two reasons you visit the dentist?
Sequence

Use sequencing to number the pictures in order. Write 1, 2, or 3 below each picture.

1. 
2. 
3. 

1. 
2. 
3. 

1. 
2. 
3. 

1. 
2. 
3.
Resolve Conflicts

Steps for Resolving Conflicts

1. Agree that there is a problem.
2. Listen to each other.
3. Think of ways to work together.
4. Find a way for both sides to win.

Use the steps to solve this problem.

You and a friend want to play with a toy that is still in the package. Your friend wants to rip the package open with his teeth. He starts to do it. You know this is not a good idea. You get mad at him. How do you resolve the conflict?
Tooth Mystery

Write the words from the box to complete each sentence.

A ___________________________ fixes tooth problems.

Your ___________________________ are your first set of teeth.

A ___________________________ helps a dentist clean your teeth.

You use ___________________________ to clean between your teeth.

Your ___________________________ are your second set of teeth.

permanent teeth   dentist   primary teeth

dental hygienist   floss
## Lesson 1 pp. 64–65
Draw two pictures of ways you use energy.

<table>
<thead>
<tr>
<th>Picture 1</th>
<th>Picture 2</th>
</tr>
</thead>
</table>

## Lesson 2 pp. 66–69
Label MyPyramid with the correct groups.

- vegetables
- grains
- milk
- fruits
- meat and beans

## Lesson 3 pp. 70–73
Fill in the missing vowels.

<table>
<thead>
<tr>
<th>br</th>
<th>k</th>
<th>st</th>
<th>d</th>
<th>nn</th>
<th>r</th>
</tr>
</thead>
</table>
Lesson 4 pp. 76–77
Write or draw your own ad for cereal.

Lesson 5 pp. 78–79
Fill in the web.

Main Idea
You can help keep food safe.

Detail
Wash ___________ and vegetables before you eat them.

Detail
Some foods such as ________________, eggs, juice, and meat need to stay cold.

Detail
Wash your hands with soap and ________________.

Detail
__________ foods and put them away.
Find the Main Idea

Eating meals and snacks gives you energy. A good breakfast gives your body the energy it needs to start the day. A good lunch and dinner help your body have energy all day long. Snacks give you extra energy for work and play.

Main Idea
Eating meals and snacks give you energy all day long.

Details:
- A good breakfast gives your body energy at the start of the day.
- Snacks give you extra energy for work and play.
Make Decisions

Steps for Making Decisions

1. Think about the choices.

2. Say NO to choices that are against your family rules.

3. Ask yourself what could happen with each choice.

4. Make the best choice.

Use the steps to solve this problem.

You want a snack. You see cookies, a can of soda, and an apple. You know your parents want you to choose healthful foods. What will you choose? Tell why.
Food Words

Draw a line to match each word with its meaning.

<table>
<thead>
<tr>
<th>Words</th>
<th>Meanings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. breakfast</td>
<td>a. a meal eaten around noon</td>
</tr>
<tr>
<td>2. snack</td>
<td>b. a meal eaten in the evening</td>
</tr>
<tr>
<td>3. lunch</td>
<td>c. the first meal of the day</td>
</tr>
<tr>
<td>4. dinner</td>
<td>d. food eaten between meals</td>
</tr>
</tbody>
</table>

Choose one word from the list of words above. Write a sentence that uses that word.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Draw a picture for your sentence.
Lesson 1 pp. 86–87
Does this boy have good posture? Tell how you know.

Lesson 2 pp. 88–91
Draw three ways you can stay fit.
Lesson 3  pp. 94–97
Write the word from the box that best completes the sentence.

water  helmet  stretch

To __________ is to gently pull your muscles.

For some kinds of exercise, you may need __________

a __________ and pads to stay safe.

Drink lots of __________ when you exercise.

Lesson 4  pp. 98–99
Read these effects. Write or draw to tell their cause.

Cause

Effects
I have energy to think and learn.
My body can fight germs.
I have energy to run and play.
Find Cause and Effect

Write or draw to tell a cause for this effect.

Cause

Effect

I stay safe when I exercise.
Manage Stress

Steps for Managing Stress

1. Know what stress feels like.
2. Think about what is making you feel stress.
3. Do something that will help you feel better.

Use the steps to solve this problem.

You are going to sing in the school concert tomorrow. You are worried that you will make a mistake. What can you do to manage your stress?

________________________________________

________________________________________
Picture Fitness

Write a sentence for each set of pictures.

physical fitness

stretch

Chapter 5 • Keeping Active

Activity Book • 25
Lesson 1 pp. 106–109
Write Do or Do not to complete each safety rule.

__________

__________ touch hot things.

__________ put your things away.

__________

__________ call 911 in an emergency.

__________

__________ climb up a slide.

Lesson 2 pp. 110–113
Draw two pictures to show how to stay safe in a car or on a bus.
Lesson 3 pp. 114–117
Write a word from the box below each picture.

Think  Stop  Listen  Look

Lesson 4 pp. 118–121
Write a fire safety rule to go with this picture.

Lesson 5 pp. 124–125
Look at the picture. What should the girl do to be safe in the boat?

Wear a ___________________.

Chapter 6 • Being Safe
Sequence

Write the number below the boxes to show the sequence. Then draw pictures to show the step. Write the step under each picture.

Roll.
Roll over on the ground.

Drop.
Lie down. Cover your face.

Stop.
Do not run or wave your arms.

---

---

---
Refuse

Steps for Refusing

1. Say NO, and tell why.
2. Think about what could happen.
3. Suggest something else to do.
4. Say NO again, and walk away.

Use the steps to solve this problem.
You are at the playground. Your friend wants you to jump off a swing. What will you do? Tell why.

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
Safety Matching

Draw a line to match each vocabulary word with the correct picture.

1. emergency
   a. [Image of a playground equipment]

2. playground equipment
   b. [Image of a safety belt]

3. safety belt
   c. [Image of a crosswalk]

4. crosswalk
   d. [Image of a fire extinguisher]
Lesson 1 pp. 132–133

Use the words from the box to complete the sentences in the web.

name  strangers  NO  door

Detail
Do not go anywhere
with ____________.

Detail
Never tell strangers
your ____________ or
where you live.

Main Idea
A stranger can put
you in danger.

Detail
Do not open the
____________
to strangers.

Detail
If a stranger bothers you,
say ____________, get
away, and tell someone.
Lesson 2  pp. 136–137
Write or draw a warning label for insect spray that has poison in it.

Lesson 3  pp. 138–139
Write the word from the box that best completes the sentence.

Guns and knives are ____________________.

Never ____________________ a weapon.

If you see a weapon, tell a parent, ____________________, or teacher.
Recall and Retell
Recall the details. Retell what you learned about staying safe from strangers.

Recall Detail
1. Do not talk to a stranger.

Recall Detail
2. Do not go with a stranger.

Recall Detail
3. Say NO, run away, and tell a trusted adult about a stranger.

Retell
Communicate

Steps for Communicating

1. Decide whom to talk to.

3. Say what you need to say.

2. Listen carefully.
   Answer any questions.

4. Follow directions.

Use the steps to solve this problem.

You are at a parade with your mother. Your hat falls off. After you pick it up, you can not find your mother. How should you get help?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Code for Avoiding Danger

Use the number code to spell the words.

1 = a
2 = d
3 = e
4 = g
5 = i
6 = n
7 = o
8 = p
9 = r
10 = s
11 = t
12 = w

---

8 - 7 - 5 - 10 - 7 - 6

12 - 3 - 1 - 8 - 7 - 6 - 10

10 - 11 - 9 - 1 - 6 - 4 - 3 - 9

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Lesson 1 pp. 146–149
Write how you might feel if you have a cold.

Lesson 2 pp. 152–155
Draw two ways you can help stop germs from spreading.

Lesson 3 pp. 156–157
Use the word allergies in a sentence about the picture.
Write a word from the box to complete each sentence. Then answer the question.

**checkups**  **healthful**  **exercise**  **clean**  **sleep**

---

Eat foods that are ________________.

---

Walk, jog, or do some other ________________ each day.

---

Keep your hands and your body ________________.

---

Visit the doctor to get ________________.

---

Get enough ________________ every night.

---

What do these rules help you do? ________________
Find Cause and Effect

Read the cause. Write or draw two effects this cause may have.

Paul has an allergy to grass. His grandfather is cutting the grass.
Communicate

Steps for Communicating

1. Decide whom to talk to.
2. Say what you need to say.
3. Listen carefully. Answer any questions.

Use the steps to solve this problem.
You are at a friend’s house. Your head begins to hurt. You feel tired and achy. Whom should you tell? What should you say and do?

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Staying Healthy Puzzle
Use the words in the box to solve the puzzle.

virus  allergy  bacteria
ill  disease  vaccines

Across
2. medicines that keep your body from getting some diseases
4. germs that can make your stomach hurt
6. an unhealthy way the body reacts because of something around you

Down
1. another word for illness
3. a kind of germ that causes flu
5. another word for sick

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Use the words in the box to finish the web.

Labels never safe doctor

Detail
Keep medicines in a ____________
______________ place.

Detail
______________ tell you what medicines do.

Main Idea
Always use medicines safely.

Detail
You should ____________ take medicines on your own.

Detail
You need a note from a ____________ to buy some medicines.

Lesson 2 pp. 170–171
Draw two drinks that have caffeine.
Lesson 3 pp. 172–173
Write the correct word to complete each sentence.

habit legal

Using tobacco is a __________ that is hard to stop.

Tobacco is not __________ for children.

Lesson 4 pp. 174–175
Color the body parts that can be harmed by alcohol.

Lesson 5 pp. 176–177
Read each sentence. Mark an X under Yes or No.

Should you take medicine from a friend?
Should you tell an adult if you see drugs?
Should you trust tobacco ads?
Should you stay away from tobacco smoke?
Find the Main Idea

Write the correct word or words from the box to complete each detail.

**toxic smoke**  **Tobacco**  **habit**  **Drugs**

**Detail**

__________________________________________ in tobacco can cause lung disease.

**Detail**

__________________________________________ is not legal for children.

**Main Idea**

Tobacco has drugs in it that can harm your body.

**Detail**

Other people’s ___________________________ can harm your lungs.

**Detail**

Using tobacco is a ___________________________ that harms people’s health.
Refuse

Steps for Refusing

1. Say NO. Tell why not.
2. Think about what could happen.
3. Suggest something else to do.
4. Go home if you need to.

Use the steps to solve this problem.
Your friend finds a pack of cigarettes. She wants you to smoke one. How should you say NO?

________________________________________________________________________
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Medicines and Drugs
Write the word that goes with each picture.

medicines   alcohol   refuse   caffeine   tobacco

<table>
<thead>
<tr>
<th>Picture 1</th>
<th>Picture 2</th>
<th>Picture 3</th>
<th>Picture 4</th>
<th>Picture 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>medicines</td>
<td>alcohol</td>
<td>refuse</td>
<td>caffeine</td>
<td>tobacco</td>
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</tbody>
</table>

Chapter 9 • About Medicines and Drugs
Lesson 1  pp. 186–187

Draw two pictures that show how you are special.

Lesson 2  pp. 188–191

Write the word that tells about each feeling.

happy  angry  sad  afraid

__________  __________  __________  __________

__________  __________  __________  __________

__________  __________  __________  __________
Lesson 3  pp. 194–195
Write the word that best completes each sentence.

kind  talk  share  friend  help

A __________ is a person you know and like.

Good friends __________ things with each other.

Good friends also __________ each other do things.

A friend is someone you can __________ to.

Good friends are __________ to each other.

Lesson 4  pp. 196–199
Look at the picture. Write about how the children are showing respect.

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________
Use Context Clues

1. Read the sentences. Find four clues that tell about the word in the circle. Write them.

   Good friends are kind. They share and help. They play together. They talk and listen to one another.

   **Clues**

   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

   **friends**

2. Use the clues to unscramble the word in the circle. Write the word.

   **Clues**

   mad

   __________________________________________

   agnry

   __________________________________________

   shout

   __________________________________________

   upset

   __________________________________________

   yell
Manage Stress

Steps for Managing Stress

1. Know what stress feels like.
2. Figure out what is making you feel stress.
3. Do something that will help you feel better. Talk with someone you trust.
4. Think about doing well instead of feeling stress.

Use the steps to solve this problem.

You and your sister are going to visit your grandparents. You will be taking an airplane by yourselves. You feel stress. How should you manage your stress?
## Find the Missing Words

Write the correct word to complete the sentence. Look at the pictures for help.

- special
- feelings
- polite
- angry
- respect
- friends

<table>
<thead>
<tr>
<th>I feel ________ when my puppy chews up my things.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have fun playing with my ________ .</td>
</tr>
<tr>
<td>I show ________ by listening while others are talking.</td>
</tr>
<tr>
<td>I feel ________ when I play the drums for my family.</td>
</tr>
<tr>
<td>I had very sad ________ when my family moved.</td>
</tr>
<tr>
<td>To be ________ , I knock on my sister’s door before going in.</td>
</tr>
</tbody>
</table>
Lesson 1 pp. 206–207
Draw two ways you can show you love and care for your family.

Lesson 2 pp. 208–209
Write happy or sad to tell how each family might feel.

A grandparent moves away.  A parent comes home after being away.

<table>
<thead>
<tr>
<th>A grandparent moves away.</th>
<th>A parent comes home after being away.</th>
</tr>
</thead>
<tbody>
<tr>
<td>_________________________</td>
<td>___________________________</td>
</tr>
<tr>
<td>_________________________</td>
<td>___________________________</td>
</tr>
</tbody>
</table>

A baby sister is born.  An older brother goes away to school.

<table>
<thead>
<tr>
<th>A baby sister is born.</th>
<th>An older brother goes away to school.</th>
</tr>
</thead>
<tbody>
<tr>
<td>_______________________</td>
<td>________________________________</td>
</tr>
<tr>
<td>_______________________</td>
<td>________________________________</td>
</tr>
</tbody>
</table>
Tell how members of each family work together.
Recall and Retell

Retell what you learned about how families change.

Recall Detail
1. A family can change in many ways.

Retell

Recall Detail
2. A new baby can make you feel happy.

Recall Detail
3. When someone moves away, you may feel sad.
Resolve Conflicts

Steps for Resolving Conflicts

1. Agree that there is a problem.
2. Listen to each other.
3. Think of ways to work together.
4. Find a way for both sides to win.

Use the steps to solve this problem.

Your grandmother gives you and your sister a new book. You both want to read it. How could you resolve this conflict?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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Name __________________________

Mystery Word

Follow the directions to find the mystery word.

Write the first letter in FUN.

Write the second letter in CARING.

Write the first letter in MOTHER.

Write the second letter in SISTER.

Write the first letter in LOVE.

Write the last letter in HAPPY.

Put the letters together to make the word that names the group of people you love.

Draw a picture about this word on another piece of paper.
Draw a line to match each community helper with what he or she does.

- **A school nurse**
  - puts out fires.

- **A firefighter**
  - helps children who feel ill at school.

- **A doctor**
  - helps keep you safe.

- **A police officer**
  - finds out why you are ill.
Lesson 2  pp. 226–229

Draw an unhealthful environment.

How can people make the environment healthful?

Lesson 3  pp. 232–233

Read the sentence. Draw what the recycled items could be made into.

A family recycles paper, cans, and bottles.
Make Predictions

Mr. Hill calls 911 to tell about a fire.

Make a prediction about what will happen next. Write or draw your prediction.

Prediction

Read the rest of the story to find out what happened. Then write about or draw what happened.

Firefighters drive a fire truck to Mr. Hill’s house. They use the hose and water to put out the fire.

What Happened

Was your prediction correct? Yes __________ No __________
Make Decisions

Steps for Making Decisions

1. Think about the choices.
2. Say NO to choices that are against the law or your family’s rules.
3. Ask yourself what could happen with each choice.
4. Make the best choice.

Use the steps to solve this problem.

You eat a juice pop at the beach. Now you have a juice pop stick. What will you do with it? Tell why.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Tell About the Pictures

Write two words from the box to go with the picture.

- nurse
- pollution
- doctor
- litter

1. ___________  ___________

2. ___________  ___________

3. Use the words **recycle** and **community** to write about the picture.