

Personal Safety and Injury Prevention



Understanding Health Concepts

C1.1 Personal Safety – home and outdoors

Resources:

- [Ultraviolet Detecting Beads Lesson Plan](#)
- [Ontario Sun Safety Working Group - Websites for Educators](#)
- [Melanoma Network of Canada – Educator Resources](#)
- [Free Sun Safety Resources](#)
- [Parachute Canada website](#)
- [Internet Safety](#)
- [Internet Safety](#)

C1.2 Food Allergies

Making Healthy Choices

C2.3 Standing up for yourself

Program: Fun Friends - The FUN FRIENDS program is designed to teach young children important emotional and social skills that will allow them to excel during their school years. It teaches practical, useful strategies for coping with stress, worry, fear and sadness (e.g. how to be brave, solve problems, think positively, relax and face challenges). In other words it helps young children to become more **resilient**.

To offer this program in a classroom there needs to be a commitment for a 40 – 60 minute class each week for 7 – 10 weeks. Classroom teachers play an important collaborative role by reinforcing the lessons learned each week. Therefore, their presence and involvement during the sessions are encouraged. Resources will be provided for you to use between sessions. When able, individual classroom needs will be adapted into the program.

Making Connections for Healthy Living

C3.1 Relating to Others

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