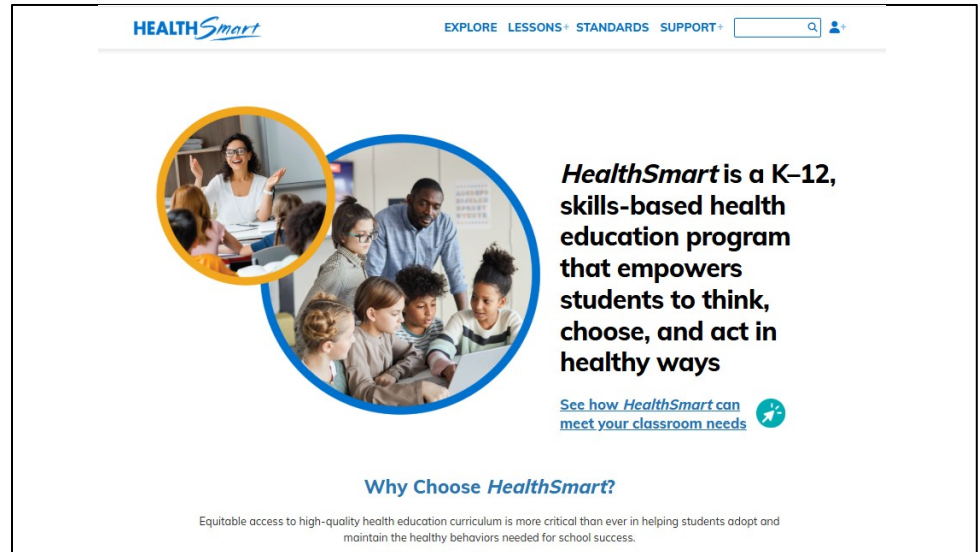


Go to the
Lessons tab



The screenshot shows the HealthSmart homepage. At the top is the HealthSmart logo and a navigation bar with links for EXPLORE, LESSONS, STANDARDS, and SUPPORT+. A search bar and a user icon are on the right. The main content area features a large circular image of a teacher and students. To the right of the image, the text reads: "HealthSmart is a K-12, skills-based health education program that empowers students to think, choose, and act in healthy ways". Below this is a link: "See how HealthSmart can meet your classroom needs" with a small icon. At the bottom, there is a section titled "Why Choose HealthSmart?" with a paragraph of text.

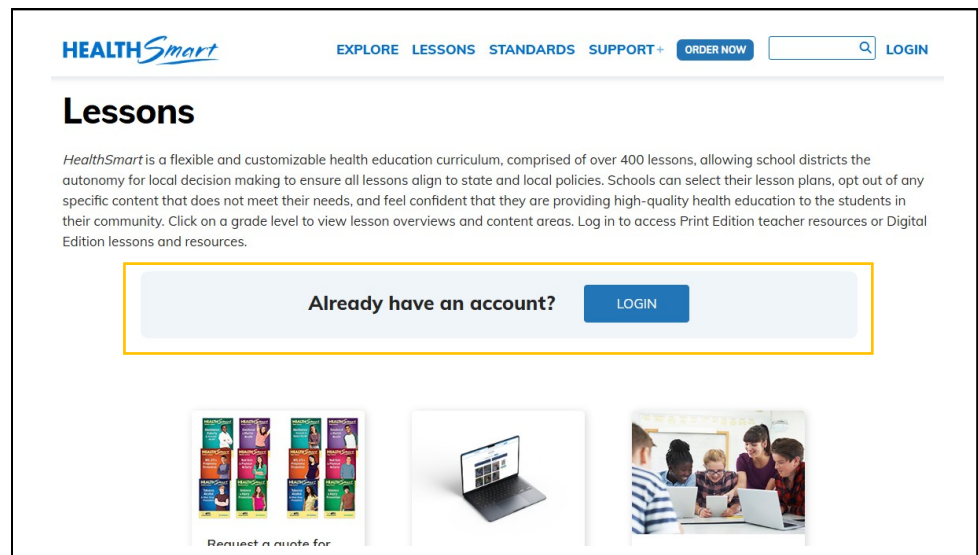
HealthSmart is a K-12, skills-based health education program that empowers students to think, choose, and act in healthy ways

[See how HealthSmart can meet your classroom needs](#)

Why Choose HealthSmart?

Equitable access to high-quality health education curriculum is more critical than ever in helping students adopt and maintain the healthy behaviors needed for school success.

Log in to
your account



The screenshot shows the HealthSmart Lessons page. At the top is the HealthSmart logo and a navigation bar with links for EXPLORE, LESSONS, STANDARDS, and SUPPORT+. A search bar and a LOGIN button are on the right. The main content area is titled "Lessons" and contains a paragraph of text. Below the text is a box with the text "Already have an account?" and a LOGIN button. At the bottom, there are three images: a grid of lesson cards, a laptop displaying a lesson, and a group of students working on a laptop.

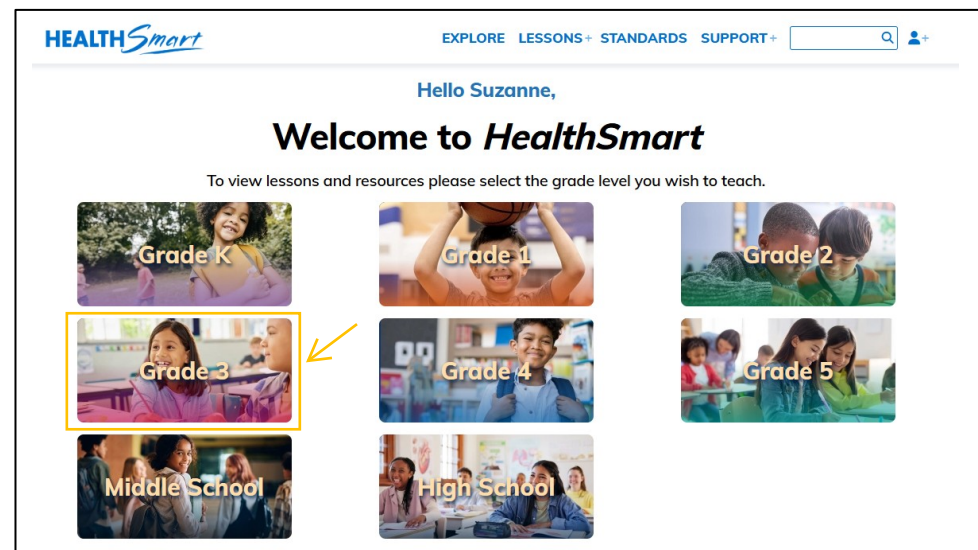
Lessons

HealthSmart is a flexible and customizable health education curriculum, comprised of over 400 lessons, allowing school districts the autonomy for local decision making to ensure all lessons align to state and local policies. Schools can select their lesson plans, opt out of any specific content that does not meet their needs, and feel confident that they are providing high-quality health education to the students in their community. Click on a grade level to view lesson overviews and content areas. Log in to access Print Edition teacher resources or Digital Edition lessons and resources.

Already have an account? [LOGIN](#)

Request a quote for

Choose a
Grade Level



The screenshot shows the HealthSmart user dashboard. At the top is the HealthSmart logo and a navigation bar with links for EXPLORE, LESSONS, STANDARDS, and SUPPORT+. A search bar and a user icon are on the right. The main content area is titled "Hello Suzanne, Welcome to HealthSmart". Below the title is a text prompt: "To view lessons and resources please select the grade level you wish to teach." Below this prompt are seven images representing different grade levels: Grade K, Grade 1, Grade 2, Grade 3, Grade 4, Grade 5, Middle School, and High School. The Grade 3 image is highlighted with a yellow border and a yellow arrow points to it.

Hello Suzanne,

Welcome to HealthSmart

To view lessons and resources please select the grade level you wish to teach.

Grade K

Grade 1

Grade 2

Grade 3

Grade 4

Grade 5

Middle School

High School

List of all lessons in the grade

Grade 3

Table of Contents Program Overview Lesson Overview Skills-Based Learning [ⓘ]

Emotional & Mental Health

Lesson 1
Being Healthy in Many Ways [View](#)
In this lesson, students examine what it means to be healthy, with a focus on... [\(more\)](#)

Lesson 2
Expressing Feelings in Healthy Ways [View](#)
This lesson helps students think about healthy ways to express different... [\(more\)](#)

Lesson 3
Getting Along with Family [View](#)
Skills-Based Lesson: Analyzing Influences
In this lesson, students consider the ways their families support them and... [\(more\)](#)

Lesson 4
Getting Along with Friends [View](#)
Skills-Based Lesson: Interpersonal Communication
In this lesson, students consider what it means to be a friend and the ways... [\(more\)](#)

Lesson 5
Valuing Self and Others [View](#)
In this lesson, students learn how valuing oneself and others contributes to... [\(more\)](#)

Announcements
[Back-to-School Updates 2025](#) [ⓘ]

Related Resources

Scope & Sequence Booklet for Grades K-5
[View](#) [ⓘ]

Glossary
[View English](#) [ⓘ]
[View Spanish](#) [ⓘ]

Grade 3 Family Activities
[View](#) [ⓘ]

How 3rd Graders Learn
[View](#) [ⓘ]

Supercharging Techniques

Links to:

- Activity sheets (full grade)
- Images/Slides
- Masters
- Supercharge techniques

Choose a Lesson

Overview

Lesson 1: Being Healthy in Many Ways

[Change Lesson](#) [ⓘ]

Explore this Lesson Teacher Resources [®] Student Resources [®]

Overview

In this lesson, students examine what it means to be healthy, with a focus on mental/emotional health. They discuss the qualities of an emotionally healthy person and why emotional health is important. After discussing ways young people learn how to do things, the teacher introduces the idea of role models and shares a story about an emotionally healthy role model. Then students consider the people in their lives who exemplify positive emotional health and examine the traits of their role models that they would like to emulate.

Lesson Objectives

Students will be able to:

1. Explain what it means to be mentally and emotionally healthy.
2. Identify characteristics of a mentally and emotionally healthy person.
3. Identify role models who demonstrate positive emotional health.

SEL Connection

- self-awareness

Time: 40 minutes

Healthy Behavior Outcomes

MEH-1: Express feelings in a healthy way.
MEH-2: Engage in activities that are mentally and emotionally healthy.
MEH-8: Establish and maintain healthy relationships.
SH-2: Establish and maintain healthy relationships.

National Health Education Standards

Standard 1: Comprehending Concepts
Performance Indicator 1.5.1: Describe the relationship between healthy behaviors and personal health.
Performance Indicator 1.5.2: Identify examples of emotional, intellectual, physical, and social health.

Standard 3: Accessing Resources
Performance Indicator 3.5.2: Locate resources from home, school, and community that provide valid health information.

Quick navigation

Summary of activities

Lesson objectives

HBOs addressed

Standards alignment

Materials & Preparation

Lesson 1: Being Healthy in Many Ways

Explore this Lesson

Teacher Resources[®]Student Resources[®]

Overview

Materials & Preparation

Teaching Steps

Assessment & Closure

PRINT FULL LESSON[®]

Materials & Preparation

Prepare

- Review images for Lesson 1.
- Prepare a story about one of your emotional health role models to share with students.
- Have crayons or markers available for students.
- Practice expressing the teaching steps in your own words.
- Determine which [Supercharging Techniques](#)[®] you will use to call on many different students during the class.

Assign

- **My Healthy Role Model** (Student Workbook page 2).

Review

- **My Healthy Role Model**

Health Terms

Review the teaching steps, slides and activity sheet for any terms or concepts your students may not know and be prepared to explain them as needed. Examples:

- cope
- emotion
- emotional health
- mental health
- physical health
- relationship
- respect
- role model
- stress
- support

Support for Diverse Learners

How to
prepare and
what you'll
need

Quick
navigation

Teaching Steps

Lesson 1: Being Healthy in Many Ways

Change Lesson -

Explore this Lesson

Teacher Resources[®]Student Resources[®]

Overview

Materials & Preparation

Teaching Steps

Assessment & Closure

PRINT FULL LESSON[®]

Teaching Steps

Explain

We're going to be learning about how to be healthy. There are many different ways to be healthy and lots of things you can do to be and stay healthy.

Show Image 1A

Look at this picture. What do you see?



Summarize

This child is thinking of some different ways to be healthy. He is imagining eating healthy food, playing an active game, reading and talking with someone who cares about him.

Explain

There are many things you can do to keep your body healthy, such as eating healthy foods and moving your body to be active every day. There are also things you can do to be and stay healthy in the ways you think, feel, act and relate to other people. Reading, learning and thinking are some ways you keep your brain or your mind healthy. Sharing, caring, talking with and getting support or help from other people are some ways you can keep your feelings or emotions healthy.

Advance the slide to show the terms as you discuss physical and mental/emotional health.

We call how your body works and the things you do to keep your body well and strong your physical health. Today, we're going to be taking a closer look at mental or emotional health. This refers to how you respond to feelings, relate to other people, handle stress, make choices, and cope with the ups and downs of life.

Steps for
teaching the
lesson

Reduced
images to
guide the
use of the
slides

Quick
navigation

Assessment & Closure

Lesson 1: Being Healthy in Many Ways

Explore this Lesson

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PRINT FULL LESSON

Assessment & Closure

Create & Share

Distribute the **My Healthy Role Model** activity sheet (or have students turn to page 2 in the *Student Workbook*).

Draw a picture of you and your role model and list some things your role model says and does and what you learn from your role model. Then we'll take turns sharing something your role model teaches you about how to be emotionally healthy.

Allow time for students to draw a picture of their role models and list the qualities of good emotional health their role model demonstrates.

Have students show their drawings and share something they have learned from their emotionally healthy role models.

Close

Having people you like and look up to who show you how to think, feel and act in healthy ways is a good thing. It means that you have help being healthy in lots of different ways. Our emotional health role models show us how to cope with feelings, get along with others, treat people with kindness and respect, grow, learn and like ourselves, and ask for help when we need it.

Assessment Evidence

Quick
navigationAssessment
lists what to
evaluate

Lesson 1: Being Healthy in Many Ways

Lessons > Grade 3 > Lesson 1

Change Lesson

Explore this Lesson

Teacher Resources

Student Resources

Scope & Sequence Booklet for Grades K-5

Lesson 1 PDF Slides (PDF)

View

Lesson 1 PowerPoint Slides (PPSX)

View

Teacher Resources link to slides,
teacher keys and masters

Lesson 1: Being Healthy in Many Ways

Lessons > Grade 3 > Lesson 1

Change Lesson

Explore this Lesson

Teacher Resources

Student Resources

Student Workbook: My Healthy Role Model

View

Student Resources link to
reading and activity sheets