



CONDITIONS AND DISABILITIES

ADHD
Allergies
Anxiety
Asthma
Autism
Blindness
Cerebral Palsy
Cystic Fibrosis
Deafness
Depression
Diabetes
Down Syndrome
Dyslexia
Obesity
Scoliosis
Using Leg Braces
Using Wheelchairs

FEELINGS AND EMOTIONS

I Feel Angry
I Feel Calm
I Feel Excited
I Feel Happy
I Feel Sad
I Feel Scared
I Feel Worried
What Are Feelings and Emotions?

HEALTH CARE VISITS

Getting a Cavity Filled
Getting a Checkup
Getting a Shot
Getting a Tooth Pulled
Getting an X-Ray
Having Surgery

HEALTH CARE WORKERS

Dental Hygienists
Dentists
Doctors
EMTs
Eye Doctors
Nurses
Occupational Therapists
Physical Therapists
School Counselors
Speech Therapists

HEALTHY HABITS

Being Mindful
Dressing for the Weather
Exercise
Face Coverings and Your Health
Focus Your Attention
How to Be Organized
How to Handle Stress
Hygiene

Physical Distancing
Posture
Setting Goals
Setting Routines
Sleep Habits

IF YOU NEED HELP

Calling 911
First Aid
Poison Control
What Is Emotional Abuse?
What Is Physical Abuse?
What Is Substance Abuse?
What Is Verbal Abuse?
What to Do If You Get Lost

ILLNESSES

Bacteria
Bronchitis
Common Cold
COVID-19
Dehydration
Earaches
Food Poisoning
Head Lice
Headaches
Immune System
Influenza
Medicine
Mpox
Pink Eye
Sunburn
Vaccines
Viruses
What Are Germs?
When You Cough or Sneeze

MY WORLD AND MY HEALTH

Media and My Health
Pollution and My Health
Relationships and My Health
Technology and My Health
Weather and My Health

NUTRITION

Dairy
Eating Healthy
Fats
Fiber
Fruits
Grains
Healthy Snacks
Junk Food
Planning Meals
Protein
Vegetables
Water and My Health

RELATIONSHIPS AND FRIENDSHIPS

Acceptance
Communication
Cooperation
Empathy
Making New Friends
Peer Pressure
Standing Up for a Friend
Teamwork
Types of Bullying
What Is Bullying?

SAFETY

Bike Safety
Broken Bones
Bruises
Car Safety
Concussions
Fire Safety
Food Safety
Hazards at Home
Hazards at School
Hazards on the Playground
Internet Safety
Pedestrian Safety
School Bus Safety
Scrapes and Scratches
Severe Weather Safety
Sprains and Strains
Stranger Safety
Sun Safety
Water Safety

SELF-AWARENESS

Being Responsible
Body Image
Making Decisions
Manners
Motivation
Personal Space
Saying No
Self-Concept
Self-Confidence
Self-Control
Self-Discipline
Self-Worth
Standing Up for Yourself

THE HUMAN BODY

Bladder
Brain
Circulatory System
Digestive System
Endocrine System
Hearing
Heart
Hiccups
Intestines

Kidneys
Liver
Lungs
Mucus
Muscular System
Nervous System
Respiratory System
Saliva
Seeing
Skeletal System
Skin
Smelling
Stomach
Tasting
Touching