

## Detailed Activity Description

Screening Supplies		Grade
B Box for Blood Pressure Screening	This screening includes blood pressure cuffs and stethoscopes. Students are trained by a 9HF nurse initially and will need additional practice sessions with a health care professional.	9-12
Jump Ropes	To be used in conjunction with Pulse station	K-12
Participant Screening Result Form – Elementary	Screening results for height, weight, vision and other optional screenings are recorded on this form.	K-5
Participant Screening Result Form – Middle & High School	Screening results for height, weight, vision and other optional screenings are recorded on this form.	6-12
Vision Screening Machine or 10' Alpha Chart	Students use a Titmus vision machine to screen their classmates' vision. A 10 foot alpha chart may be substituted for the vision machine.	1-12

Section A - Select 2		Grade
ENERGIZE ME! Kits	This is a 5-activity kit that encourages students to get moving. Focus is on flexibility and strength through a variety of exercise stations including fit balls, jump rope, hopscotch, twist board, and stretch bands.	K-12
Fatal Vision Goggles (drinking and driving activity)	This activity shows first-hand the concept of alcohol impairment and the dangers of impaired driving. The goggles distort vision and upset balance. A poster portraying Jacqui Saburido's near death and life-altering accident caused by a drunk driver is also available.	K-12
Fitness Skillastics	This activity is an energizer for 1-100 kids with a 5' x 7' mat, six 3" multi-colored dice, and bean bags to use on the giant game board. Roll the dice and do the "Spider Dance," "Twister," "Helicopter," "Curl Up," or more than 20 other physical activities that cover ALL fitness components and muscle groups.	K-12
Parachute Play	This activity gets kids moving in a new and interactive way. The parachute and two balls can be used in a variety of games that can be enjoyed by many students at one time.	K-12
Pig Lungs (smoking effects on lungs)	This activity shows the profound effects from smoking on lungs. Real pig lungs are connected to bellows which inflate the lungs. Students immediately notice the difference between the unhealthy diseased lungs the healthy ones.	K-12

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<p><i>Respect Yourself, Protect Yourself</i> Hepatitis video offered in ENGLISH or SPANISH AND Liver Toss game</p>	<p>This video offers an opportunity for students to learn about the importance of keeping the liver healthy, and how hepatitis can affect lives. The Liver Toss game is a set of questions about the liver and Hepatitis A, B &amp; C.</p>	<p>K-12</p>
<p>Skin/Sun Safety</p>	<p>The high Rocky Mountain altitude exposes Coloradoans to intense ultra violet sun rays. This interactive display board emphasizes the need for skin protection and explains the warning signs of melanoma. Option to include dart board with sun safety questions designed to "rayz" awareness. See below.</p>	<p>K-8</p>
<p>Skin/Sun Safety Dart Board</p>	<p>Dart board with skin/sun safety questions.</p>	<p>6-12</p>
<p><i>Thinking Smart About Body Art</i> tattooing and piercing video AND Liver Toss game</p>	<p>This video informs students about how Hepatitis C is contracted as well as how it affects the body. The Liver Toss game is a set of questions about the liver and Hepatitis A, B &amp; C.</p>	<p>6-12</p>

### Section B - Select 2

### Grade

<p>Body Model – Organ function and skeleton identification</p>	<p>This body model can be affixed to the wall. Students read clues about organs and then place the correct organs on the body outline.</p>	<p>4-12</p>
<p>Body of Water</p>	<p>This is an obstacle course activity designed to show students the importance of water in our bodies. Messages included are: we must take in water daily to avoid dehydration; we can drink water AND eat foods that contain water; sweating causes us to lose water and thus it is important to drink water after exercising; drinking enough water each day helps us think clearly; and it is important to completely empty our bladders to keep healthy.</p>	<p>K-12</p>
<p>Calcium Quest for Strong Bones</p>	<p>By the time a person turns 18, 90% of their bone mass potential has been reached. This interactive booth teaches students about their daily calcium needs as well as calcium-rich foods. Many students are surprised to learn that calcium can be found in various fruits, vegetables and legumes in addition to foods from the dairy group. Questions help enlighten students about calcium, bones, and osteoporosis.</p>	<p>K-12</p>
<p>Captain Nutrition and Felt Food Guide Pyramid Challenge</p>	<p>This interactive display board encourages students to think about where different food items fit into the food pyramid. A "Captain Nutrition" cape is included.</p>	<p>K-8</p>

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Energy: In and Out	Students make menu choices and physical activity choices to see how they balance out in terms of energy. A scale is used to show visually the balance between calories taken in by eating and calories going out through physical activity.	4-12
Food Group "Twister"	This activity can be played like traditional twister or it can become a game of bean bag accuracy.	3-12
Food Pyramid Bingo offered in ENGLISH or SPANISH	This bingo game offered in Spanish or English is a great way to get to know the new food pyramid, and to understand which foods go in each food group.	K-12
Hand Washing Kit or Bag of Germs	Using an iridescent "germ" powder and a small black light, students see how quickly germs spread from hand to hand. Washing with warm soapy water for as long as it takes you to sing the alphabet will zap those germs away and keep you healthy and happy all flu season long! Option to include Throw Soap at a Germ dart board and questions. See below.	K-12
Health & Fitness Clever Catch ball (Grades 6-12) with air pump AND Nutrition Facts Toss-Up Ball (Grades K-5)	Questions and answers about health, fitness, and nutrition presented on fun beach type balls.	6-12
Human Anatomy Clever Catch ball with air pump	Questions and answers about human anatomy presented on a fun beach type ball.	9-12
More Weight...More Work...vest	Unhealthy weight gain puts stress on all parts of the human body. This activity allows students to "try on" unhealthy weight using a vest with removable weights. Students can compare the difficulty of different tasks with and without the extra weight.	K-12
Mr. Gross Mouth and Tobacco Clever Catch ball with air pump	Smokeless tobacco (a.k.a. dip, chew or snuff) is certainly not better for people than smoking. Mr. Gross Mouth is a mouth model that illustrates some of the nasty side effects of smokeless tobacco.	K-12
Nutrition Quest Jeopardy	Jeopardy with a nutrition twist. Alex Trebek not included.	6-12

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Our Teeth Puzzle	This multi-layer puzzle shows students the different parts of teeth and helps illustrate the importance of brushing and flossing.	K-5
Portion Size Bingo	This game teaches about the food guide pyramid and what serving sizes look like.	K-12
Substance Abuse Charts <b>and Cocaine &amp; the Brain</b> video	The 7 posters and video clearly illustrate the harmful effects that drugs have on the body. Includes alcohol, ecstasy, heroine, inhalants, marijuana, cocaine, and steroids.	6-12
Teeth and Brush Model	This larger than life-sized model of human teeth can be used to teach proper brushing techniques and teeth identification.	K-12
Throw Soap at a Germ Dart Board	Activity includes dart board and hand washing questions.	K-12
What's for Lunch (Fast Food Activity): this display board is being modified and will not be available this year. Please feel free to choose two of the following four items in lieu of the display board:	One-third of our daily calorie needs are normally eaten at lunch. When we go to most fast food places we often exceed our caloric needs.	6-12
<i>Fat and Muscle Replicas</i>	These replicas simulate the look, feel, and weight of real fat and muscle tissue.	6-12
<i>Food Comparison Cards</i>	Students can use these serving-sized pictures of food from all of the major food groups to create meals and compare nutrition label information.	6-12
<i>Serving Size Comparison Kit</i>	The comparison kit unlocks the mystery of just what a serving size of meat, fruit, vegetables, grains, fat, sweets, and oils look like.	6-12
<i>Tubes of Sugar/Tubes of Fat</i>	These provide a visual learning experience for students to compare and contrast sugar and fat quantities in common foods and drinks.	6-12

## Detailed Activity Description

### Section C - Select 2

### Grade

<b>NOTE:</b> An asterisk (*) indicates that the kit may contain <i>explicit</i> information and should be reviewed by authorized school personnel <i>prior</i> to the fair.		
Breast & Testicular Models*	It is never too early to learn about self examinations for cancer. If the students can get over the "giggle factor" this is a valuable activity.	9-12
Catch a Rainbow Tear Pad and poster	This poster and game reminds students how many fruits and vegetables there are to choose from and may teach them about some they have never heard of.	K-6
Fitness Dice	Soft, 4 inch by 4 inch dice with numbers and exercise activities including sit ups, push ups, toe touches, jumping jacks, etc. Students roll the dice and then get their bodies moving!	K-12
Heroes for Health	Most students think medical professionals consist of doctors, nurses and surgeons. Twenty-five health career heroes are displayed on this large floor mat. Students may toss a bean bag onto the mat and then choose from 25 description cards to find out all about the chosen hero's occupation.	K-12
Look-A-Like Display – Candy or Medicine?	Students see first-hand how similar candy can be to medicine. Students try to correctly identify pairs of candy and medicine on an activity board. This is a fantastic activity for students who baby sit or who have younger siblings.	K-8
Organ Identification and Function Vest	This body vest can be worn to illustrate the location of human organs. Students listen to clues and must decide what the organ is and where it goes on the vest.	K-5
STD Roulette *	Read a scenario, spin the wheel, and find out about the diseases that can be spread by sexual activity.	6-12
Smoker's Roulette	Spin the wheel and learn about the consequences of smoking. Two sets of question cards come with the wheel board, one for elementary students and the other for middle and high school.	K-12
Spin the Bottle (alcohol awareness)	Spin the wheel, answer questions, and learn about the consequences of drinking alcohol.	6-12

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Step MANIA (step counter activity)	The average American walks under 3000 steps a day. "America on the Move" suggests that we get 10,000 steps a day. 5 activities within this kit encourage students to think about their own activity levels and help them focus on a goal of 10,000 steps a day through all sorts of daily routines.	K-12
Tennis ABCs	This kit is designed to reinforce the tennis ABCs -- agility, balance, and coordination. Students have the opportunity to practice basic tennis drills, gain experience handling rackets and balls, all while having fun AND getting their hearts pumping.	K-5 6-12
Wheel of Misfortune	Spin the wheel and learn about the properties and consequences of today's most common drugs and alcohol.	6-12

### Section D - Select 1

### Grade

Anger Ball (Anger Management Activity)	This clever catch ball includes topics and actions that pertain to anger and management skills.	K-12
Conflict Resolution Game	Simple board game that teaches conflict resolution skills and provides practice for students when faced with real-life situations.	K-5
Connect for Health	game 4 in a Row, but with a twist. Playing pieces have pictures on them representing the four things needed for good health: enough sleep, active play, love and care, and nutritious food. Students need to connect these four to win. (2 sizes available)	
Feelings Bingo	Simple bingo game that allows students to identify feelings and the physical actions or expressions that accompany them.	K-2
The Power Shift	This activity was created as a result of a partnership with Creating Caring Communities. The Power Shift shows students in an analytic way how to stop bullying where it starts and how to shift power away from the bully to support the victim.	4-8
Safety Island Board Game	A board game that educates on different safety topics.	K-5
Self-Esteem Bingo	This bingo game deals with building self-esteem and self-confidence, and helps students practice strategies.	6-12

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Steps of Violence	This activity was created as a result of a partnership with Creating Caring Communities. Steps of Violence is aimed at illustrating how violence can quickly escalate. This activity is geared toward middle and high school students only.	6-12
Stress Bingo	This bingo game describes different stressful situations, the various sources that cause stress, and ways to cope with them.	6-12
Vision Eye-Q	This activity educates students about the importance of protecting our eyes. The kit offers opportunities to understand what life is like with impaired vision.	K-8

### Section E – Classroom Lesson Plans

**Grade**

4 Week Step-Counter Nutrition and Physical Activity Lesson Plan Unit - Requires four week classroom commitment.	This kit includes step counters for 30 students and gives daily lessons on nutrition and physical activity for four weeks.	K-6
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### One Way Kits - Select 2 Kits

**The kits do not need to be returned.**

**Grade**

<i>I Can Quit—No Problem</i> tobacco-related video	This video tells the story of 4 teen smokers who are challenged to quit smoking for \$100. None of them are able to quit...and students see the devastating effects of smoking-related illnesses by listening to several interviews with sickly victims.	K-12
Multi-Issue Jeopardy Elementary School Middle School High School	A general health education learning experience with 6 categories of questions including: smoking, nutrition, mental health, exercise health, heart, and blood.	3-5 6-8 9-12
Shape Up Challenge		
Stop the Bullying	A Q&A game to give students practice with bullying scenarios and conflict resolution.	K-5
Stop the Harassment Middle School High School	An enlightening Q&A game that helps middle and high school students understand harassment and ways to appropriately respond to it whether as a victim or a witness.	6-8 9-12
Who Wants to Live the Longest? Tobacco-related activity. Spanish or English	A fun Q&A game that concentrates on the clever marketing of cigarette companies toward youth. Students add "years" to their lives by answering questions correctly.	3-8