

# Cora's Health Quest: Becoming a Wellness Warrior!

## Overall Course Materials:

- Your Health Quest Journal (a dedicated notebook)
- Colored pencils, markers, crayons
- Construction paper (various colors)
- Child-safe scissors
- Glue stick or tape
- Access to internet for supervised research and interactive activities
- Printer (optional, for some activity sheets)
- Common household items (will be specified per block if needed, e.g., empty food containers, recycled materials)
- A positive and curious attitude!

## Block 1: Skeletal & Muscular Systems - The Body's Framework & Movers! (40 min)

Today's Mission: Discover the amazing bones that give you shape and the muscles that help you move!

### Activities:

- 'Label the Skeleton' game: Draw or print a simple skeleton outline and label major bones (skull, ribs, femur, spine).
- 'Muscle Power': Discuss different types of muscles (voluntary/involuntary). Act out different movements and identify muscles used.
- 'Bone & Muscle Buddies': Create a drawing or simple model (using craft sticks and playdough/pipe cleaners) showing how a muscle attaches to bones to create movement (e.g., bicep and forearm).

### Materials for this block:

- Skeleton printable (optional)
- Craft sticks, playdough or pipe cleaners (optional)

## Block 2: Respiratory & Cardiovascular Systems - Breathe Easy & Keep the Beat! (40 min)

Today's Mission: Explore how you breathe and how your heart pumps life all around your body!

### Activities:

- 'Lung Model Lite': Create a simple lung model using a plastic bottle, balloons, and a straw (search for simple DIY instructions). Discuss how it works.
- 'Heartbeat Fun': Find your pulse before and after doing jumping jacks for 1 minute. Discuss why it changes.
- 'Oxygen's Journey': Draw a comic strip showing a molecule of oxygen traveling through the respiratory and cardiovascular systems.

### **Materials for this block:**

- For lung model (optional): Plastic bottle, 2 small balloons, 1 larger balloon, straw, rubber bands, tape.

## **Block 3: Nervous & Digestive Systems - Brain Power & Fuel Factory! (40 min)**

Today's Mission: Learn about your body's control center and how you turn food into energy!

### **Activities:**

- 'Reaction Time Test': Simple ruler drop test to see how quickly Cora can catch it. Discuss nerves and signals.
- 'Digestive System Map': Draw a large outline of a body and then draw and label the main parts of the digestive system (mouth, esophagus, stomach, small intestine, large intestine). Trace the path of an apple.
- 'Brain Hats': Make a 'thinking cap' out of paper and decorate it with things the brain helps us do (think, feel, move, learn).

### **Materials for this block:**

- Ruler

## **Block 4: Urinary, Endocrine Systems & System Symphony - Waste Warriors, Hormone Harmony & Teamwork! (40 min)**

Today's Mission: Understand how your body cleans itself, how hormones work, and how all systems play together like an orchestra!

### **Activities:**

- 'Kidney Filters': Simple demonstration with water, sand/dirt, and a coffee filter to show how kidneys filter waste.
- 'Hormone Messengers': Discuss simple examples of hormones (e.g., adrenaline giving a burst of energy). Create 'messenger mail' drawings showing hormones delivering messages.
- 'Body System Interconnections': Choose two systems (e.g., respiratory and muscular) and draw/write how they work together during an activity like running.
- 'Lifestyle Impact': Brainstorm a list of healthy choices (good food, exercise, sleep) and how they help each body system stay strong.

### **Materials for this block:**

- Cup, water, sand/dirt, coffee filter

## **Block 5: Nutrition & Hydration Power - Fuel Your Awesome! (40 min)**

Today's Mission: Discover the power of good food and water to keep you energized and healthy!

### **Activities:**

- 'Rainbow Foods': Discuss why eating a variety of colorful fruits and vegetables is important. Draw a rainbow on a plate and fill it with drawings of healthy foods of each color.
- 'Water Works Wonders': List all the ways our body uses water. Track water intake for the day in your Health Quest Journal.
- 'Snack Attack Makeover': Look at some common snack wrappers (or draw them). Discuss

healthier alternatives and create a 'Super Snack' idea list.

**Materials for this block:**

- Paper plates (optional)
- Empty snack wrappers (optional)

**Block 6: Sleep, Hygiene & Oral Care Champions - Rest, Clean, Sparkle! (40 min)**

Today's Mission: Learn why sleep is super important, how to stay clean, and keep those teeth shining!

**Activities:**

- 'Sleepy Time Benefits': Brainstorm all the good things that happen when we sleep. Create a 'Dreamy Sleep Routine' poster with steps for a good night's sleep.
- 'Hygiene Hero Comic': Create a short comic strip about a 'Hygiene Hero' battling germs with handwashing, bathing, etc.
- 'Terrific Teeth': Discuss proper tooth brushing and flossing. Use a model (e.g., large Lego block or ice cube tray) to practice 'brushing' all surfaces.

**Materials for this block:**

- Large Lego block or ice cube tray and an old toothbrush (for demonstration)

**Block 7: Physical Activity Fun & My Personal Health Plan Design - Move It & Plan It! (40 min)**

Today's Mission: Explore fun ways to be active and start designing your own amazing health plan!

**Activities:**

- 'Activity Brainstorm': List as many fun physical activities as possible (dancing, biking, tag, sports, etc.). Choose one to try for 10 minutes.
- 'Benefits of Moving': Discuss how physical activity helps our body (strong muscles/bones, healthy heart, good mood).
- 'My Health Plan - Part 1': In your Health Quest Journal, start a section called 'My Awesome Health Plan'. Brainstorm goals for: 1. Healthy Eating, 2. Staying Active, 3. Getting Enough Sleep, 4. Good Hygiene. Write down one small, achievable goal for each.

**Block 8: First Aid Basics & Injury Prevention Detectives - Be Prepared, Stay Safe! (40 min)**

Today's Mission: Learn what to do for small injuries and how to spot and avoid dangers.

**Activities:**

- 'Mini First Aid Kit': Assemble a small personal first aid kit with drawings or actual items (bandages, antiseptic wipe, gauze square). Discuss what each is for.
- 'Ouch Scenarios': Discuss simple scenarios (small cut, scrape, minor burn from hot water, twisted ankle) and the basic first aid steps (Clean, Cover, Cold, Tell an Adult). Act them out.
- 'Home Hazard Hunt': Go on a supervised 'hazard hunt' in one room, identifying potential dangers (e.g., loose rugs, cords, things that could fall) and how to make them safer.

### **Materials for this block:**

- Items for mini first aid kit (or paper to draw them)

## **Block 9: Home & Emergency Safety Drills - Safe at Home, Ready for Anything! (40 min)**

Today's Mission: Practice how to stay safe at home and what to do in an emergency like a fire or storm.

### **Activities:**

- 'Fire Safety Plan': Discuss your family's fire escape plan (meeting spot, smoke detector checks). Draw a map of your home showing two ways out of each room.
- 'Emergency Kit Kapers': Discuss what should be in an emergency preparedness kit (water, non-perishable food, flashlight, first aid, whistle). Design a poster for an emergency kit.
- 'Severe Weather Smarts': Discuss what to do for different types of severe weather common in your area (e.g., thunderstorm, tornado). Role-play finding a safe spot.

## **Block 10: Internet Safety & Stranger Awareness Skills - Smart Online, Safe Always! (40 min)**

Today's Mission: Learn rules for staying safe online and what to do if a stranger makes you uncomfortable.

### **Activities:**

- 'Online Safety Rules': Create a list of 'Top 5 Online Safety Rules' (e.g., don't share personal info, tell a trusted adult if something feels weird, be kind online, what to do about cyberbullying).
- 'Stranger Smarts Chat': Discuss the 'No, Go, Yell, Tell' strategy. Practice scenarios: what to do if a stranger approaches you, asks for help, or offers a gift. Emphasize it's okay to say NO loudly and run to a trusted adult.
- 'Trusted Adult Network': Draw a 'safety network' of trusted adults Cora can go to if she ever feels unsafe or needs help.

## **Block 11: Germs, Spread & Handwashing Heroes - The Invisible Invaders! (40 min)**

Today's Mission: Become a germ detective, learn how they spread, and master the art of handwashing!

### **Activities:**

- 'Glitter Germs': Use glitter on hands to show how easily 'germs' can spread through touch. Then practice washing it all off properly.
- 'How Germs Travel': Draw pictures or make a storyboard showing different ways germs can spread (sneezing, coughing, touching contaminated surfaces).
- 'Handwashing Song/Poster': Create a fun song or poster about the steps of proper handwashing (20 seconds, soap, all surfaces).

### **Materials for this block:**

- Glitter, soap and water

## **Block 12: Immune System Power & Staying Healthy - Your Body's Super Defenders! (40 min)**

Today's Mission: Discover your amazing immune system and learn more ways to help it keep you healthy.

### **Activities:**

- 'Immune System Superheroes': Draw your immune system cells as superheroes (e.g., White Blood Cell Warrior, Antibody Archer). Give them catchphrases!
- 'Healthy Habits Shield': Discuss how healthy habits (good food, sleep, exercise, low stress) strengthen the immune system. Create a 'shield' drawing decorated with these habits.
- 'When I'm Sick': Discuss what to do when you feel sick (tell an adult, rest, drink fluids, cover coughs/sneezes) to help yourself recover and prevent spread.

## **Block 13: The Journey of Growth & Understanding Puberty - Amazing Changes Ahead! (40 min)**

Today's Mission: Explore the human life cycle and get ready to learn about the exciting changes of puberty.

### **Activities:**

- 'My Life Timeline': Create a simple timeline with major milestones (baby, toddler, kid, now). Discuss future stages (teen, adult).
- 'What is Puberty?': Gentle introduction. Explain it's a natural part of growing up when bodies change to become more like adult bodies. Emphasize everyone goes through it at their own pace.
- 'Questions Box': Decorate a small box. Explain this is a 'Puberty Questions Box' where Cora can write down any questions she has throughout these lessons, and you can discuss them privately and respectfully.

### **Materials for this block:**

- Small box to decorate

## **Block 14: Navigating Physical & Emotional Changes in Puberty - Your Awesome Transformation! (40 min)**

Today's Mission: Learn about common physical and emotional changes during puberty and how to manage them.

### **Activities:**

- 'Body Changes Talk (Age-Appropriate)': Discuss common physical changes for all genders (growth spurts, skin changes, body odor) and basic gender-specific changes (e.g. voice deepening, menstruation basics, breast development) in a simple, factual, and respectful way. Emphasize hygiene (deodorant, regular bathing, menstrual care basics if appropriate).
- 'Feeling Rollercoaster': Discuss how hormones can sometimes make emotions feel stronger or change quickly. Brainstorm healthy ways to cope with big feelings (talk to someone, journal, draw, exercise).
- 'Self-Care for Puberty': Create a list of self-care tips for navigating puberty (good hygiene, healthy food, sleep, talking about feelings, being patient with yourself).

## **Block 15: Exploring Feelings & Building Strong Friendships - The Heart of Happiness! (40 min)**

Today's Mission: Learn to name your feelings and discover the secrets to being a good friend.

### **Activities:**

- 'Feelings Charades': Write different emotions on slips of paper (happy, sad, angry, scared, excited, surprised) and act them out. Discuss what makes you feel each way.
- 'What Makes a Good Friend?': Brainstorm qualities of a good friend (kind, honest, listens, supportive). Create a 'Friendship Flower' with petals listing these qualities.
- 'Problem Solving Together': Discuss a simple friendship problem (e.g., two friends want to play different games). Brainstorm ways to solve it kindly.

### **Materials for this block:**

- Slips of paper

## **Block 16: Managing Stress & Understanding Family Roles - Keeping Cool & Team Family! (40 min)**

Today's Mission: Find ways to relax when you're stressed and explore the different roles people have in a family.

### **Activities:**

- 'My Calm-Down Kit Ideas': Brainstorm things that help Cora feel calm (deep breaths, drawing, listening to music, squeezing a stress ball, talking). Design a 'virtual' calm-down kit.
- 'Stress Busters Practice': Try a simple relaxation technique like deep belly breathing or a short guided visualization.
- 'Family Team': Discuss how everyone in a family has different roles and responsibilities, and how they work together like a team. Draw a picture of your 'Family Team' showing everyone contributing.

## **Block 17: Assertiveness, Peer Pressure & Discovering Identity - Being You, Loud & Proud! (40 min)**

Today's Mission: Learn how to voice your opinions respectfully, handle peer pressure, and celebrate what makes YOU unique!

### **Activities:**

- 'Assertive 'I' Statements': Practice using 'I feel... when you... because... I would like...' to express needs or feelings respectfully. Try a few role-play scenarios.
- 'Peer Pressure Power': Discuss what peer pressure is (positive and negative). Brainstorm ways to say 'no' to something you don't want to do, while still being a friend.
- 'All About Me Shield': Create a shield or poster decorated with Cora's unique talents, hobbies, favorite things, and what makes her special. Title it 'This is ME!'

## **Block 18: MyPlate Adventures & Nutrient Knowledge - Your Plate, Your Power! (40 min)**

Today's Mission: Become a MyPlate expert and learn about the mighty nutrients that fuel your body!

### Activities:

- 'MyPlate Mascot': Design a mascot for MyPlate (the USDA food guide). Discuss the five food groups (Fruits, Vegetables, Grains, Protein, Dairy) and their importance.
- 'Nutrient Ninjas': Pick a few key nutrients (e.g., Calcium for bones, Vitamin C for immunity, Protein for muscles, Fiber for digestion). Research or discuss what foods they are in and what they do for the body. Create 'Nutrient Ninja' trading cards.
- 'Meal Makeover': Plan a healthy, balanced meal (breakfast, lunch, or dinner) using the MyPlate guidelines. Draw it or write it down.

### Materials for this block:

- Access to MyPlate image (online or printed)

## Block 19: Food Labels & Smart Food Choices - Decode Your Food & Choose Wisely! (40 min)

Today's Mission: Learn to read food labels like a pro and understand moderation and healthy body image.

### Activities:

- 'Label Detective': Look at a few different food labels (cereal box, yogurt, canned good). Identify serving size, calories, sugar, fat, and fiber. Discuss what to look for (less sugar/unhealthy fats, more fiber).
- 'Sugar Sleuth': Compare sugar content in a few different drinks or snacks. Use sugar cubes or draw spoonfuls to visualize the amounts.
- 'Healthy Body Image Chat': Discuss how bodies come in all shapes and sizes and that being healthy is more important than looking a certain way. Talk about how media can sometimes show unrealistic bodies. Focus on what your body can DO.

### Materials for this block:

- A few different food packages with labels, sugar cubes (optional)

## Block 20: Understanding Substances & Their Effects on the Body - Knowledge is Your Shield! (40 min)

Today's Mission: Learn about different types of substances (tobacco, alcohol, other drugs, and medicines) and how they can affect health.

### Activities:

- 'What are Substances?': Define terms simply: tobacco, alcohol, drugs (illegal/harmful), medicines (helpful when used correctly by the right person). Discuss why some are only for adults or need a doctor's prescription.
- 'Body Impact Brainstorm': For tobacco and alcohol, discuss some short-term and long-term negative effects on the body (lungs, brain, liver) in age-appropriate terms. Use simple diagrams if helpful.
- 'Medicines vs. Misuse': Discuss how medicines are helpful when prescribed by a doctor and taken correctly, but can be harmful if misused (taking someone else's, taking too much).

## Block 21: Making Safe Choices & Refusal Skills - Your Voice, Your Choice! (40 min)

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Today's Mission: Practice saying 'no' to unhealthy choices and understand the influences around you.

**Activities:**

- 'Refusal Role-Play': Practice different ways to say 'no' confidently if offered something harmful (e.g., 'No thanks, I'm not interested,' 'My parents wouldn't want me to,' 'I need to go now'). Try different scenarios.
- 'Influencer Spotting': Discuss different influences on choices (family, friends, media/ads). How can these be positive or negative?
- 'My Reasons to Be Healthy & Safe': Create a list in your Health Quest Journal of all the reasons Cora wants to stay healthy and avoid harmful substances. This can be her personal motivation shield.

## **Block 22: Our Planet, Our Health & Community Wellness - Healthy World, Healthy You! (40 min)**

Today's Mission: Explore how taking care of our environment helps us and our community stay healthy, and learn about health helpers!

**Activities:**

- 'Eco-Actions for Health': Brainstorm ways protecting the environment (recycling, conserving water/energy, reducing pollution, planting trees) also protects our health. Pick one action to try.
- 'Community Health Helpers': Discuss different health careers (doctor, nurse, dentist, nutritionist, physical therapist, health educator!). What do they do to help people?
- 'My Healthy Community Wish': Draw or write about one thing Cora would like to see in her community to make it even healthier (e.g., more parks, cleaner air, a community garden).

## **Block 23: Smart Health Consumer & Course Wrap-Up - Be a Health Detective & Celebrate Your Quest! (40 min)**

Today's Mission: Learn to spot tricky health ads, make smart choices, and celebrate all you've learned!

**Activities:**

- 'Ad Detective': Look at a few health-related ads (e.g., for a sugary cereal, a fitness gadget). Discuss: What is it trying to sell? What words or images does it use? Is it too good to be true?
- 'Fact vs. Fad': Discuss how to tell if health information is reliable (from trusted sources like doctors, reputable health organizations) versus a fad or scam.
- 'My Health Quest Review': Look back through your Health Quest Journal. What were the most interesting things you learned? What healthy habits are you proud of?
- 'Wellness Warrior Certificate': Present Cora with a special 'Wellness Warrior Certificate of Achievement' for completing her Health Quest!

**Materials for this block:**

- Examples of health-related advertisements (from magazines or online – supervised)
- Pre-made or homemade 'Wellness Warrior Certificate'