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
Abuse
What Is Emotional Abuse?
What Is Physical Abuse?
What Is Substance Abuse?
What Is Verbal Abuse?

In an Emergency
Calling 911
First Aid
Poison Control
What to Do If You Get Lost

ILLNESSES
- Bronchitis
- Common Cold
- COVID-19
- Dehydration
- Earaches
- Food Poisoning
- Headaches
- Head Lice
- Influenza
- Pink Eye
- Sunburn

Feeling Sick
- Bacteria
- Medicine
- Immune System
- 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
- Eating Healthy
- Fats
- Fiber
- Healthy Snacks
- Junk Food
- Planning Meals
- Water and My Health

Food Groups
- Dairy
- Fruits
- Grains
- Protein
- Vegetables

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
- Car Safety
- Fire Safety
- Food Safety
- Hazards at Home
- Hazards at School
- Hazards on the Playground
- Pedestrian Safety
- School Bus Safety
- Severe Weather Safety
- Stranger Safety
- Sun Safety
- Water Safety

Preventing Injuries
- Broken Bones
- Bruises
- Concussions
- Scrapes and Scratches
- Sprains and Strains

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
- Body Systems
  - Circulatory System
  - Digestive System
  - Endocrine System
  - Muscular System

Organs
- Bladder
- Brain
- Heart
- Intestines
- Kidneys
- Liver
- Lungs
- Skin
- Stomach

Senses
- Hearing
- Seeing
- Smelling
- Tasting
- Touching

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