

that HEALTH class

BY LESS AWKWARD

That Health Class includes...

100 lessons spanning 3 divisions + professional development.

GRADES K-3

KINDERGARTEN

- Hygiene Basics
- Food Groups
- Why Sleep Matters
- Safety Basics
- Kindness + Cooperation
- Naming Feelings
- Personal Space + Privacy
- Self-Esteem + Respect

1st GRADE

- Building Healthy Habits
- Germs
- What Happens When You Sleep
- Listening to Body Cues
- Safety Rules
- Setting Body Boundaries
- Understanding Feelings
- Problem Solving Skills

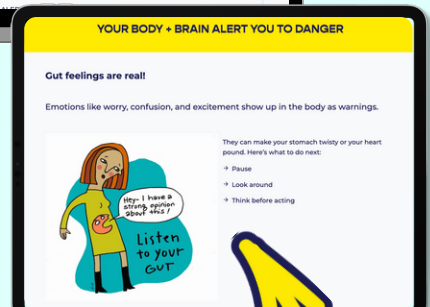
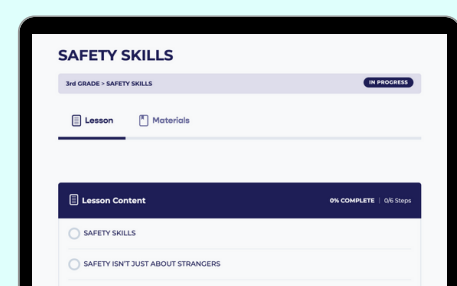
2nd GRADE

- Energizing the Body Safely
- How the Body Heals
- Making Safe Choices
- Managing Feelings
- Respecting Boundaries
- Mistakes + Repair
- What Is Fairness?
- Conflict Resolution Skills

3rd GRADE

- What Bodies Need for Growth
- Hygiene for Growing Bodies
- Safety Skills
- Saying No
- Intro to Puberty
- Handling Big Emotions
- Wizard + Lizard Brain
- Stuff Kids Aren't Ready For

Watch a K-3 class demo!



CLICK HERE

MIDDLE SCHOOL

4th GRADE

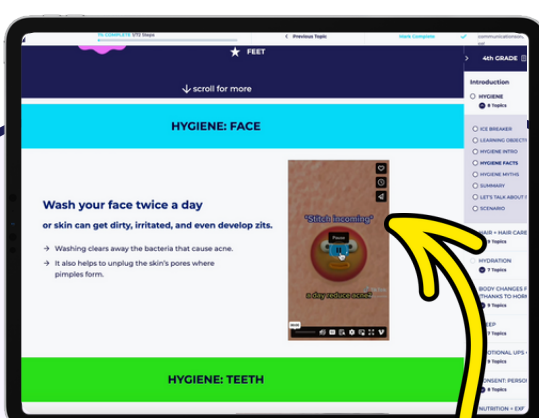
- Hygiene
- Hair + Hair Care
- Hydration
- Nutrition + Exercise Basics
- Sleep
- Body Changes for Everyone
- Emotional Ups + Downs
- Personal Space

5th GRADE

- Why We Smell
- Female Anatomy 101
- Male Anatomy 101
- Body Image 101
- Periods
- Period Products
- Healthy + Unhealthy Relationships 101
- Technology + Social Media

6th GRADE

- Skin Care
- Sleep + Mental Health
- Timeline for Body Changes
- Brain Changes + Moods
- Concussion + Injury Prevention Basics
- Sex Education Basics
- Disordered Eating Basics
- Popularity



Watch a Middle School class demo!

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7th GRADE

- Personal Health 101
- Growth Spurts
- Brain Development + Decision Making 101
- Good vs. Bad Stress
- Intro to Substances
- Shifting Friendships
- Body Image + Social Media
- Media Literacy

8th GRADE

- Self-Care
- Fad Diets + Supplements 101
- Substance Use
- Mental Health Vocabulary
- Relationships + Intimacy
- STIs + STDs 101
- Contraception 101
- Intro to Sexual Consent
- Identity Formation

HIGH SCHOOL

BODY CHANGES + SELF-CARE

HIGH SCHOOL

- Personal Health 201
- Pillars of Health
- Female Anatomy 201
- Male Anatomy 201
- Injury Prevention 201
- Concussions 201
- Peer Influence
- Fad Diets + Supplements 201
- Online Safety

BRAIN DEVELOPMENT + MENTAL HEALTH

HIGH SCHOOL

- Brain Development + Decision Making 201
- Mental Health Matters
- Wellness Playbook
- You Are Not Alone
- Body Image 201
- Disordered Eating + Eating Disorders
- Alcohol
- Nicotine
- Prescription + Non-Prescription Drugs

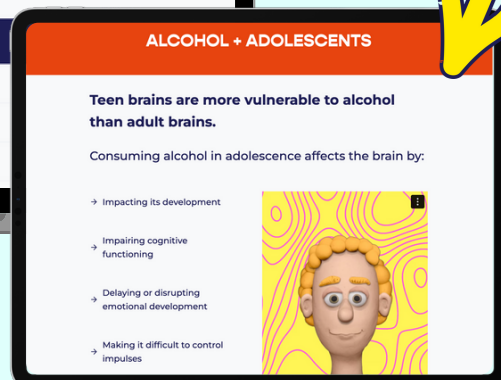
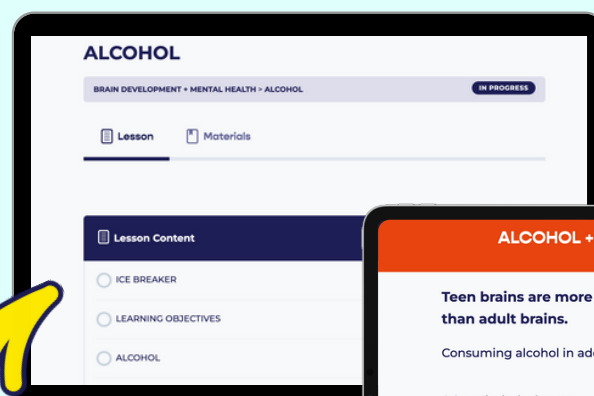
RELATIONSHIPS + SEX ED

HIGH SCHOOL

- Effective Communication Skills
- Social Expectations
- Healthy + Unhealthy Relationships 201
- Sexuality
- Sexual Orientation
- Sexual Consent 201
- Contraception 201
- STIs + STDs 201
- Sexually Explicit Media
- Teen Sexual Violence

Watch a High School class demo!

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PROFESSIONAL DEVELOPMENT



PROFESSIONAL DEVELOPMENT

- Professional Development walkthrough for teachers + administrators
- How to use lesson-specific teacher notes
- How + why to communicate with parents
- How to access the Less Awkward Hub – free for all educators with a That Health Class login

CLICK HERE TO BOOK A DEMO