

Health 1

Resource List

updated: 05/06/21

Curriculum Documents

- *Health 1 Curriculum Guide (2021)*
- *Foundation Document for Social and Emotional Learning in Newfoundland and Labrador (2021)*

Authorized Resources

- *THE PATHS® PROGRAM (Promoting Alternative Thinking Strategies) - Grade 1*

Supplementary Resources

- *Health & Wellness:*
 - Teacher's Edition*
 - Big Ideas Book*
 - Life Skills Book*
 - Health Masters*
 - Health Clipboard Activities*
- *Canada's Food Guide poster*
- *CDs:*
 - Transparency Book (electronic format only)*
 - Health Songs*
- *Readers:*
 - Health and You*
 - Healthful Foods*
 - Staying Clean and Fit*
 - Stay Safe*
 - Stay Well*
 - Your Family, Your Friends, and You*
 - Your Growing Body*