

**MATERIALS
PHASE V
SAFE AND HEALTHY CHOICES FOR ME**

Following each item listed, the number of the lesson where the item is used is provided for your reference. For example, “L-V-2” means the item is used in “Lesson 2 of Phase V.” “E” means the item is used in an Enhancer Lesson.

EQUIPMENT

Cassette player, L-V-3, L-V-5
VCR and monitor, L-V-1, L-V-4, L-V-10

RESOURCES

Books

Little Rabbit’s Loose Tooth, L-V-2
Sleep Is for Everyone, L-V-5
Bread and Jam for Frances, L-V-7

Bulletin Board

Dental Health Care, L-V-2, L-V-3
Stopping Decay, L-V-3

Posters

“Healthman”, American Cancer Society, L-V-1
Feeling Faces, L-V-6
Storyboard, L-V-6, L-V-11
Story Cards, L-V-6 (Playing and Resting, and blank cards), L-V-11 (Finding the Red Pills)
“Where Does Food Come From?” (2 parts), National Dairy Council -or- “Food Sources,”
E-V-7A
Vegetable Soup, E-V-7B

Videos

The Adventures of *Healthman*, from *An Early Start to Good Health*, American Cancer Society, L-V-1
Toothbrushing With Charlie Brown, American Dental Association, or *Goofy Over Dental Health*, L-V-4
McGruff’s The No Show, National Crime Prevention Council, L-V-10

Cassettes

- “Brush Away,” on *Learning Basic Skills Through Music* (Integration Idea), L-V-3
- “Brush Your Teeth,” on *Singable Songs for the Very Young* by Raffi (Integration Idea), L-V-3
- “Resting Song,” on *We All Live Together, Vol. 2* by Greg and Steve, L-V-5
- “Heart Sounds,” on *Heart Songs and Growing Music*, American Heart Association, L-V-5
- Exercise cassette, L-V-5
- “My Pump,” on *Heart Songs and Growing Music*, American Heart Association (Integration Idea), L-V-5
- “Boogie Walk,” from *We All Live Together, Vol. 2*, by Greg and Steve, (Integration Idea), L-V-5

Models

- Set of Large Teeth, L-V-2, L-V-4
- Food Models, National Dairy Council, L-V-3, L-V-7, E-V-7A
- Giant Toothbrush, L-V-3, L-V-4

Miscellaneous

- Pictures: Happy/Sad Tooth, L-V-3
- Floss, L-V-4
- Molar Roller Game, E-V-4
- Activity and Rest Cards, American Heart Association, L-V-5
- Recipe Cards, American Heart Association, E-V-7B
- Pictures of Drug and Non-drug Items, L-V-8
- Master: Say No Drug Bug, L-V-8, L-V-9
- Medicine Use Picture Series, L-V-9
- Sock puppets, L-V-11

Student Worksheets

- Six Year Molar (Optional Activity), L-V-2

Teacher References

- Molar Roller Game (Optional), E-V-4
- The Lion Hunt (Optional Activity), L-V-5
- Teacher/Leader Guide for Early Childhood Educators*, National Dairy Council, L-V-7, E-V-7A (Integration Idea), E-V-7B (Integration Idea)
- How to Make a Say No Drug Bug, L-V-8

Family Resource Sheets

- Dental Health Care, L-V-4
- Staying Healthy, L-V-10