

# Proclamation 2022 Report of Editorial Changes

This report lists all editorial changes that publishers intend to make to their pre-adoption samples prior to final publication.

## Publisher: Goodheart-Wilcox Publisher

### Subject: Health Education, Grade 6

#### Program: *Texas Health Skills for Middle School - Online Learning Suite*

##### Component: *TEACHER'S EDITION Texas Health Skills for Middle School*

ISBN: 9781683115366 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): T1

Location: Title page

Original Text: "by" line before author names

Updated Text: Remove "by" line before author names

##### Component: *CURRICULUM CENTER Texas Health Skills for Middle School*

ISBN: 9781683115458 (8 yr)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): optout\_parent\_permission.docx

Location: Opt-Out Parent Letter

Original Text: Opt-Out and Opt-In options

Updated Text: Modified to include only opt-in option.

##### Component: *CURRICULUM CENTER Texas Health Skills for Middle School*

ISBN: 9781683115458 (CC 8 yr)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): optout\_guide.docx

Location: Guide to Opt-Out Materials

Original Text: Opt-out language

Updated Text: Modified to reference "alternative assignments" and "opt-in" as opposed to "opt out"

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): T2

Location: Copyright page

Original Text: "Manufactured in the United States of America"

Updated Text: Remove the line "Manufactured in the United States of America"

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): T12

Location: Figure TE.3

Original Text: Orange box that says "Practice in different contexts and real-life situations" and arrow

Updated Text: Change color from orange to dark blue

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): T20

Location: Audio Summaries

Original Text: Purple heading for "Audio Summaries"

Updated Text: Change to smaller, black heading for "Audio Summaries"

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ii

Location: Copyright page

Original Text: "Manufactured in the United States of America"

Updated Text: Remove the line "Manufactured in the United States of America"

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 527

Location: Learning Outcome #5

Original Text: "discuss the cycle of abuse and ways of responding to abuse"

Updated Text: "discuss the patterns of power and control in abuse and ways of responding to abuse"

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 534

Location: First three paragraphs under Break the Cycle

Original Text: "Break the Cycle No matter the type, abuse is a pattern. This means that abuse continues over time. Abusive behavior usually follows a cycle of four stages (Figure 16.16). These four stages, called the cycle of abuse, include the following:

- tension building
- incident
- reconciliation
- calm

The cycle of abuse repeats as long as abuse continues. The abuse does not stop unless someone acts to break the cycle. Steps for breaking the cycle of abuse include the following:"

Updated Text: "Break the Pattern No matter the type, abusive behavior aims to take power or control over the person experiencing abuse. Abuse sometimes involves four stages, called the cycle of abuse (Figure 16.16). Not all abuse follows this cycle, but these stages can help people recognize abusive behavior. These stages include:

- tension building
- incident
- reconciliation
- calm

Abuse is a pattern of power and control. The abuse does not stop unless someone acts to break the pattern of abuse. Steps for managing abuse include the following: "

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print)9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): i

Location: Title page

Original Text: "by" line before author names

Updated Text: Remove "by" line before author names

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ii

Location: Line above ISBNs on copyright page

Original Text: Manufactured in the United States of America.

Updated Text: Delete this line.

Change will also be made to Teacher's Edition and Spanish eBook, if appropriate.

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print)9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ii

Location: Copyright page

Original Text: "Manufactured in the United States of America"

Updated Text: Remove the line "Manufactured in the United States of America"

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 264

Location: Figure 8.16 second row, right column

Original Text: Hiking

Updated Text: Stretching

Change will also be made to Teacher's Edition and Spanish eBook, if appropriate.

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print)9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 527

Location: Learning Outcome #5

Original Text: "discuss the cycle of abuse and ways of responding to abuse"

Updated Text: "discuss the patterns of power and control in abuse and ways of responding to abuse"

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 471

Location: Unit opener image

Original Text: Unit 5 opener

Updated Text: Replace image with Unit 6 opener

Change will also be made to Teacher's Edition and Spanish eBook, if appropriate.

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print)9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 534

Location: First three paragraphs under Break the Cycle

Original Text: "Break the CycleNo matter the type, abuse is a pattern. This means that abuse continues over time. Abusive behavior usually follows a cycle of four stages (Figure 16.16). These four stages, called the cycle of abuse, include the following:

- tension building
- incident
- reconciliation
- calm

The cycle of abuse repeats as long as abuse continues. The abuse does not stop unless someone acts to break the cycle. Steps for breaking the cycle of abuse include the following:"

Updated Text: "Break the Pattern No matter the type, abusive behavior aims to take power or control over the person experiencing abuse. Abuse sometimes involves four stages, called the cycle of abuse (Figure 16.16). Not all abuse follows this cycle, but these stages can help people recognize abusive behavior. These stages include:

- tension building
- incident
- reconciliation
- calm

Abuse is a pattern of power and control. The abuse does not stop unless someone acts to break the pattern of abuse. Steps for managing abuse include the following: "

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 606

Location: Bottom of page

Original Text: New Content

Updated Text: **Note:** The numbers in parentheses following definitions represent the lesson in which the terms appear.

Change will also be made to Teacher's Edition and Spanish eBook, if appropriate.

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content:

[View Current Content](#)

Current Page Number(s): i

Location: Title page

Original Text: "por" line before author names

Updated Text: Remove "por" line before author names

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 615

Location: "first aid" and "first aid kit" Spanish Glossary entries

Original Text: first aid: botiquín de primeros auxilios

first-aid kit: botiquín

Updated Text: first aid: botiquín

first-aid kit: botiquín de primeros auxilios

Change will also be made to Teacher's Edition and Spanish eBook, if appropriate.

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ii

Location: Copyright page

Original Text: "Fabricado en los Estados Unidos de América"

Updated Text: Remove the line "Fabricado en los Estados Unidos de América"

**Component: *CURRICULUM CENTER Texas Health Skills for Middle School***

ISBN: 9781683115458 (CC 8 yr)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ch00\_teachers\_guide.docx

Location: page 4 of document

Original Text: "The student workbook, available digitally in English and Spanish, offers..."

Updated Text: "The student workbook offers..."

*Proclamation 2022 Report of Editorial Changes (11/10/2021)*

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 527

Location: Resultado del aprendizaje #5

Original Text: "discutir el ciclo de abuso y maneras de responder al abuso"

Updated Text: "discutir los patrones de poder y control en abuso y maneras de responder al abuso"

**Component: *CURRICULUM CENTER Texas Health Skills for Middle School***

ISBN: 9781683115458 (CC 8 yr)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): Interface

Location: Opt-Out Materials section

Original Text: Title of section and certain documents: Opt-Out Materials

Updated Text: Modified to remove "Opt Out" language or replace with "Alternative Assignments" section title



**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 534

Location: First three paragraphs under "Romper el ciclo"

Original Text: "Romper el ciclo Sin importar el tipo de abuso, siempre hay un patrón. Esto significa que el abuso continúa con el paso del tiempo. El comportamiento abusivo suele seguir un ciclo de cuatro etapas (Figura 16.16). Estas cuatro etapas, denominadas el ciclo de abuso, incluyen lo siguiente:

- CONSTRUCCIÓN de tensiones;
- incidente;
- reconciliación;
- calma.

El ciclo de abuso se repetirá mientras el abuso continúe. No se detiene, salvo que alguien actúe para romper el ciclo. Los pasos para romper el ciclo de abuso incluyen lo siguiente:"

Updated Text: "Romper el patrón Sin importar el tipo del comportamiento abusivo, siempre tiene como objetivo tomar el poder o el control sobre la persona que sufre el abuso. El abuso a veces involucra cuatro etapas, denominadas el ciclo de abuso (Figura 16.16). No todo el abuso sigue este ciclo, pero estas etapas pueden ayudar a las personas a reconocer el comportamiento abusivo. Estas etapas incluyen:

- construcción de tensiones;
- incidente;
- reconciliación;
- calma.

El abuso es un patrón de poder y control. El abuso no se detiene, salvo que alguien actúe para romper el patrón de abuso. Los pasos para manejar el abuso incluyen los siguientes:"

**Component: CURRICULUM CENTER Texas Health Skills for Middle School**

ISBN: 9781683115458 (CC 8 yr)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): Interface

Location: Opt-Out Materials section

Original Text: Materials ordered by skill

Updated Text: Re-ordered materials by content area rather than by skill

## Subject: Health Education, Grades 7–8

### Program: *Texas Health Skills for Middle School - Online Learning Suite*

#### Component: *TEACHER'S EDITION Texas Health Skills for Middle School*

ISBN: 9781683115366 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): T2

Location: Copyright page

Original Text: "Manufactured in the United States of America"

Updated Text: Remove the line "Manufactured in the United States of America"

#### Component: *STUDENT EDITION Texas Health Skills for Middle School*

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 606

Location: Bottom of page

Original Text: New Content

Updated Text: “**Note:** The numbers in parentheses following definitions represent the lesson in which the terms appear.”

Change will also be made to Teacher's Edition and Spanish eBook, if appropriate.

#### Component: *STUDENT EDITION Texas Health Skills for Middle School*

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 615

Location: "first aid" and "first-aid kit" Spanish Glossary entries

Original Text: first aid: botiquín de primeros auxilios"

first-aid kit: botiquín

Updated Text: first aid: botiquín

first-aid kit: botiquín de primeros auxilios

Change will also be made to Teacher's Edition and Spanish eBook, if appropriate.

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): T12

Location: Figure TE.3

Original Text: Orange box that says "Practice in different contexts and real-life situations" and arrow

Updated Text: Change color from orange to dark blue

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): T20

Location: Audio Summaries

Original Text: Purple heading for "Audio Summaries"

Updated Text: Change to smaller, black heading for "Audio Summaries"

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ii

Location: Copyright page

Original Text: "Manufactured in the United States of America"

Updated Text: Remove the line "Manufactured in the United States of America"

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 527

Location: Learning Outcome #5

Original Text: "discuss the cycle of abuse and ways of responding to abuse"

Updated Text: "discuss the patterns of power and control in abuse and ways of responding to abuse"

**Component: TEACHER'S EDITION Texas Health Skills for Middle School**

ISBN: 9781683115366 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 534

Location: First three paragraphs under Break the Cycle

Original Text: "Break the Cycle No matter the type, abuse is a pattern. This means that abuse continues over time. Abusive behavior usually follows a cycle of four stages (Figure 16.16). These four stages, called the cycle of abuse, include the following:

- tension building
- incident
- reconciliation
- calm

The cycle of abuse repeats as long as abuse continues. The abuse does not stop unless someone acts to break the cycle. Steps for breaking the cycle of abuse include the following:"

Updated Text: "Break the Pattern No matter the type, abusive behavior aims to take power or control over the person experiencing abuse. Abuse sometimes involves four stages, called the cycle of abuse (Figure 16.16). Not all abuse follows this cycle, but these stages can help people recognize abusive behavior. These stages include:

- tension building
- incident
- reconciliation
- calm

Abuse is a pattern of power and control. The abuse does not stop unless someone acts to break the pattern of abuse. Steps for managing abuse include the following: "

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print)9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): i

Location: Title page

Original Text: "by" line before author names

Updated Text: Remove "by" line before author names

**Component: CURRICULUM CENTER**

ISBN: 9781683115458 (CC 8 yr)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): optout\_guide.docx

Location: Guide to Opt-Out Materials

Original Text: Opt-out language

Updated Text: Modified to reference "alternative assignments" and "opt-in" as opposed to "opt out"

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print)9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ii

Location: Copyright page

Original Text: "Manufactured in the United States of America"

Updated Text: Remove the line "Manufactured in the United States of America"

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print)9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 527

Location: Learning Outcome #5

Original Text: "discuss the cycle of abuse and ways of responding to abuse"

Updated Text: "discuss the patterns of power and control in abuse and ways of responding to abuse"

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print)9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 534

Location: First three paragraphs under Break the Cycle

Original Text: "Break the Cycle No matter the type, abuse is a pattern. This means that abuse continues over time. Abusive behavior usually follows a cycle of four stages (Figure 16.16). These four stages, called the cycle of abuse, include the following:

- tension building
- incident
- reconciliation
- calm

The cycle of abuse repeats as long as abuse continues. The abuse does not stop unless someone acts to break the cycle. Steps for breaking the cycle of abuse include the following:"

Updated Text: "Break the Pattern No matter the type, abusive behavior aims to take power or control over the person experiencing abuse. Abuse sometimes involves four stages, called the cycle of abuse (Figure 16.16). Not all abuse follows this cycle, but these stages can help people recognize abusive behavior. These stages include:

- tension building
- incident
- reconciliation
- calm

Abuse is a pattern of power and control. The abuse does not stop unless someone acts to break the pattern of abuse. Steps for managing abuse include the following: "

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content:

[View Current Content](#)

Current Page Number(s): i

Location: Title page

Original Text: "por" line before author names

Updated Text: Remove "por" line before author names

**Component: CURRICULUM CENTER Texas Health Skills for Middle School**

ISBN: 9781683115458 (CC 8 yr)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ch00\_teachers\_guide.docx

Location: page 4 of document

Original Text: "The student workbook, available digitally in English and Spanish, offers..."

Updated Text: "The student workbook offers..."

**Component: CURRICULUM CENTER Texas Health Skills for Middle School**

ISBN: 9781683115458 (CC 8 yr)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): Interface

Location: Opt-Out Materials section

Original Text: Title of section and certain documents: Opt-Out Materials

Updated Text: Modified to remove "Opt-Out" language and replace with "Alternative Assignments" section title

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ii

Location: Copyright page

Original Text: "Fabricado en los Estados Unidos de América"

Updated Text: Remove the line "Fabricado en los Estados Unidos de América"

**Component: CURRICULUM CENTER Texas Health Skills for Middle School**

ISBN: 9781683115458 (CC 8 yr)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): Interface

Location: Opt-Out Materials section

Original Text: Materials ordered by skill

Updated Text: Re-ordered materials by content area rather than by skill

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 527

Location: Resultado del aprendizaje #5

Original Text: "discutir el ciclo de abuso y maneras de responder al abuso"

Updated Text: "discutir los patrones de poder y control en abuso y maneras de responder al abuso"

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ii

Location: Line above ISBNs

Original Text: "Manufactured in the United States of America."

Updated Text: Delete line.

Change will also be made to Teacher's Edition and Spanish eBook, if appropriate.

**Component: *CURRICULUM CENTER Texas Health Skills for Middle School***

ISBN: 9781683115458 (CC 8 yr)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): optout\_parent\_permission.docx

Location: Opt-Out Parent Letter

Original Text: Opt-out and Opt-in letter options

Updated Text: Modified to include only Opt-in option



**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 534

Location: First three paragraphs under "Romper el ciclo"

Original Text: "Romper el ciclo Sin importar el tipo de abuso, siempre hay un patrón. Esto significa que el abuso continúa con el paso del tiempo. El comportamiento abusivo suele seguir un ciclo de cuatro etapas (Figura 16.16). Estas cuatro etapas, denominadas el ciclo de abuso, incluyen lo siguiente:

- CONSTRUCCIÓN de tensiones;
- incidente;
- reconciliación;
- calma.

El ciclo de abuso se repetirá mientras el abuso continúe. No se detiene, salvo que alguien actúe para romper el ciclo. Los pasos para romper el ciclo de abuso incluyen lo siguiente:"

Updated Text: "Romper el patrón Sin importar el tipo del comportamiento abusivo, siempre tiene como objetivo tomar el poder o el control sobre la persona que sufre el abuso. El abuso a veces involucra cuatro etapas, denominadas el ciclo de abuso (Figura 16.16). No todo el abuso sigue este ciclo, pero estas etapas pueden ayudar a las personas a reconocer el comportamiento abusivo. Estas etapas incluyen:

- construcción de tensiones;
- incidente;
- reconciliación;
- calma.

El abuso es un patrón de poder y control. El abuso no se detiene, salvo que alguien actúe para romper el patrón de abuso. Los pasos para manejar el abuso incluyen los siguientes:"

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 264

Location: Figure 8.16 second row, right column

Original Text: Hiking

Updated Text: Stretching

Change will also be made to Teacher's Edition and Spanish eBook, if appropriate.

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): T1

Location: Title page

Original Text: "by" line before author names

Updated Text: Remove "by" line before author names

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 471

Location: Unit opener image

Original Text: Unit 5 opener image

Updated Text: Replace with unit 6 opener image.

Change will also be made to Teacher's Edition and Spanish eBook, if appropriate.

## **Subject: Health I**

### **Program: *Texas Health Skills for High School - Online Learning Suite HEALTH I***

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 512

Location: Chapter 14 Skills Assessment, Critical Thinking Skills #12

Original Text: What strategies for choosing or returning to abstinence would work best for you? Why? Identify a trusted adult who could support you in your decision.

Updated Text: What strategies for choosing or returning to abstinence would work best for you? Why? Identify a trusted adult who could support you in your decision. What strategies could you use to build peer support for your decision?

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 258

Location: Figure 8.9

Original Text: New Content

Updated Text: Grain kernel label. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 134

Location: Figure 4.20

Original Text: New Content

Updated Text: Figure title: Skills for Developing Emotional Intelligence. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela secundaria***

ISBN: 9781683115427

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 512

Location: Capítulo 14 Evaluación de habilidades, Habilidades de pensamiento crítico #12

Original Text: ¿Qué estrategias para elegir o volver a la abstinencia te funcionarían mejor? ¿Por qué? Identifica a un adulto de confianza que pueda apoyarte en tu decisión.

Updated Text: ¿Qué estrategias para elegir o volver a la abstinencia te funcionarían mejor? ¿Por qué? Identifica a un adulto de confianza que pueda apoyarte en tu decisión. ¿Qué estrategias podría utilizar para generar apoyo de pares para su decisión?

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 263

Location: Figure 8.14

Original Text: New Content

Updated Text: Figure title: Making Healthier Food Choices. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 141

Location: Reading and Notetaking Activity

Original Text: New Content

Updated Text: Flowchart of activity process. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Instructor's Edition***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 161

Location: Texas Essential Knowledge and Skills

Original Text: Health II:strong> 4A, 5A, 5B

Updated Text: Health II: 4A, 5A, 5B

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 531

Location: Sexual Assault section

Original Text: indecency with a child

Updated Text: indecency with a child, which includes any sexual contact with a child or inappropriate exposure

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 270

Location: Lesson 8.3 Opener

Original Text: New Content

Updated Text: Essential Question: How can you choose nutritious foods and prepare them in healthy ways? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 142

Location: Lesson 5.1 Opener

Original Text: New Content

Updated Text: Essential Question: How does happiness develop? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 41

Location: Lesson 2.2 Opener

Original Text: New Content

Updated Text: Essential Question: How can you locate, evaluate, apply, and communicate reliable health information? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School, Instructor Resources***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): Interface

Location: Opt-Out Materials section

Original Text: Materials listed in current order

Updated Text: Rearrange materials by opt-in topic area

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela secundaria***

ISBN: 9781683115427

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 531

Location: Agresión sexual section

Original Text: indecencia con un niño

Updated Text: indecencia con un niño, que incluye cualquier contacto sexual con un niño o exposición inapropiada

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 280

Location: Lesson 8.4 Opener

Original Text: New Content

Updated Text: Essential Question: What strategies can you use to maintain a healthy weight? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 149

Location: Lesson 5.2 Opener

Original Text: New Content

Updated Text: Essential Question: What strategies can you use to adopt a positive mind-set? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 45

Location: Credit for Figure 2.8

Original Text: Solis ~Attachments/images/Shutterstock.com

Updated Text: Solis Images/Shutterstock.com. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School, Instructor Resources***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): Parent Permission Letter

Location: Whole document

Original Text: Opt-Out Parent Letter

Updated Text: Modified to include Opt-In Parent Letter

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 765

Location: Real World Health Skills

Original Text: Using this textbook and outside valid and reliable resources, list the rights and responsibilities of a noncustodial parent, according to the laws in your state. Then, design an educational brochure outlining these rights and responsibilities. Include websites and resources a noncustodial parent could view for additional information.

Updated Text: Using this textbook and outside valid and reliable resources, analyze the rights and responsibilities of all parties involved in teen parenthood, according to the laws in your state. Then, design an educational brochure outlining these rights and responsibilities. Include websites and resources a parent could view for additional information.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 297

Location: Reading and Notetaking Activity

Original Text: New Content

Updated Text: Graphic showing notetaking example. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 161

Location: Lesson 5.3 Opener

Original Text: New Content

Updated Text: Essential Question: What skills do you need to develop empathy and resilience? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 46

Location: Credit for Figure 2.9

Original Text: Tyler Olson/Shutterstock.com

Updated Text: [Deleted credit] Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School, Instructor Resources***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): Interface

Location: Opt-Out Materials section

Original Text: Title: Opt-Out Materials

Updated Text: Title: Alternative Assignments

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela secundaria***

ISBN: 9781683115427

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 765

Location: Mundo Real Habilidades sobre salud

Original Text: Usando este libro de texto y recursos externos válidos y confiables, enumera los derechos y responsabilidades de un padre sin custodia, de acuerdo con las leyes de tu estado. Luego, diseña un folleto educativo que describa estos derechos y responsabilidades. Incluye sitios web y recursos que un padre sin custodia podría ver para obtener información adicional.

Updated Text: Usando este libro de texto y recursos externos válidos y confiables, analice los derechos y responsabilidades todas de las partes involucradas en la paternidad adolescente, de acuerdo con las leyes de tu estado. Luego, diseña un folleto educativo que describa estos derechos y responsabilidades. Incluye sitios web y recursos que un padre podría ver para obtener información adicional.



**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 328, 336, 348

Location: Lesson Openers

Original Text: New Content

Updated Text: Essential Question: What does it mean to be active and fit? Essential Question: What skills can you use to get enough physical activity? Essential Question: What skills do you need to be safe while engaging in physical activity? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 176

Location: Lesson 6.1 Opener

Original Text: New Content

Updated Text: Essential Question: How does the body respond to stressful situations? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 190

Location: Figure 6.7

Original Text: New Content

Updated Text: Symptoms of PTSD: Having nightmares and recurring thoughts about the event. Feeling detached, numb, and uncaring. Being unable to remember parts of the upsetting event. Lacking interest in normal activities. Avoiding people and situations that are reminders of the event. Having difficulty concentrating. Being easily startled. Feeling irritable and angry. Experiencing difficulty falling or staying asleep. Feeling guilty. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 50

Location: Lesson 2.3 Opener

Original Text: New Content

Updated Text: Essential Question: What steps can you take to get needed health services? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School, Instructor Resources***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): Interface

Location: Guide to Opt-Out Materials

Original Text: Opt-out language

Updated Text: Modified to reference "alternative assignments" and "opt-in" as opposed to "opt-out"

**Component: *Texas Health Skills for High School Instructor's Edition***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ii

Location: Copyright page

Original Text: Manufactured in the United States of America

Updated Text: Removed the line "Manufactured in the United States of America"

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 374

Location: Figure 11.8

Original Text: New Content

Updated Text: Figure title: Mental Consequences of Addiction. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 192

Location: Lesson 6.3 Opener

Original Text: New Content

Updated Text: Essential Question: What healthy strategies can people use to manage stress? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 57

Location: Lesson 2.4 Opener

Original Text: New Content

Updated Text: Essential Question: In what ways can you contribute to the health of your community and the world? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Instructor's Edition***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ie2

Location: Copyright page

Original Text: Manufactured in the United States of America

Updated Text: Removed the line "Manufactured in the United States of America"

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 380

Location: Figure 11.11

Original Text: New Content

Updated Text: Figure title: Attitudes about Tobacco in Your Environment. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 200

Location: Skills for Health and Wellness

Original Text: Analyze Influences

Updated Text: [Deleted "Analyze Influences"] Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 77

Location: Figure 3.5 credit

Original Text: SolStock/iStock via Getty Images

Updated Text: [Deleted credit] Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Instructor's Edition***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 459

Location: Treating Substance Use, Addiction, and Misuse, first paragraph

Original Text: Some community resources, such as drug-related safe havens, offer a safe space and counseling.

Updated Text: Some community resources, such as drug-related safe havens, offer a safe space and counseling. Information about safe havens, getting help, and reporting drug-related behaviors can help people with a substance use disorder. Designing a public health information campaign about these topics can spread awareness to improve health behaviors.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 479

Location: Figure 14.7

Original Text: New Content

Updated Text: Figure title: Strategies for Strengthening Relationships with Parents or Guardians. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 209

Location: Reading and Notetaking Activity

Original Text: New Content

Updated Text: Photo of papers being exchanged. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 80

Location: Lesson 3.2 Opener

Original Text: New Content

Updated Text: Essential Question: How can you resolve conflicts in a way that strengthens a relationship? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Instructor's Edition***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 465

Location: Hands-On Skills Activity

Original Text: Using your comic, create a public health information campaign about the dangers of medication and drug abuse. Your campaign might take the form of an audio recording or short film. In your campaign, summarize the story of your fictional teen and identify the consequences this teen experienced. Include information about getting help, reporting drug-related behavior, and safe havens.

Updated Text: Using your comic, create a public health information campaign about the dangers of medication and drug abuse, safe havens, getting help, and reporting drug-related behaviors. Your campaign might take the form of an audio recording or short film. In your campaign, summarize the story of your fictional teen and identify the consequences this teen experienced. The goal of your campaign should be to spread awareness and improve health behaviors.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 674, 683, 689

Location: Lesson Openers

Original Text: New Content

Updated Text: Essential Question: How do sexually transmitted infections (STIs) affect the reproductive system? Essential Question: What skills can you use to prevent and get treatment for STIs? Essential Question: How does HIV/AIDS develop? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 210

Location: Lesson 7.1 Opener

Original Text: New Content

Updated Text: Essential Question: What are the symptoms of different types of mental illnesses? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 87

Location: Lesson 3.3 Opener

Original Text: New Content

Updated Text: Essential Question: What skills can you use to resist negative peer pressure? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Instructor's Edition***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 512

Location: Chapter 14 Skills Assessment, Critical Thinking Skills #12

Original Text: What strategies for choosing or returning to abstinence would work best for you? Why? Identify a trusted adult who could support you in your decision.

Updated Text: What strategies for choosing or returning to abstinence would work best for you? Why? Identify a trusted adult who could support you in your decision. What strategies could you use to build peer support for your decision?

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ii

Location: Copyright page

Original Text: Manufactured in the United States of America

Updated Text: Removed the line "Manufactured in the United States of America"

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 772, 777, 782, 788

Location: Lesson Openers

Original Text: New Content

Updated Text: Essential Question: How do people develop and change over time? Essential Question: What major milestones do people reach during childhood? Essential Question: What changes occur during adolescence and puberty? Essential Question: How do people change over the course of life as an adult? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela secundaria***

ISBN: 9781683115427

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ii

Location: Copyright page

Original Text: "Fabricado en los Estados Unidos de América"

Updated Text: Remove the line "Fabricado en los Estados Unidos de América"

*Proclamation 2022 Report of Editorial Changes (11/10/2021)*

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 221

Location: Lesson 7.2 Opener

Original Text: New Content

Updated Text: Essential Question: What steps can you take to get help or help a friend get help for mental illness? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 102

Location: Lesson 4.1 Opener

Original Text: New Content

Updated Text: Essential Question: What does it mean to be mentally and emotionally healthy? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Instructor's Edition***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 531

Location: Sexual Assault section

Original Text: indecency with a child

Updated Text: indecency with a child, which includes any sexual contact with a child or inappropriate exposure

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 459

Location: Treating Substance Use, Addiction, and Misuse, first paragraph

Original Text: Some community resources, such as drug-related safe havens, offer a safe space and counseling.

Updated Text: Some community resources, such as drug-related safe havens, offer a safe space and counseling. Information about safe havens, getting help, and reporting drug-related behaviors can help people with a substance use disorder. Designing a public health information campaign about these topics can spread awareness to improve health behaviors.

*Proclamation 2022 Report of Editorial Changes (11/10/2021)*



**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 232

Location: Lesson 7.3 Opener

Original Text: New Content

Updated Text: Essential Question: What skills do you need to recognize warning signs and help prevent suicide? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 107

Location: Figure 4.4

Original Text: New Content

Updated Text: Figure title: Maslow's Hierarchy of Human Needs. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Instructor's Edition***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 765

Location: Real World Health Skills

Original Text: Using this textbook and outside valid and reliable resources, list the rights and responsibilities of a noncustodial parent, according to the laws in your state. Then, design an educational brochure outlining these rights and responsibilities. Include websites and resources a noncustodial parent could view for additional information.

Updated Text: Using this textbook and outside valid and reliable resources, analyze the rights and responsibilities of all parties involved in teen parenthood, according to the laws in your state. Then, design an educational brochure outlining these rights and responsibilities. Include websites and resources a parent could view for additional information.

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela secundaria***

ISBN: 9781683115427

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 459

Location: Tratar consumo, adicción y uso indebido de sustancias, first paragraph

Original Text: Algunos recursos comunitarios, como los refugios relacionados con problemas de consumo, ofrecen un espacio seguro y asesoramiento.

Updated Text: Algunos recursos comunitarios, como los refugios relacionados con problemas de consumo, ofrecen un espacio seguro y asesoramiento. La información sobre espacios seguros, obtener ayuda y denunciar comportamientos relacionados con las drogas puede ayudar a las personas con un trastorno por uso de sustancias. Diseñar una campaña de información de salud pública sobre estos temas puede generar conciencia para mejorar los comportamientos de salud.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 236

Location: Figure 7.17

Original Text: New Content

Updated Text: Figure title: Managing Warning Signs Online. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 112

Location: Lesson 4.2 Opener

Original Text: New Content

Updated Text: Essential Question: What is identity, and how can you embrace it? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 465

Location: Hands-On Skills Activity

Original Text: Using your comic, create a public health information campaign about the dangers of medication and drug abuse. Your campaign might take the form of an audio recording or short film. In your campaign, summarize the story of your fictional teen and identify the consequences this teen experienced. Include information about getting help, reporting drug-related behavior, and safe havens.

Updated Text: Using your comic, create a public health information campaign about the dangers of medication and drug abuse, safe havens, getting help, and reporting drug-related behaviors. Your campaign might take the form of an audio recording or short film. In your campaign, summarize the story of your fictional teen and identify the consequences this teen experienced. The goal of your campaign should be to spread awareness and improve health behaviors.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 248

Location: Lesson 8.1 Opener

Original Text: New Content

Updated Text: Essential Question: What nutrients does the body need to function? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 128

Location: Lesson 4.4 Opener

Original Text: New Content

Updated Text: Essential Question: How can you express your emotions in healthy ways? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela secundaria***

ISBN: 9781683115427

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 465

Location: Actividad de habilidades prácticas

Original Text: Utilizando tu cómic, crea una campaña de información de salud pública sobre los peligros del abuso de medicamentos y drogas. Tu campaña puede ser mediante una grabación de audio o un cortometraje. En tu campaña, resume la historia de tu adolescente ficticio e identifica las consecuencias que experimentó este adolescente. Incluye información sobre cómo recibir ayuda, denunciar comportamientos relacionados con las drogas y lugares seguros.

Updated Text: Utilizando tu cómic, crea una campaña de información de salud pública sobre los peligros del abuso de medicamentos y drogas, los espacios seguros, obtener la ayuda y denunciar comportamientos relacionados con las drogas. Tu campaña puede ser mediante una grabación de audio o un cortometraje. En tu campaña, resume la historia de tu adolescente ficticio e identifica las consecuencias que experimentó este adolescente. El objetivo de su campaña debe ser difundir la conciencia y mejorar los comportamientos relacionados con la salud.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 256

Location: Lesson 8.2 Opener

Original Text: New Content

Updated Text: Essential Question: What guidelines can help you get the nutrients you need? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 132

Location: Figure 4.18

Original Text: New Content

Updated Text: Headers: Category, Love, Joy, Surprise, Sadness, Anger, Fear. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

## **Subject: Health II**

### **Program: *Texas Health Skills for High School - Online Learning Suite HEALTH II***

#### **Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:  
[View Current Content](#)

Current Page Number(s): 192

Location: Lesson 6.3 Opener

Original Text: New Content

Updated Text: Essential Question: What healthy strategies can people use to manage stress? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

#### **Component: *Texas Health Skills for High School, Instructor Resources***

ISBN: 9781683115403

Link to Current Content:  
[View Current Content](#)

Current Page Number(s): Parent Permission Letter

Location: Whole document

Original Text: Opt-Out Parent Letter

Updated Text: Modified to include Opt-In Parent Letter

#### **Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:  
[View Current Content](#)

Current Page Number(s): 57

Location: Lesson 2.4 Opener

Original Text: New Content

Updated Text: Essential Question: In what ways can you contribute to the health of your community and the world? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 200

Location: Skills for Health and Wellness

Original Text: Analyze Influences

Updated Text: [Deleted "Analyze Influences"] Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School, Instructor Resources***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): Interface

Location: Opt-Out Materials section

Original Text: Title: Opt-Out Materials

Updated Text: Title: Alternative Assignments

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 77

Location: Figure 3.5 credit

Original Text: SolStock/iStock via Getty Images

Updated Text: [Deleted credit] Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 209

Location: Reading and Notetaking Activity

Original Text: New Content

Updated Text: Photo of papers being exchanged. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School, Instructor Resources***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): Interface

Location: Guide to Opt-Out Materials

Original Text: Opt-out language

Updated Text: Modified to reference "alternative assignments" and "opt-in" as opposed to "opt-out"

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 80

Location: Lesson 3.2 Opener

Original Text: New Content

Updated Text: Essential Question: How can you resolve conflicts in a way that strengthens a relationship? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 270

Location: Lesson 8.3 Opener

Original Text: New Content

Updated Text: Essential Question: How can you choose nutritious foods and prepare them in healthy ways? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 210

Location: Lesson 7.1 Opener

Original Text: New Content

Updated Text: Essential Question: What are the symptoms of different types of mental illnesses? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 87

Location: Lesson 3.3 Opener

Original Text: New Content

Updated Text: Essential Question: What skills can you use to resist negative peer pressure? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 280

Location: Lesson 8.4 Opener

Original Text: New Content

Updated Text: Essential Question: What strategies can you use to maintain a healthy weight? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 221

Location: Lesson 7.2 Opener

Original Text: New Content

Updated Text: Essential Question: What steps can you take to get help or help a friend get help for mental illness? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 102

Location: Lesson 4.1 Opener

Original Text: New Content

Updated Text: Essential Question: What does it mean to be mentally and emotionally healthy? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.



**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 297

Location: Reading and Notetaking Activity

Original Text: New Content

Updated Text: Graphic showing notetaking example. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 232

Location: Lesson 7.3 Opener

Original Text: New Content

Updated Text: Essential Question: What skills do you need to recognize warning signs and help prevent suicide? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 107

Location: Figure 4.4

Original Text: New Content

Updated Text: Figure title: Maslow's Hierarchy of Human Needs. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 328, 336, 348

Location: Lesson Openers

Original Text: New Content

Updated Text: Essential Question: What does it mean to be active and fit? Essential Question: What skills can you use to get enough physical activity? Essential Question: What skills do you need to be safe while engaging in physical activity? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

*Proclamation 2022 Report of Editorial Changes (11/10/2021)*

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 236

Location: Figure 7.17

Original Text: New Content

Updated Text: Figure title: Managing Warning Signs Online. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 112

Location: Lesson 4.2 Opener

Original Text: New Content

Updated Text: Essential Question: What is identity, and how can you embrace it? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 374

Location: Figure 11.8

Original Text: New Content

Updated Text: Figure title: Mental Consequences of Addiction. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ii

Location: Copyright page

Original Text: Manufactured in the United States of America

Updated Text: Removed the line "Manufactured in the United States of America"

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 248

Location: Lesson 8.1 Opener

Original Text: New Content

Updated Text: Essential Question: What nutrients does the body need to function? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 128

Location: Lesson 4.4 Opener

Original Text: New Content

Updated Text: Essential Question: How can you express your emotions in healthy ways? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 380

Location: Figure 11.11

Original Text: New Content

Updated Text: Figure title: Attitudes about Tobacco in Your Environment. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela secundaria***

ISBN: 9781683115427

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ii

Location: Copyright page

Original Text: "Fabricado en los Estados Unidos de América"

Updated Text: Remove the line "Fabricado en los Estados Unidos de América"

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 256

Location: Lesson 8.2 Opener

Original Text: New Content

Updated Text: Essential Question: What guidelines can help you get the nutrients you need? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 132

Location: Figure 4.18

Original Text: New Content

Updated Text: Headers: Category, Love, Joy, Surprise, Sadness, Anger, Fear. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 479

Location: Figure 14.7

Original Text: New Content

Updated Text: Figure title: Strategies for Strengthening Relationships with Parents or Guardians. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Instructor's Edition***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ii

Location: Copyright page

Original Text: Manufactured in the United States of America

Updated Text: Removed the line "Manufactured in the United States of America"

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 258

Location: Figure 8.9

Original Text: New Content

Updated Text: Grain kernel label. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 134

Location: Figure 4.20

Original Text: New Content

Updated Text: Figure title: Skills for Developing Emotional Intelligence. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 674, 683, 689

Location: Lesson Openers

Original Text: New Content

Updated Text: Essential Question: How do sexually transmitted infections (STIs) affect the reproductive system? Essential Question: What skills can you use to prevent and get treatment for STIs? Essential Question: How does HIV/AIDS develop? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Instructor's Edition***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): ie2

Location: Copyright page

Original Text: Manufactured in the United States of America

Updated Text: Removed the line "Manufactured in the United States of America"

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 263

Location: Figure 8.14

Original Text: New Content

Updated Text: Figure title: Making Healthier Food Choices. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 141

Location: Reading and Notetaking Activity

Original Text: New Content

Updated Text: Flowchart of activity process. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 772, 777, 782, 788

Location: Lesson Openers

Original Text: New Content

Updated Text: Essential Question: How do people develop and change over time? Essential Question: What major milestones do people reach during childhood? Essential Question: What changes occur during adolescence and puberty? Essential Question: How do people change over the course of life as an adult? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Instructor's Edition***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 161

Location: Texas Essential Knowledge and Skills

Original Text: Health II:strong> 4A, 5A, 5B

Updated Text: Health II: 4A, 5A, 5B

*Proclamation 2022 Report of Editorial Changes (11/10/2021)*

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 142

Location: Lesson 5.1 Opener

Original Text: New Content

Updated Text: Essential Question: How does happiness develop? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 41

Location: Lesson 2.2 Opener

Original Text: New Content

Updated Text: Essential Question: How can you locate, evaluate, apply, and communicate reliable health information? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 149

Location: Lesson 5.2 Opener

Original Text: New Content

Updated Text: Essential Question: What strategies can you use to adopt a positive mind-set? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 45

Location: Credit for Figure 2.8

Original Text: Solis ~~Attachments/images/Shutterstock.com

Updated Text: Solis Images/Shutterstock.com. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 161

Location: Lesson 5.3 Opener

Original Text: New Content

Updated Text: Essential Question: What skills do you need to develop empathy and resilience? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 46

Location: Credit for Figure 2.9

Original Text: Tyler Olson/Shutterstock.com

Updated Text: [Deleted credit] Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 176

Location: Lesson 6.1 Opener

Original Text: New Content

Updated Text: Essential Question: How does the body respond to stressful situations? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School, Instructor Resources***

ISBN: 9781683115403

Link to Current Content:

[View Current Content](#)

Current Page Number(s): Interface

Location: Opt-Out Materials section

Original Text: Materials listed in current order

Updated Text: Rearrange materials by opt-in topic area



**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 50

Location: Lesson 2.3 Opener

Original Text: New Content

Updated Text: Essential Question: What steps can you take to get needed health services? Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 190

Location: Figure 6.7

Original Text: New Content

Updated Text: Symptoms of PTSD: Having nightmares and recurring thoughts about the event. Feeling detached, numb, and uncaring. Being unable to remember parts of the upsetting event. Lacking interest in normal activities. Avoiding people and situations that are reminders of the event. Having difficulty concentrating. Being easily startled. Feeling irritable and angry. Experiencing difficulty falling or staying asleep. Feeling guilty. Change will also be made to ebooks for Instructor Edition and Spanish, if appropriate.

## **Publisher: QuaverEd**

### **Subject: Health Education, Kindergarten**

#### **Program: *Quaver Health***

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Prepare Your Body Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M01-1.1 - Introducing My Health, My Responsibility Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 0M01-4.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Talk about the trusted adults they can go to such as a parent, grandparent, aunt, uncle, neighbor, teacher, or school counselor. On Title changed "An"

Updated Text: 0M01-4.4 - Be an Emergency Hero Changed "They" to "students" - Talk about the trusted adults students can go to for help, such as a parent, grandparent, aunt, uncle, neighbor, teacher, or school counselor. On Tittle Changed "An" to "an"

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M04-4.5 - Quiz Challenge - K - Healthy Practices and Hygiene Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-4.1 - Explore - Getting Help with Online Safety Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-1.3 - Something's Not Working (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M07-2.1 - Cold and Flu Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-2.2 - How to Be a Good Friend Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-1.5 - Learning to Listen (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M05-3.3 - I Can Control (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Prepara Su Cuerpo Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M01-1.2 - Picture of Health (Guessing Game Show) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 0M04-2.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: -Begin by having students locate their own gums, teeth, and tongue (without putting their fingers in their mouth).-Looking at the screen, discuss why healthy gums are so important. (They are the foundation for healthy teeth. If our gums are weak and unhealthy, our teeth will probably be weak and unhealthy too.)-Invite students to suggest things they can do to keep their gums healthy. (Answers might include: floss and brush with a soft toothbrush soon after eating, use Piksters®, avoid sugary snacks and drinks, rinse with mouthwash, and so on.) [115.12.b.7.B.i]-Ask students what they can do to keep their tongue clean and healthy. (Floss and brush with a soft toothbrush soon after eating, use Piksters®, avoid sugary snacks and drinks, rinse with mouthwash, and so on.) [115.12.b.7.B.i]-Select the last arrow on the right and ask students what they can do to keep their teeth clean and healthy as well as why it's so important. (Floss and brush with a soft toothbrush soon after eating, use Piksters®, avoid sugary snacks and drinks, rinse with mouthwash, and so on.)

Remind them that strong, healthy teeth are important for chewing food, speaking clearly, and a good appearance. [115.12.b.7.B.i]

Updated Text: 0M04-2.2 - Exploring Our Mouth-Changed wording: Ask students to locate their own gums, teeth, and tongue (without putting their fingers in their mouth).-Added bullet point: Select the Micro-Drone to begin.-Added Looking at the screen, discuss why healthy gums are so important. (They are the foundation for healthy teeth. If our gums are weak and unhealthy, our teeth will probably be weak and unhealthy too. Poor dental hygiene leads to gum disease and, if left untreated, can become severe.) - Removed the reference to "Picksters" from the content Invite students to suggest things they can do to keep their gums healthy. (Answers might include: brush with a soft toothbrush soon after eating, floss daily, avoid sugary snacks and drinks, rinse with mouthwash, and so on.) [115.12.b.7.B.i].Ask students what they can do to keep their tongue clean and healthy. (brush with a soft toothbrush soon after eating, avoid sugary snacks and drinks, rinse with mouthwash, and so on.) [115.12.b.7.B.i] Select the final arrow on the right and ask students what they can do to keep their teeth clean and healthy as well as why it's so important. (brush with a soft toothbrush soon after eating, floss, avoid sugary snacks and drinks, rinse with mouthwash, and so on.) Remind students that strong, healthy teeth are important for chewing food, speaking clearly, and a good appearance. [115.12.b.7.B.i]

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M05-1 - What Are Emotions? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-4.2 - Keys to Online Safety Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-1.4 - Be a Problem Solver Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M07-2.2 - Germ-Finding Super-Gogs Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M06-4.5 - Quiz Challenge - K - Healthy Eating and Nutrition Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M02-2 - Making New Friends Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M05-3.4 - Self-Control Simon Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-2.1 - Making New Friends Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M05-3.5 - Controlling Myself (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M01-3 - What Is Healthy Help? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Jumpin' Jacks (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M01-1.3 - Healthy Me (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 0M05-4.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Select each emoji to learn more about emotions, thoughts, and actions and how they are connected.

Updated Text: 0M05-4.2 - My Happy Feelings Change wording of instructions - After listening to the character and discussing, select each emoji to learn more about emotions, thoughts, and actions and how they are connected.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M05-1.1 - What Are Emotions? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M08-1 - Helmets and Seatbelts Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-4.3 - Freeze! Think, Tell, Block, Stop! (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-1.5 - What Is a Problem (Reflections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M07-2.3 - The Kid vs. Germs (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-2.2 - How to Be a Good Friend Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M06-1 - Food and My Body Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M01-3.1 - What Is Healthy Help? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Lunch Box Song (Connections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M01-1.4 - Health Tracker Introduction Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 0M06-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: - For additional movement opportunities, select the Roll and Move button. The dice will randomly choose a move and number of repetitions. Art- Question 3 When do you eat this food

Updated Text: 0M06-2.1 - Can I Eat Anything I Want a bullet point - Note: If applicable, reassure students that eating processed foods now and then is ok in moderation. Many students in poverty live in food deserts and don't have access to fresh fruits and vegetables all the time. Many eat whatever can be found at gas stations, convenience stores, etc.- Removed the last sentence - For additional movement opportunities, select the Roll and Move button. Art - When do you eat this food changed to "is this a healthy or unhealthy food?"

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M05-1.2 - Emotion Soundboard Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M08-1.1 - Helmets and Seatbelts Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-4.4 - Help with Online Safety (Role-Play) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M03-2 - I Can Make it lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M07-2.4 - Germ Fighters Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-2.3 - We Should Be Friends (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M06-1.1 - Food and My Body Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M01-3.2 - Tell a Healthy Helper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

Updated Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M01-1.5 - Lesson Mindset (My Health, My Responsibility) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 0M06-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Original text on screen did not change. Teacher notes: All QuaverHealth·PE songs have specifically choreographed moves connected to the lyrics. For the written choreography that accompanies this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. Alternatively, invite students to stand, move, sing, and create their own movements. Students can work in pairs or small groups. Observe student good practice in the classroom, play the song a second time, and have those students lead the group from the front.

Updated Text: 0M06-3.3 - Balance and Nutrition (Music Video)We replaced the lyrics version of this song with a live active music video with dancers. Teacher Notes: All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. These QuaverHealth video songs are designed specifically by Physical Education teachers for students to copy the moves while looking at the screen. Press Play and watch for students that are showing focus and skill. Have them be movement leaders if the song is played again.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M05-1.3 - How I'm Feeling Today (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M08-1.2 - Helmet or Seatbelt? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-4.5 - Quiz Challenge - K - Responsible Decision Making Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-2.1 - I Can Make it Better Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M07-2.5 - Doctor, Doctor (Cold and Flu) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-2.4 - Check-In (Making New Friends) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M06-1.2 - What My Food Does Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M01-3.3 - Healthy Helpers (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M01-3 - What Is Healthy Help? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): 0M07-1.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Art - "Check up"

Updated Text: 0M07-1.4 - What Happens at a Checkup? - What Is a Checkup? Art - Changed Check up > "Checkup" Added bullets - Select each question mark to learn about the instrument the doctor uses.-Select Home Back to return to the Explore landing page and repeat steps for the Dentist.-Invite students to share if the doctor or dentist has used any of these instruments during a checkup visit they have experienced.-Select Play (green triangle) to listen to Austin and Raven talk about going to the doctor.-Select to reveal discussion questions: -Have you ever been to the doctor or dentist? - What happened? -How did you feel?

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M05-1.4 - Check-In (What Are Emotions?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M08-1.3 - Be Safe, Be Smart, Be Aware (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M04-3 - What Is Exercise? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-2.2 - What Do You Think? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M07-3 - Understanding Vaccines Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-2.5 - Making Friends (Reflections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M06-1.3 - The Healthy Eating Song (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M01-3.4 - My Healthy Helpers Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M01-3.1 - What Is Healthy Help? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx]

Updated Text: 3M10-1 - Body Systems 1We divided the content of this screen into 3 separate body systems pages for teacher convenience and updated the Teacher Notes as reported in Aug LCEC: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx] **Skeletal System** The skeletal system is the body's central framework, it consists of bones, cartilage, ligaments, and tendons. The skeletal system works in conjunction with the muscular system to help the body move. The skeletal system helps support your body weight and works with the joints, muscles and connective tissue (tendons, ligaments, and cartilage) to help you stand and move. The bones of the skeletal system contain marrow; the marrow produces platelets. The skeletal system protects your vital internal organs: the skull protects the brain, the ribs protect the heart and lungs and your spine protects your spinal cord (part of your nervous system).99% of the body's calcium and 85% of the body's phosphorus is stored in the skeleton. A full grown adult skeleton has between 206 and 213 bones. FUN FACT: You are not born with kneecaps - kneecaps also known as the patella are what are known as sesamoid bones and develop from cartilage. Kneecaps are usually fully developed between the ages of 6-10 years old. **Muscular System** There are three different types of muscle in the body (skeletal, smooth, cardiac). Select "Systems ON" to see examples of the smooth and cardiac muscles. Skeletal muscles are voluntary, which means you can control them. Movement is the primary function of the muscular system. The muscular system works in conjunction with the skeletal system to help us move. The muscular system also helps with stability. skeletal muscles are attached to tendons that stretch over the joints and attach to bones to help move and hold the structure of the skeleton. These same muscles also help with posture and continue to work to keep us in an upright position. There are approximately 650 different (skeletal) muscles in the human body. Skeletal muscles generate heat to help keep us warm. Smooth muscle can be found in your stomach and digestive tract and helps move your food through the digestive process. Smooth muscle can also be found in your respiratory, circulatory, urinary and reproductive systems. Cardiac muscle is found in your heart and is responsible for pumping blood through your body. FUN FACT: Cardiac muscle is the only type of muscle that will contract on it's own without neurologic stimulation. (The nervous system regulates cardiac muscle and controls the rate and rhythm.) **Circulatory System** Allows blood to flow through the body carrying nutrients, oxygen and hormones to different parts of the body, Helps to regulate the body's temperature by bringing more blood to the surface of the skin to cool you off or less to keep you warm. The circulatory system delivers oxygen from the lungs to all of the tissues and carries carbon dioxide away from those same tissues and back to the lungs. The circulatory system helps remove waste products from the body by working with the lungs, lymphatic and urinary system. The circulatory system helps with your body's immune response, by delivering white blood cells and antibodies to fight off disease and infection. The circulatory system holds between 4.7- 5.5 liters of blood. FUN FACT: Every day your blood travels through more than 60,000 miles of blood vessels! **Respiratory System** The human respiratory system is made up of two tracts: The upper respiratory tract, which includes the nose, nasal cavities, and sinuses. The lower respiratory tract, which includes the throat (pharynx), voice box (larynx), windpipe (trachea), lungs, airways (bronchi and bronchioles), and air sacks (alveoli). Respiration is the act of breathing in and out. When you inhale, air enters your lungs when your diaphragm contracts; This creates a vacuum in your lungs causing air to rush in. When you exhale your diaphragm relaxes and pushes the air back out of your lungs. Air contains 21% oxygen; In the lungs oxygen is taken out of the air and passes through the

Air sacs (alveoli) and passes into the blood, where it is carried by Red Blood cells to all the tissues of the body. At the same time oxygen is passing through the air sacs to the bloodstream, carbon dioxide is being passed from the bloodstream back into the air sacs to be expelled during exhalation. The air sacs (alveoli) are very delicate and are responsible for moving oxygen into, and carbon dioxide out of your blood while you are breathing. These air sacs can easily be damaged by smoking and chemicals. If the air sacs are damaged they can no longer effectively remove oxygen from the air. We have two lungs, a right and a left. The right lung has three separate lobes (or branches) and the left lung has two lobes.

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Original Text: N/A

Updated Text: Screen: HW 0M05-1.5 - I Feel Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M08-1.4 - Be a Safety Star Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M04-3.1 - What Is Exercise? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-2.3 - Make It Better (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M07-3.1 - Understanding Vaccines Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 0M03-2.4 - Can We Do It Better? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M07-3.2 - How Vaccines Work Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M02-4 - Using Kind Words Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M06-1.4 - What's On My Plate? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M01-3.5 - QLibs (What Is Healthy Help?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 0M01-3.2 - Tell a Healthy Helper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M05-2 - When I Feel Worried Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M08-1.5 - Helmets and Seatbelts (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M04-3.2 - Exercise or Not? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-2.5 - I Can Make It Better (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M07-3.3 - Medicine (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-4.1 - Using Kind Words Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M06-1.5 - Food Sorter (Food and My Body) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M02-1 - Learning to Listen Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M01-3.3 - Healthy Helpers (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M05-2.1 - When I Feel Worried Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Location: N/A

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Original Text: N/A

Updated Text: Lesson: HW 0M08-4 - Introducing Head Lice Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M04-3.3 - Move and Groove (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M03-3 - Discovering Short and Long-Term Goals Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M07-3.4 - Immune System Boosters Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-4.2 - Kind and Unkind Words Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M06-4 - Harmful Effects Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-1.1 - Learning to Listen Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M01-3.4 - My Healthy Helpers Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M05-2.2 - What Is Worry? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M08-4.1 - Introducing Head Lice Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M04-3.4 - Types of Exercise Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M03-3.1 - Discovering Short and Long-Term Goals Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M07-3.5 - Doctor, Doctor (What are Vaccines?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-4.3 - Kind Words (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M06-4.1 - Harmful Effects Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-1.2 - Listening Practice Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M01-3.5 - QLibs (What Is Healthy Help?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M05-2.3 - No Worries (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M08-4.2 - All About Head Lice Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M04-3.5 - What Is Exercise? (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-3.2 - My Health Goals Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-4.4 - Kindness is My Jam Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M06-4.2 - Zoop and Doop Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-1.3 - How Do You Show You're Listening (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M02-1 - Learning to Listen Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M05-2.4 - Managing My Worries Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M08-4.3 - Get Out and Stay Out (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M04-4 - Introducing the Importance of Sleep Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-3.3 - Working on My Dreams (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-4.5 - Quiz Challenge - K - Social Behavior Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M06-4.3 - Zoop's Healthy Choices Game Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-1.4 - Listening Game Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-1.1 - Learning to Listen Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M05-2.5 - When I Feel Worried (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M08-4.4 - Matching Game (Head Lice) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M04-4.1 - Introducing the Importance of Sleep Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M04-4.2 - Sleep is Amazing Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-3.4 - Check-In (Short and Long-Term Goals) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M03-1 - What Is a Problem? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M06-4.4 - Be Like Zoop Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-1.5 - Learning to Listen (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-1.2 - Listening Practice Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M05-3 - Controlling Myself Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M08-4.5 - Quiz Challenge - K - Safety and Accident Prevention Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Hot Potato Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M04-4.3 - Healthy Me (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-3.5 - Short and Long-Term Goals (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-1.1 - What Is a Problem? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M06-4.5 - Quiz Challenge - K - Healthy Eating and Nutrition Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M02-2 - Making New Friends Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-1.3 - How Do You Show You're Listening (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M05-3.1 - Controlling Myself Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Papa Caliente Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M01-1 - Introducing My Health, My Responsibility Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): 0M01-2.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Art - Simon is wearing a baseball cap

Updated Text: 0M01-2.2 - Do What's Right (Make a Super Choice)On Screen Art Change - Added a baseball helmet to Simon's head instead of a baseball cap

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M04-4.4 - My Bedtime Routine Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M03-4 - Explore - Getting Help with Online Safety Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-1.2 - What's the Problem? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M07-2 - Cold and Flu Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-2.1 - Making New Friends Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-1.4 - Listening Game Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M05-3.2 - I'm in Control Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Subject: Health Education, Grade 1**

**Program: *Quaver Health***

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M08-1.3 - Be Safe, Be Smart, Be Aware (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: Quaver Health Online License**

ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 1M04-4.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: -Select the doctor and listen to what he says about good sleep.-Ask students to select a circle. Have them make up an action to accompany the sleep benefit.-Speed up the phrases for more fun.-Add in actions for other healthy habits, such as exercise, eating healthy foods, and wearing a seatbelt.

Updated Text: 1M04-4.2 - Sleep is Amazing Added bullet - Select each icon around Celisa to learn the different benefits of sleep. Updated Verbiage - Select the Info button and then select the Play button to hear from Dr. Peters about good sleep.- Changed Verbiage - Ask students to select a circle, then ask them to make up a movement to accompany each sleep benefit. They can also mirror the action Celisa is performing on the screen:- Merged bullet points - To expand the activity, try speeding up the phrases for more fun or add in actions for other healthy habits, such as exercise, eating healthy foods, or wearing a seatbelt.- Update narration to match what is on screen

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M07-1.4 - What Happens at a Checkup? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M03-2.5 - Understanding What Worked (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M05-2 - Recognizing Stress Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M01-4.1 - What Is an Emergency? - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M08-1.5 - Common Injuries (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 1M06-2.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: -Select the Play button to learn more about signs and symptoms of common food allergies that range from small, like a runny nose or tummy ache, to big ones, like trouble breathing or shock. Discuss what these symptoms might look like, then explain the importance of respecting others who have allergies and give examples of how to offer support. [115.12.b.7.A.ii; 115.13.b.8.A.ii; 115.14.b.8.A.i-ii

Updated Text: 1M06-2.2 - All About Food Allergies- Expanded on degree of severity of symptoms - Select the Play button to learn more about signs and symptoms of common food allergies. Reactions can range from small, like a tummy ache or runny nose due to a food intolerance or sensitivity, to big signs and symptoms of a major allergic reaction, like a rash or hives, trouble breathing, or shock. Discuss what these symptoms might look like, then explain the importance of respecting others who have allergies and give examples of how to offer support. Stress to students that some of the more common foods that cause severe reactions such as peanuts and shellfish need immediate and urgent attention.

**Component: Quaver Health Online License**

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-1.5 - Checkup Chant Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 1M04-1 - Hygiene Skills - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-2.1 - Recognizing Stress Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M01-4.2 - Emergency or Not? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-2.2 - What Happened to Carlos? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M01-4.3 - Emergency (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-2.4 - Brush It Off Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M08-2 - What Is Personal Safety? - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): 1M06-2.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: How to play instructions # 6 If a body reaches the opposite end without being tagged, they are safe.

Updated Text: 1M06-2.3 - Bodies and Allergies (Gym Game)Change onscreen text - Bodies that reach the opposite end without being tagged are safe.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M07-2 - Cold and Flu - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-1.1 - Hygiene Skills - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 1M05-2.3 - The Stress Song (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M01-4.4 - Be an Emergency Hero Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-2.5 - Dentist, Dentist (How to Brush) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M08-2.1 - What Is Personal Safety? - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M06-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Use the Sentence Stem toggle to show students how to frame answers. Sentence stems provide an entry point for all students to be part of the discussion. Use the Student Selector as a fun way of engaging as many students in the discussion as possible.

Updated Text: 1M06-3.1 - A Balanced Diet- Removed Bullet point - Use the Sentence Stem toggle to show students how to frame answers. Sentence stems provide an entry point for all students to be part of the discussion.- Removed Bullet point - Use the Student Selector as a fun way of engaging as many students in the discussion as possible.- Added -For additional movement opportunities in either the classroom or the gym, select the Roll and Move button in between classes. The dice will randomly choose a move and number of repetitions.- Added - Questions on screen: How can you pack a balanced lunch? What is your favorite drink and why? Which of these foods are healthy? (options: water, loaded

burger, yogurt, apple, bananas, ice cream) What are your least favorite foods to eat? Why is it important to eat healthy foods? What are your favorite foods to eat?

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M07-2.2 - Germ-Finding Super-Gogs Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-1.2 - Hygiene Hyjinks Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-2.4 - Talk It Out Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M01-4.5 - Quiz Challenge - 1 - General Health Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M04-3 - What is Exercise? - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M08-2.2 - Do We Have a Problem? (Safe or Unsafe) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M06-3.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Illustrated images of food (no text)

Updated Text: 1M06-3.2 - About the Food Groups Replaced illustrations of food with real images on the right of each food group page so the students know what the foods look like in their world.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-2.3 - The Kid vs. Germs (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M04-1.3 - Wash Our Hands (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M05-2.5 - Recognizing Stress (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 1M02-4 - Standing Up for Myself Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-3.1 - What is Exercise? - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M08-2.3 - Safe or Unsafe Game Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M07-3.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text did not change.

Updated Text: 1M07-3.4 - Immune System Boosters Added bullet points - -The purpose of this screen activity is to explore how vaccines and healthy habits can support our immune systems.-Select the Play button and learn all about vaccines and our immune system. This explanation covers a lot of information, pause to restate or breakdown the information for better understanding.-Select Start and explain the different ways we can boost our immune system. Regular Exercise Good Hygiene Healthy Foods Managing Stress Restful Sleep Vaccinations-Invite students to select and place each booster onto Sonny.-Ask students how each booster changes the way Sonny looks and feels.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-2.4 - Germ Fighters Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M04-1.4 - Clean Up Your Act Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): 0M06-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change. Teacher notes: All QuaverHealth-PE songs have specifically choreographed moves connected to the lyrics. For the written choreography that accompanies this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. Alternatively, invite students to stand, move, sing, and create their own movements. Students can work in pairs or small groups. Observe student good practice in the classroom, play the song a second time, and have those students lead the group from the front.

Updated Text: 0M06-3.3 - Balance and Nutrition (Music Video)We replaced the lyrics version of this song with a live active music video with dancers. Teacher Notes: All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. These QuaverHealth video songs are designed specifically by Physical Education teachers for students to copy the moves while looking at the screen. Press Play and watch for students that are showing focus and skill. Have them be movement leaders if the song is played again.

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ISBN: 9781642851427

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Current Page Number(s): 1M01-2.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change.

Updated Text: 1M01-2.2 - Health Detective (Finding Hidden Messages)Art - Added Vitamins and Minerals to the front of the cereal box to match narration.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 1M05-3 - Choosing a Positive MindsetEach lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M02-4.1 - Standing Up for Myself Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-3.2 - Exercise or Not? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M08-2.4 - Check-In (What Is Personal Safety - Going Deeper) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M07-3.5

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Question 4 > Answer B: "Fights bacteria, germs, and viruses"

Updated Text: 1M07-3.5 - Doctor, Doctor (What are Vaccines?) Question 4 > Answer B: changed to "Fights germs like bacteria and viruses" Addition to teacher notes: Quiz questions: What are antibodies? What are vaccines? What do antibodies protect against? What does our immune system do? How can we boost our immune systems?

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-2.5 - Doctor, Doctor (Cold and Flu) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M04-1.5 - QLibs (Hygiene Skills) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 1M04-2 - How to Brush Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 1M01-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Decide which question to use by using the arrow on the right-hand side of the screen activity. After reading a question, select a student to choose the music, time allotted, and select the Spin button to choose the movement. The class will move to the music for the allotted time while thinking about the question. Discuss student answers after the timer has run out. Lead grade appropriate discussions before moving to the next question.

Updated Text: 1M01-3.1 - Who Is a Healthy Helper? Replaced with - Use the questions to engage in discussion about healthy helpers. Questions on screen: Why can't your dad fix your toothache? Why can't you fix your own broken leg? When have you been helped by a trusted adult? Who are the trusted adults in your home? Who are the trusted adults in your school? Who are the trusted adults in your community? Select Sentence Stem on the toggle at the bottom left of the screen activity to turn sentence stems on or off. Sentence Stems are offered so that when leading a discussion, students are able to see how to frame a response to a question. They also provide an entry point for all students to be part of a discussion. Use the Spin button to randomize the questions, or the Next button to go to the next one. Lead grade appropriate discussions before moving to the next question. For additional movement opportunities in either the classroom or the gym, select the Roll and Move button in between classes. The dice will randomly choose a move and number of repetitions. Changed on screen art question 4-6 to match exact verbiage in notes

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Current Page Number(s): N/A

Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 1M05-3.1 - Choosing a Positive Mindset Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M02-4.2 - Passive, Assertive, and Aggressive Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-3.3 - Move and Groove (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M08-2.5 - Keeping It Real (What Is Personal Safety?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): 1M08-4.2

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Original Text: Tips tab instructions: "Select the helpful tips and place on the meter to reduce Simon's risk of getting lice."Facts tab - "Who gets it?" button bullet points: "Spreads easily" "Likes everyone"

Updated Text: 1M08-4.2 - All About Head LiceTips tab instructions: changed to "Select the helpful hints and place on Simon."Facts tab - "Who gets it?" button bullet points: changed to "Anyone!" "Spreads easily"

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M07-4 - Staying Healthy - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-4.1 - Staying Healthy - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 1M04-2.1 - How to Brush Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M01-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Original text did not change.

Updated Text: 1M01-3.3 - Get Healthy Help (Gym Game)Added to How to Play Pop Up: Purpose:"Today we learned about trusted adults that can help with all sorts of problems. This gym game will give you a chance to test your knowledge."

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-3.2 - Who's Going to Make It? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M02-4.3 - Think Quick! (Standing Up for Myself) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-3.4 - Types of Exercise Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Hot Potato Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx]

Updated Text: 3M10-1 - Body Systems 1We divided the content of this screen into 3 separate body systems pages for teacher convenience and updated the Teacher Notes as reported in Aug LCEC: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx] **Skeletal System** The skeletal system is the body's central framework, it consists of bones, cartilage, ligaments, and tendons. The skeletal system works in conjunction with the muscular system to help the body move. The skeletal system helps support your body weight and works with the joints, muscles and connective tissue (tendons, ligaments, and cartilage) to help you stand and move. The bones of the skeletal system contain marrow; the marrow produces platelets. The skeletal system protects your vital internal organs: the skull protects the brain, the ribs protect the heart and lungs and your spine protects your spinal cord (part of your nervous system).99% of the body's calcium and 85% of the body's phosphorus is stored in the skeleton. A full grown adult skeleton has between 206 and 213 bones. FUN FACT: You are not born with kneecaps - kneecaps also known as the patella are what are known as sesamoid bones and develop from cartilage. Kneecaps are usually fully developed between the ages of 6-10 years old. **Muscular System** There are three different types of muscle in the body (skeletal, smooth, cardiac). Select "Systems ON" to see examples of the smooth and cardiac muscles. Skeletal muscles are voluntary, which means you can control them. Movement is the primary function of the muscular system. The muscular system works in conjunction with the skeletal system to help us move. The muscular system also helps with stability. skeletal muscles are attached to tendons that stretch over the joints and attach to bones to help move and hold the structure of the skeleton. These same muscles also help with posture and continue to work to keep us in an upright position. There are approximately 650 different (skeletal) muscles in the human body. Skeletal muscles generate heat to help keep us warm. Smooth muscle can be found in your stomach and digestive tract and helps move your food through the digestive process. Smooth muscle can also be found in your respiratory, circulatory, urinary and reproductive systems. Cardiac muscle is found in your heart and is responsible for pumping blood through your body. FUN FACT: Cardiac muscle is the only type of muscle that will contract on it's own without neurologic stimulation. (The nervous system regulates cardiac muscle and controls the rate and rhythm.) **Circulatory System** Allows blood to flow through the body carrying nutrients, oxygen and hormones to different parts of the body, Helps to regulate the body's temperature by bringing more blood to the surface of the skin to cool you off or less to keep you warm. The circulatory system delivers oxygen from the lungs to all of the tissues and carries carbon dioxide away from those same tissues and back to the lungs. The circulatory system helps remove waste products from the body by working with the lungs, lymphatic and urinary system. The circulatory system helps with your body's immune response, by delivering white blood cells and antibodies to fight off disease and infection. The circulatory system holds between 4.7- 5.5 liters of blood. FUN FACT: Every day your blood travels through more than 60,000 miles of blood vessels! **Respiratory System** The human respiratory system is made up of two tracts: The upper respiratory tract, which includes the nose, nasal cavities, and sinuses. The lower respiratory tract, which includes the throat (pharynx), voice box (larynx), windpipe (trachea), lungs, airways (bronchi and bronchioles), and air sacks (alveoli). Respiration is the act of breathing in and out. When you inhale, air enters your lungs when your diaphragm contracts; This creates a vacuum in your lungs causing air to rush in. When you exhale your diaphragm relaxes and pushes the air back out of your lungs. Air contains 21% oxygen; In the lungs oxygen is taken out of the air and passes through the

Air sacs (alveoli) and passes into the blood, where it is carried by Red Blood cells to all the tissues of the body. At the same time oxygen is passing through the air sacs to the bloodstream, carbon dioxide is being passed from the bloodstream back into the air sacs to be expelled during exhalation. The air sacs (alveoli) are very delicate and are responsible for moving oxygen into, and carbon dioxide out of your blood while you are breathing. These air sacs can easily be damaged by smoking and chemicals. If the air sacs are damaged they can no longer effectively remove oxygen from the air. We have two lungs, a right and a left. The right lung has three separate lobes (or branches) and the left lung has two lobes.

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Original Text: N/A

Updated Text: Screen: HW 1M07-4.2 - What Went Wrong? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 1M04-2.2 - Toothbrush Tips Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M01-3.5

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text did not change.

Updated Text: 1M01-3.5 - Train the Brain - Pictures (Who Is a Healthy Helper?) Added labels to the icons so we know what they are

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-3.3 - Positive Mindset (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M02-4.4 - Speak Up Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-3.5 - What Is Exercise? (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Papa Caliente Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-4.3 - Good Habits (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-2.3 - Brush Your Teeth (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M02-3.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Click the arrow paginate to the next screen. Select and place the icon of each individual into the problem size category in which they would be most trusted to help.

Updated Text: 1M02-3.2 - Trustful Relationships Changed Click to Select - Select the arrow paginate to the next screen. Select and place the icon of each individual into the problem size category in which they would be most trusted to help.

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Original Text: N/A

Updated Text: Screen: HW 1M05-3.4 - I Know I Can Do It Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Original Text: N/A

Updated Text: Screen: HW 1M02-4.5 - Quiz Challenge - 1 - Social Behavior Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M05-1 - Sharing Happiness Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Prepare Your Body Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 1M07-4.4 - Check-In (Staying Healthy - Going Deeper) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M03-1.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: On Screen Question: Can you have a problem in your mind that no one knows?

Updated Text: 1M03-1.1 - Working Through Problems Added on screen questions to notes - Questions on screen: What is a problem? Describe a small problem someone might have. What is the difference between a big problem and a small problem? Suggest some ways to solve a small problem. How can trusted adults help you solve a big problem? What kind of problem could you have in your mind that no one knows? Name three trusted adults. Reword on-screen question from Can you have a problem in your mind that no one knows? > What kind of problem could you have in your mind that no one knows?

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 1M05-3.5 - Choosing a Positive Mindset (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M03-2 - Understanding What Worked Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 1M05-1.1 - Sharing Happiness Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Prepara Su Cuerpo Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 1M07-4.5 - Quiz Challenge - 1 - Disease and Illness Prevention Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: Questions on screen: 1: What is something you want to do or complete?2: What is something you want to do or complete this week?3: What is one of your dreams for next year?4: What would you like to be when you grow up? 5: What is something you could do to feel healthy?

Updated Text: 1M03-3.1 - Short and Long-Term Goals Added questions to notes: Questions on screen:1: "What is a goal?" "A goal is \_\_\_\_\_."2: "What is a goal you have for this week?" "A goal I have for this week is \_\_\_\_\_."3: "What is a goal you have for next year?" "A goal I have for next year is \_\_\_\_\_."4: Blue: "What would you like your job to be when you grow up?" "When I grow up, I would like my job to be \_\_\_\_\_." 5: "What is one of your health goals?" "One of my health goals is \_\_\_\_\_."

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M07-1 - What Is a Checkup? - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 1M03-2.1 - Understanding What Worked Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-1.2 - Sharing Happiness Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Jumpin' Jacks (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Lunch Box Song (Connections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M08-1 - Common Injuries Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): 1M03-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Original text did not change.

Updated Text: 1M03-3.3 - Working On My Dreams (Lyrics)Updated animation for first grade audience.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-1.1 - What Is a Checkup? - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M03-2.2 - Understanding What Worked Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-1.3 - Happy (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

Updated Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M08-1.1 - Common Injuries Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: Quaver Health Online License**

ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 1M03-4.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: -This activity reinforces strengthening the students' ability to respond effectively to unsafe online or in-person situations.-Review the different keys to staying safe online. At the end of the discussion, reveal the answer and have students compare their responses to the answer on the screen.-1st Scenario. Ask students: What would you do if you were Raven? How do you think Raven's friend feels? Which one of the keys would you use in this situation? Remind students about the differences between teasing, joking, and cyberbullying. Explain the role of a bully and a bystander in a bullying situation. [115.12.b.11.A.i; 115.12.b.12.A.i-ii;115.13.b.13.A.i-ii; 115.13.b.13. C.i; 115.14.b.12.B.i; 115.16.b.14.B.i]Describe and discuss actions to take in response to bullying. [115.12.b.12. C.i]2nd Scenario. Ask students:



What would you do if you were Javier? How do you think Javier feels? Which one of the keys would you use in this situation? Remind students about the importance of having a trusted adult present during digital usage. If an adult is not around and an adult online asks them to do something, they should seek immediate help from an adult they know. [115.14.b.12.B.i] Explain how to get help from a teacher, parent, or other trusted adult when made to feel bullied, uncomfortable, or unsafe in a digital or online environment. Ask for volunteers to demonstrate their strategies to get help. [115.13.b.12.A.i] 3rd Scenario. Ask students: What would you do if you were Tamera? How do you think Tamera feels? Which one of the keys would you use in this situation? Tell students that they should never share their personal information with anyone without getting permission from a trusted adult in their home. [115.12.b.11.A.i; 115.14.b.12.B.i]

Updated Text: 1M03-4.2 - Keys to Online Safety-Change verbiage - This activity reinforces the students' ability to identify unsafe requests, online and in-person, and provides information on how to respond effectively and when to seek help from a trusted adult.-Added bullet point - Select the Play button to listen to Officer Levon. Tell students that parents or another trusted adult are crucial for helping them navigate online or digital situations because those adults can help determine what is safe and what is not. [115.14.b.12.B.i,ii]- Reworder bullet point - In each scenario, review the keys to staying safe online. At the end of the discussion, reveal the answer and have students compare their responses to the answer on the screen. Then navigate to the next screen by selecting the arrow on the right of the screen. Formatted bullet points and added additional content for discussion to some questions.- 1st Scenario. Ask students: What would you do if you were Raven? Is this an unsafe request? (In this case, the answer is no. It is an unkind situation, but not unsafe.) How do you think Raven's friend feels? Which one of the keys would you use in this situation? Remind students about the differences between teasing, joking, and cyberbullying, and explain the role of a bully and a bystander in a bullying situation. [115.12.b.11.A.i; 115.12.b.12.A.i-ii; 115.13.b.13.A.i-ii; 115.13.b.13. C.i; 115.14.b.12.A.i,ii; 115.16.b.14.B.i] Describe and discuss actions to take in response to bullying. (One appropriate action or response would be to seek help from a trusted adult). [115.12.b.12. C.i] 2nd Scenario. Ask students: What would you do if you were Javier? Is this an unsafe request? How do you think Javier feels? Which one of the keys would you use in this situation? [115.14.b.12.A.i,ii] Remind students about the importance of having a trusted adult present during digital usage. Explain that if a parent or trusted adult is not around when you receive an unsafe request, like asking for personal information or asking to meet somewhere, the appropriate action is to seek immediate help from an adult they know and trust. [115.14.b.12.B.i] Explain how to get help from a teacher, parent, or other trusted adult if they are bullied, made to feel uncomfortable, or made to feel unsafe in a digital or online environment. Ask for volunteers to demonstrate their strategies to get help. [115.13.b.12.A.i] 3rd Scenario. Ask students: What would you do if you were Tamera? Is this an unsafe request? How do you think Tamera feels? Which one of the keys would you use in this situation? Tell students this is an unsafe request and that they should never share their personal information online. Tell students that they should never share their personal information with anyone without getting permission from a parent or trusted adult in their home. Then, explain that the appropriate action is to alert their trusted adult of this unsafe request immediately. [115.12.b.11.A.i; 115.14.b.12.B.i]

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-1.2 - What Do Healthy Helpers Do? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

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Original Text: N/A

Updated Text: Screen: HW 1M03-2.3 - Evaluate (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M05-1.4 - I'm Happy Jingle Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): HW 1M03-4.2

Location: Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: This activity reinforces strengthening the students' ability to respond effectively to unsafe online or in-person situations. Ask students to give examples of ways they interact with people on the internet. Remind them of the importance of staying safe online. Select a key and have students listen to how to stay safe online. [115.12.b.11.A.i; 115.14.b.12.B.i] Navigate to the next page and listen to each scenario. Have students discuss how they would respond. Review the different keys to staying safe online. At the end of the discussion, reveal the answer and have students compare their responses to the answer on the screen.1st Scenario. Ask students: What would you do if you were Raven? How do you think Raven's friend feels? Which one of the keys would you use in this situation? Remind students about the differences between teasing, joking, and cyberbullying. Explain the role of a bully and a bystander in a bullying situation. [115.12.b.11.A.i; 115.12.b.12.A.i-ii;115.13.b.13.A.i-ii; 115.13.b.13. C.i; 115.14.b.12.B.i; 115.16.b.14.B.i] Describe and discuss actions to take in response to bullying. [115.12.b.12. C.i]2nd Scenario. Ask students: What would you do if you

were Javier? How do you think Javier feels? Which one of the keys would you use in this situation? Remind students about the importance of having a trusted adult present during digital usage. If an adult is not around and an adult online asks them to do something, they should seek immediate help from an adult they know. [115.14.b.12.B.i] Explain how to get help from a teacher, parent, or other trusted adult when made to feel bullied, uncomfortable, or unsafe in a digital or online environment. Ask for volunteers to demonstrate their strategies to get help. [115.13.b.12.A.i]3rd Scenario. Ask students: What would you do if you were Tamera? How do you think Tamera feels? Which one of the keys would you use in this situation? Tell students that they should never share their personal information with anyone without getting permission from a trusted adult in their home. [115.12.b.11.A.i; 115.14.b.12.B.i]

Updated Text: Screen: HW 1M03-4.2 - Keys to Online Safety Clarified Teacher Notes to accompany screen activity: This activity reinforces strengthening the students' ability to identify unsafe requests and how to respond effectively to unsafe digitally, online, or in-person situations and explain why obtaining help, especially from parents or other trusted adults when making decisions regarding online or digital use. Ask students to give examples of ways they interact with people on the internet. Remind them of the importance of staying safe online. Select the Play button to listen to Officer Levon. Tell students that parents or another trusted adult are crucial for helping them navigate online or digital situations because those adults can help determine what is safe and what it not. [115.14.b.12.B.i,ii] Select a key and have students listen to how to stay safe online. [115.12.b.11.A.i] Navigate to the next page and listen to each scenario. Have students discuss how they would respond. Review the different keys to staying safe online. At the end of the discussion, reveal the answer and have students compare their responses to the answer on the screen. Then navigate to the next screen by selecting the arrow on the right of the screen.1st Scenario. Ask students: What would you do if you were Raven? Is this an unsafe request? (In this case, the answer is no. It is an unkind situation, but not unsafe.) How do you think Raven's friend feels? Which one of the keys would you use in this situation? Remind students about the differences between teasing, joking, and cyberbullying. Explain the role of a bully and a bystander in a bullying situation. [115.12.b.11.A.i; 115.12.b.12.A.i-i;115.13.b.13.A.i-i; 115.13.b.13. C.i; 115.14.b.12.A.i,ii; 115.16.b.14.B.i]Describe and discuss actions to take in response to bullying. (One appropriate action or response would be to tell an adult). [115.12.b.12. C.i] 2nd Scenario. Ask students: What would you do if you were Javier? Is this an unsafe request? How do you think Javier feels? Which one of the keys would you use in this situation? [115.14.b.12.A.i,ii] Remind students about the importance of having a trusted adult present during digital usage. If an adult is not around and a person online makes an unsafe request like asking for personal information or asking them to meet somewhere, the appropriate action to take is to seek immediate help from an adult they know and trust. [115.14.b.12.B.i] Explain how to get help from a teacher, parent, or other trusted adult when made to feel bullied, uncomfortable, or unsafe in a digital or online environment. Ask for volunteers to demonstrate their strategies to get help. [115.13.b.12.A.i]3rd Scenario. Ask students: What would you do if you were Tamera? Is this an unsafe request? How do you think Tamera feels? Which one of the keys would you use in this situation? Tell students this is an unsafe request and that they should never share their personal information Tell students that they should never share their personal information with anyone without getting permission from a trusted adult in their home. The appropriate action is to alert their trusted adult of this unsafe request immediately. [115.12.b.11.A.i; 115.14.b.12.B.i]

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M08-1.2 - Common Injury Safety Game Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M03-4.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: The activity reinforces strengthening the students' ability to respond effectively to unsafe online or in-person situations This is a freeze dance game so remind students of the four Online Safety body motions.

Updated Text: 1M03-4.3 - Freeze! Think, Tell, Block, Stop! (Gym Game) Removed Strengthening - This screen activity reinforces the students' ability to respond effectively to unsafe online or in-person situations.-Modified Bullet point - This freeze dance game strengthens students' understanding of the four keys to online safety by associating each key with a body motion.-

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-1.3 - Doctor or Dentist? (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M03-2.4 - Evaluation Craft Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-1.5 - Sharing Happiness (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M01-4 - What Is an Emergency? - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

## **Subject: Health Education, Grade 2**

### **Program: *Quaver Health***

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-1.2 - Can You See What I Feel? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M04-4 - What Does Sleep Do for Me? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-2.5 - QLibs (Saying No in Risky Situations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 2M03-4.2 - Tech Talk (Communicating Online) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M07-3 - Use and Misuse of Medications Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-1.4 - Solve the Problems Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M06-3.2 - All About Water Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 2M05-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Four questions originally. In movement notes, "Somersault".

Updated Text: 2M05-2.1 - My Personal Stressors Added questions 5 and 6: "When might you experience positive stress?" and "How can you tell the difference between positive and negative stress?" Addition to teacher notes: Questions: Who can you talk to when you feel stressed about your homework? What can you do to calm down when you feel stressed? What can cause you stress at home? What can cause you stress at school? When might you experience positive stress? How can you tell the difference between negative and positive stress? To expand on Question 5 "When might you experience positive stress?", explain to students that not all stress is bad. Stress is simply the body's response to changes in our lives. Positive stress could be setting a new goal, getting a new sibling, moving to a new house, going on vacation, or a parent getting a cool new job. Negative stressors can be family financial concerns, fights with friends, relationship issues at home, parents getting divorced, or a close family member passing away. [Narrative: 115.14.b.5.B.i] Ask students to give a thumbs up if what an example is a positive stress or a negative stress. [Activity: 115.14.b.5.B.i]: Welcoming a new sibling into their family (thumbs up) Fighting with a friend (thumbs down) Moving to a new home (this could be positive or negative - allow students to explain their answers!) Going on a vacation to a new place (thumbs up) Visiting a new restaurant and had the opportunity to try new food that they don't know if they will like. (thumbs up) Knowing a family member is ill for a long time (thumbs down) Trying out for a new show (thumbs up) Invite students to turn to a partner and share a time in their lives when they felt stress about something that turned out to be an opportunity for personal growth. Call on three students to share for the class as they are comfortable. [Activity: 115.14.b.5.B.i] To expand on Question 6: "How can you tell the difference between negative and positive stress?", explain to students that while negative stress can have negative effects like anxiety, decreased performance, and emotional struggles, positive stress can have positive effects like motivation, excitement, and improved performance. [Narrative: 115.14.b.5.B.i] In movement notes, replaced Somersault with Barrel Roll.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M02-3 - Building Relationships With Trusted Adults - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.



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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-3.4 - Mindset Blaster Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M08-4.4 - Danger of Weapons Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-4.1 - What Does Sleep Do for Me? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M08-3 - Strangers Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-4.3 - Be Careful How You Use the Internet (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-3.1 - Use and Misuse of Medications Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-1.5 - Big and Small Problems (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M06-3.3 - Drink Your Water (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 2M05-2.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Instructions: "Read the case card, discuss, and type answers."

Updated Text: 2M05-2.4 - Stress Solutions Changed instructions to: "Read the case card, type your answers, then discuss."

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-3.1 - Building Relationships With Trusted Adults - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-3.5 - Choosing a Growth Mindset (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-3.2 - Trustful Relationships Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M05-4 - Identifying Strong Feelings Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M01-1 - Exploring My Health at School Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-3.3 - Healthy Helper (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M04-4.2 - Benefits of Sleep Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M08-3.1 - Strangers Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M03-4.4 - Wise Words Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-3.2 - Make the Healthy Choice Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M03-2 - Making Healthy Decisions Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M06-3.4 - Check-In (The Role Water Plays) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 2M06-4.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Q2 (Pink): "Who are trusted adults you could talk to about a situation involving alcohol, drugs, tobacco, and vaping?" Instructions: "Select Random or a box and test your knowledge."

Updated Text: 2M06-4.1 - ReportingQ2 (Pink) changed to: "Who are trusted adults you could talk to about a situation involving alcohol, drugs, tobacco, or vapes?" Instructions changed to: "Select Random or a box, then discuss the questions." Correction in teacher notes: removed "on" from "Prior to the beginning of the lesson, launch each screen activity, and select on all active areas in order to understand the learning potential. This will help with lesson flow, student engagement, and load times." Addition to teacher notes: "Questions: How can a trusted adult help in a situation involving drugs or alcohol? Who are the trusted adults you could talk to about a situation involving alcohol, drugs, tobacco, or vapes? What would you say if someone offered you alcohol or a vape? Why do you think it is against the law to drink alcohol before you're 21? Why do you think some kids try alcohol, drugs, tobacco, or vaping? How should you respond to an emergency involving drugs or alcohol?"

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ISBN: 9781642851427

Current Page Number(s): N/A

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-3.3 - Someone I Can Talk To (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-4.1 - Identifying Strong Feelings Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-1.1 - Exploring My Health at School Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-3.4 - Why Get Healthy Help? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-4.3 - The Sleep Game Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-3.2 - Safe and Unsafe Strangers Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-4.5 - Quiz Challenge - 2 - Responsible Decision Making Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-3.4 - Medication Choices Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-2.1 - Making Healthy Decisions Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 2M06-3.5 - The Role Water Plays (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 2M10-1.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Teacher notes: "This screen activity helps students name and demonstrate the five senses. Click through all of the pages on this screen. Have students name and demonstrate the use of their five senses. [115.12.b.1.A.i] Designate five areas of the gym or classroom and give each the name of a sense. Make a statement and have students go to the correct areas and demonstrate that sense. [115.13.b.1.A.i]For example: We smell with this We watch with this We listen with this We taste with this We feel with this"

Updated Text: 2M10-1.2 - Explore the Five Senses Teacher notes changed to: "This screen activity helps students name and demonstrate the five senses. Listen to the track and encourage students to move along with the lyrics. Explore each sense on all of the pages on this screen. Have students name and demonstrate the use of their five senses. [115.12.b.1.A.i] To add additional movement, designate five areas of the gym or classroom and give each the name of a sense. Make a statement and have students go to the correct areas and demonstrate that sense. [115.13.b.1.A.i] For example: We smell with this....We watch with this....We listen with this....We taste with this....We feel with this...."

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-3.4 - Who Ya Gonna Call? (Building Relationships With Trusted Adults) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-4.2 - Strong Feeling Sort Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 2M01-1.2 - Health at School Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-3.5 - This Or That (Finding The Right Healthy Helper) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-4.4 - Lesson Mindset (What Does Sleep Do for Me?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-3.3 - I Don't Talk to Strangers (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M04-2 - Brushing and Flossing Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-3.5 - QLibs (Use and Misuse of Medications) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-2.2 - Making Healthy Choices Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M07-1 - What Happens at the Doctor? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): NA

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx]

Updated Text: 3M10-1 - Body Systems 1We divided the content of this screen into 3 separate body systems pages for teacher convenience and updated the Teacher Notes as reported in Aug LCEC: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx] **Skeletal System** The skeletal system is the body's central framework, it consists of bones, cartilage, ligaments, and tendons. The skeletal system works in conjunction with the muscular system to help the body move. The skeletal system helps support your body weight and works with the joints, muscles and connective tissue (tendons, ligaments, and cartilage) to help you stand and move. The bones of the skeletal system contain marrow; the marrow produces platelets. The skeletal system protects your vital internal organs: the skull protects the brain, the ribs protect the heart and lungs and your spine protects your spinal cord (part of your nervous system).99% of the body's calcium and 85% of the body's phosphorus is stored in the skeleton. A full grown adult skeleton has between 206 and 213 bones. FUN FACT: You are not born with kneecaps - kneecaps also known as the patella are what are known as sesamoid bones and develop from cartilage. Kneecaps are usually fully developed between the ages of 6-10 years old. **Muscular System** There are three different types of muscle in the body (skeletal, smooth, cardiac). Select "Systems ON" to see examples of the smooth and cardiac muscles. Skeletal muscles are voluntary, which means you can control them. Movement is the primary function of the muscular system. The muscular system works in conjunction with the skeletal system to help us move. The muscular system also helps with stability. skeletal muscles are attached to tendons that stretch over the joints and attach to bones to help move and hold the structure of the skeleton. These same muscles also help with posture and continue to work to keep us in an upright position. There are approximately 650 different (skeletal) muscles in the human body. Skeletal muscles generate heat to help keep us warm. Smooth muscle can be found in your stomach and digestive tract and helps move your food through the digestive process. Smooth muscle can also be found in your respiratory, circulatory, urinary and reproductive systems. Cardiac muscle is found in your heart and is responsible for pumping blood through your body. FUN FACT: Cardiac muscle is the only type of muscle that will contract on it's own without neurologic stimulation. (The nervous system regulates cardiac muscle and controls the rate and rhythm.) **Circulatory System** Allows blood to flow through the body carrying nutrients, oxygen and hormones to different parts of the body, Helps to regulate the body's temperature by bringing more blood to the surface of the skin to cool you off or less to keep you warm. The circulatory system delivers oxygen from the lungs to all of the tissues and carries carbon dioxide away from those same tissues and back to the lungs. The circulatory system helps remove waste products from the body by working with the lungs, lymphatic and urinary system. The circulatory system helps with your body's immune response, by delivering white blood cells and antibodies to fight off disease and infection. The circulatory system holds between 4.7- 5.5 liters of blood. FUN FACT: Every day your blood travels through more than 60,000 miles of blood vessels! **Respiratory System** The human respiratory system is made up of two tracts: The upper respiratory tract, which includes the nose, nasal cavities, and sinuses. The lower respiratory tract, which includes the throat (pharynx), voice box (larynx), windpipe (trachea), lungs, airways (bronchi and bronchioles), and air sacks (alveoli). Respiration is the act of breathing in and out. When you inhale, air enters your lungs when your diaphragm contracts; This creates a vacuum in your lungs causing air to rush in. When you exhale your diaphragm relaxes and pushes the air back out of your lungs. Air contains 21% oxygen; In the lungs oxygen is taken out of the air and passes through the



Air sacs (alveoli) and passes into the blood, where it is carried by Red Blood cells to all the tissues of the body. At the same time oxygen is passing through the air sacs to the bloodstream, carbon dioxide is being passed from the bloodstream back into the air sacs to be expelled during exhalation. The air sacs (alveoli) are very delicate and are responsible for moving oxygen into, and carbon dioxide out of your blood while you are breathing. These air sacs can easily be damaged by smoking and chemicals. If the air sacs are damaged they can no longer effectively remove oxygen from the air. We have two lungs, a right and a left. The right lung has three separate lobes (or branches) and the left lung has two lobes.

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Original Text: N/A

Updated Text: Screen: HW 2M02-3.5 - Matching Game (Building Relationships with Trusted Adults) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-4.3 - Breathing Calms Me Down (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-1.3 - Healthy Me (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M01-4 - Reducing Emergency-Causing Hazards Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-4.5 - Quiz Challenge - 2 - Healthy Practices and Hygiene Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-3.4 - Stranger Smarts Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-2.1 - Brushing and Flossing Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Lesson: HW 2M08-1 - Playground Safety Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-2.3 - All of These Choices (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-1.1 - What Happens at the Doctor? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M02-4 - Bullies, Bystanders, and Victims Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-4.4 - Check-In (Identifying Strong Feelings) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-1.4 - Health Tracker Introduction Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 2M01-4.1 - Reducing Emergency-Causing Hazards Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M05-1 - What My Feelings Mean Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M08-3.5 - Lesson Mindset (Strangers) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-2.2 - Finish with Floss Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-1.1 - Playground Safety Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M03-2.4 - Check-In (Making Healthy Decisions) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-1.2 - What Happens At the Doctor (Video Tour) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M07-1.3 - Checkup Circuit (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-4.1 - Bullies, Bystanders, and Victims Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-4.5 - Quiz Challenge - 2 - Mental Health and Wellness Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-1.5 - QLibs (My Health at School) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-4.3 - Stronger and Safer (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-1.1 - What My Feelings Mean Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

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Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Hot Potato Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M04-2.3 - Brush Your Teeth (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M08-1.2 - Problem-Solving Super-Gogs (Playground Safety) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M03-2.5 - Making Healthy Decisions (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M03-3 - Importance of Goal Setting Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-1.4 - Doctors on Duty Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M02-4.2 - Bullying Roles Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M06-2 - Explore - Making Nutritional Choices Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M01-3 - Why Do I Need Healthy Help? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-4.4 - Emergency Prevention Sorter Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-1.2 - Real Feelings Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Papa Caliente Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 2M04-2.4 - Check-In (Brushing and Flossing) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-1.3 - Be Safe, Be Smart, Be Aware (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-3.1 - Importance of Goal Setting Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 2M07-1.5 - Doctor, Doctor (What Happens at the Doctor?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 2M02-4.3 - Bully, Bully Go Away (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M06-2.1 - Explore - Making Nutritional Choices Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-3.1 - Why Do I Need Healthy Help? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-4.5 - Quiz Challenge - 2 - General Health Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-1.3 - I'm Not a Robot (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Prepare Your Body Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-2.5 - Brushing and Flossing (Futurizations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-1.4 - Check-In (Playground Safety) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-3.2 - Health Goals Road Map Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M07-2 - Introducing Disease Awareness Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-4.4 - The Four W's Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M06-2.2 - Finding Valid Nutrition Information Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-3.2 - Healthy Help in My Community Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M02-1 - Asking for Help Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-1.4 - Teach the Robot Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Prepara Su Cuerpo Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M04-3 - Discovering What Exercise is Right for Me Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-1.5 - Stay Safe At The Playground Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M03-3.3 - Get Motivated (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-2.1 - Introducing Disease Awareness Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-4.5 - Quiz Challenge - 2 - Social Behavior Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M06-2.3 - Healthy Choices (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-1.1 - Asking for Help Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-1.5 - What My Feelings Mean (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Jumpin' Jacks (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): HW 1M03-4.2

Location: Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: This activity reinforces strengthening the students' ability to respond effectively to unsafe online or in-person situations. Ask students to give examples of ways they interact with people on the internet. Remind them of the importance of staying safe online. Select a key and have students listen to how to stay safe online. [115.12.b.11.A.i; 115.14.b.12.B.i] Navigate to the next page and listen to each scenario. Have students discuss how they would respond. Review the different keys to staying safe online. At the end of the discussion, reveal the answer and have students compare their responses to the answer on the screen.1st Scenario. Ask students: What would you do if you were Raven? How do you think Raven's friend feels? Which one of the keys would you use in this situation? Remind students about the differences between teasing, joking, and cyberbullying. Explain the role of a bully and a bystander in a bullying situation. [115.12.b.11.A.i; 115.12.b.12.A.i-ii;115.13.b.13.A.i-ii; 115.13.b.13. C.i; 115.14.b.12.B.i; 115.16.b.14.B.i] Describe and discuss actions to take in response to bullying. [115.12.b.12. C.i]2nd Scenario. Ask students: What would you do if you were Javier? How do you think Javier feels? Which one of the keys would you use in this situation? Remind students about the importance of having a trusted adult present during digital usage. If an adult is not around and an adult online asks them to do something, they should seek immediate help from an adult they know. [115.14.b.12.B.i] Explain how to get help from a teacher, parent, or other trusted adult when made to feel bullied, uncomfortable, or unsafe in a digital or online environment. Ask for volunteers to demonstrate their strategies to get help. [115.13.b.12.A.i]3rd Scenario. Ask students: What would you do if you were Tamera? How do you think Tamera feels? Which one of the keys would you use in this situation? Tell students that they should never share their personal information with anyone without getting permission from a trusted adult in their home. [115.12.b.11.A.i; 115.14.b.12.B.i]

Updated Text: Screen: HW 1M03-4.2 - Keys to Online Safety Clarified Teacher Notes to accompany screen activity: This activity reinforces strengthening the students' ability to identify unsafe requests and how to respond effectively to unsafe digitally, online, or in-person situations and explain why obtaining help, especially from parents or other trusted adults when making decisions regarding online or digital use. Ask students to give examples of ways they interact with people on the internet. Remind them of the importance of staying safe online. Select the Play button to listen to Officer Levon. Tell students that parents or another trusted adult are crucial for helping them navigate online or digital situations

*Proclamation 2022 Report of Editorial Changes (11/10/2021)*

because those adults can help determine what is safe and what it not. [115.14.b.12.B.i,ii] Select a key and have students listen to how to stay safe online. [115.12.b.11.A.i] Navigate to the next page and listen to each scenario. Have students discuss how they would respond. Review the different keys to staying safe online. At the end of the discussion, reveal the answer and have students compare their responses to the answer on the screen. Then navigate to the next screen by selecting the arrow on the right of the screen.1st Scenario. Ask students: What would you do if you were Raven? Is this an unsafe request? (In this case, the answer is no. It is an unkind situation, but not unsafe.) How do you think Raven's friend feels? Which one of the keys would you use in this situation? Remind students about the differences between teasing, joking, and cyberbullying. Explain the role of a bully and a bystander in a bullying situation. [115.12.b.11.A.i; 115.12.b.12.A.i-ii;115.13.b.13.A.i-ii; 115.13.b.13. C.i; 115.14.b.12.A.i,ii; 115.16.b.14.B.i]Describe and discuss actions to take in response to bullying. (One appropriate action or response would be to tell and adult). [115.12.b.12. C.i]2nd Scenario. Ask students: What would you do if you were Javier? Is this an unsafe request? How do you think Javier feels? Which one of the keys would you use in this situation? [115.14.b.12.A.i,ii] Remind students about the importance of having a trusted adult present during digital usage. If an adult is not around and a person online makes an unsafe request like asking for personal information or asking them to meet somewhere, the appropriate action to take is to seek immediate help from an adult they know and trust. [115.14.b.12.B.i] Explain how to get help from a teacher, parent, or other trusted adult when made to feel bullied, uncomfortable, or unsafe in a digital or online environment. Ask for volunteers to demonstrate their strategies to get help. [115.13.b.12.A.i]3rd Scenario. Ask students: What would you do if you were Tamera? Is this an unsafe request? How do you think Tamera feels? Which one of the keys would you use in this situation? Tell students this is an unsafe request and that they should never share their personal information Tell students that they should never share their personal information with anyone without getting permission from a trusted adult in their home. The appropriate action is to alert their trusted adult of this unsafe request immediately. [115.12.b.11.A.i; 115.14.b.12.B.i]

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-3.1 - Discovering What Exercise is Right for Me Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M08-2 - Saying No in Risky Situations Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.



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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 2M03-3.4 - Lesson Mindset (Importance of Goal Setting) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 2M07-2.2 - Ask a Doctor Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Lesson: HW 2M03-1 - Problems Big and Small Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 2M06-2.4 - My Nutrition Promise Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 2M02-1.2 - Life-Saver Flow Chart Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M05-3 - Choosing a Growth Mindset Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Lunch Box Song (Connections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-3.2 - Health Goals Road Map Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M04-3.2 - What Do I Like? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M08-2.1 - Saying No in Risky Situations Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-3.3 - Move and Groove (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-2.2 - Unsafe Situation Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-3.5 - Importance of Goal Setting (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-2.3 - Healthy America (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M03-1.1 - Problems Big and Small Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M06-2.5 - This or That (Making Nutritional Choices) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): 0M06-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change. Teacher notes: All QuaverHealth·PE songs have specifically choreographed moves connected to the lyrics. For the written choreography that accompanies this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. Alternatively, invite students to stand, move, sing, and create their own movements. Students can work in pairs or small groups. Observe student good practice in the classroom, play the song a second time, and have those students lead the group from the front.

Updated Text: 0M06-3.3 - Balance and Nutrition (Music Video) We replaced the lyrics version of this song with a live active music video with dancers. Teacher Notes: All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. These QuaverHealth video songs are designed specifically by Physical Education teachers for students to copy the moves while looking at the screen. Press Play and watch for students that are showing focus and skill. Have them be movement leaders if the song is played again.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-1.3 - Everybody Needs a Little Help (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M05-3.1 - Choosing a Growth Mindset Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

Updated Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M11-1.8 - Mosquitoes and Ticks Select each slide on the right side to navigate to through the screen. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-3.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-2.3 - Practicing Refusal Skills (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M03-4 - Introduce - Communicating Online Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-2.4 - Personal Prevention Practices Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-1.2 - Two Kinds of Problems Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M06-3 - The Role Water Plays Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): 2M04-1.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: No subtitle on screen Not Brushing Teeth - 1 Year bullet points: "Ruby's teeth might die!" "Her teeth might change colors and fall out."

Updated Text: 2M04-1.1 - Consequences of Poor Hygiene Subtitle added: "Consequences of Poor Hygiene" Not Brushing Teeth - 1 Year bullet points changed to: "Ruby's teeth might die!" "Her teeth might change colors and have to be removed."

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M02-1.4 - Do They Need Help? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M05-3.2 - Tug of Mindset Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): HW 3M05-2.2

Location: Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M05-2.2 - Controlling Stress (Managing My Stress) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-3.5 - QLibs (What Exercise is Right for Me?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-2.4 - Keeping It Real (Saying No in Risky Situations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-4.1 - Introduce - Communicating Online Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-2.5 - Symptom Sorting Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M03-1.3 - Big or Small (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M06-3.1 - The Role Water Plays Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 2M04-1.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Instructions: "Select Hands, Teeth, or Shower, then fill out the interactive phrases." Shower interactive phrase - correct answer for washing hair: "twice a week"

Updated Text: 2M04-1.2 - Hygiene Benefits Instructions: changed to "Select Hands, Teeth, or Shower, then complete the interactive phrases." Shower interactive phrase - correct answers for washing hair changed to: "twice a week" "once every two weeks" and "once a month" Addition to teacher notes: "NOTE: Any frequency of hair washing will be correct in this screen. Discuss with students that different hair types require different washing needs. Some people may wash their hair once a day and others may wash their hair once a month."

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M02-1.5 - Asking for Help (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-3.3 - The Mindset Battle (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-3.2 - All About Medicine Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

## Subject: Health Education, Grade 3

### Program: *Quaver Health*

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 3M05-3.2 - Accept, Ask, Share Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-1.4 - My Personal Hygiene Plan Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-4.2 - All About Spiders and Insects Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M03-1 - Evaluating Solutions and Consequences Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-3.4 - Say No to the Misuse Monster Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M01-2.2 - Family and Cultural Traditions (Health-O-Meter) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M06-3 - The Role Water Plays - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): 3M02-2.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Page 1 > "Click to Reveal" Question 2 > "Did you know that the word healthy can describe relationships, too?" Page 4 > Instructions: Sort the friendship qualities into "healthy" or "unhealthy."

Updated Text: 3M02-2.2 - Healthy Friendships Page 1 > Change "Click" to "Select" Question 2 > removed comma after "relationships" Page 4 > Instructions: removed quotes on "healthy" and "unhealthy"

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Current Page Number(s): 3M02-3.1

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Link to Updated Content:

[View Updated Content](#)

Original Text: Instructions: "Press Start and answer the questions each time the music stops." Question: "How can you say no in a respectful way?"

Updated Text: 3M02-3.1 - Healthy and Unhealthy Influences Changed instructions to: "Select Start to play the game, then answer the questions!" Changed question to: "How can you say "No" in a respectful way?" Added questions to teacher notes: "Questions on screen: Describe peer pressure. When you feel pressured to make an unsafe choice, who can you

talk to? What can you do if someone tries to negatively influence you? How can you say "No" in a respectful way? Why is it important to make good choices and resist negative influences? What is an influence?"

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M05-3.3 - I'll Get Through It (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-1.5 - Missing Habits Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M08-4.3 - Gonna Catch You! (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M03-1.1 - Evaluating Solutions and Consequences Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M07-3.5 - Do What's Right (Avoiding Misuse of Medications) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M01-2.3 - Get Together and Move (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M06-3.1 - The Role Water Plays - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 3M03-4.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Teacher notes: - This activity reinforces students accepting personal responsibility for online usage as well as identifying appropriate people to communicate with and appropriate information to share.- Ask students to discuss with a shoulder partner how they communicate with their friends online.- Explain to students that there are safe ways to communicate with their friends online. Ask students some follow-up questions such as: Scenario 1: Was this a respectful way to communicate online? Why or why not? Ask: What are some possible consequences of cyberbullying or inappropriate online use? [115.14.b.12. C.i-iii] Scenario 2: Why is it important to get a trusted adult when someone online you don't know asks you to do something? [115.14.b.12.A.i-ii; 115.14.b.12.B.i-ii] Scenario 3: Is it safe or unsafe to share your personal information through online forms? Ask them to explain their answer. [115.16.b.13.B.ii] Scenario 4: Why should you think about the consequences of sending certain memes or messages online? [115.16.b.13.A.ii]

Updated Text: 3M03-4.2 - Tech Talk (Communicating Online)Changes to teacher notes:- This activity reinforces students' personal responsibility for online usage as well as identifying appropriate people to communicate with and appropriate information to share.- Ask students to discuss with a shoulder partner how they communicate with their friends online.- Ask students to identify safe ways to communicate with their friends online.- Ask students some follow-up questions such as: Scenario 1: Was this a respectful way to communicate online? Why or why not? Ask: What are some possible consequences of cyberbullying or inappropriate online use? [115.14.b.12. C.i-iii] Scenario 2: Why is it important to seek help from a parent or another trusted adult after receiving a request from a stranger online? [115.14.b.12.A.i-ii; 115.14.b.12.B.i-ii] Scenario 3: Is it safe or unsafe to share your personal information through online forms? Ask students to explain their answer. [115.16.b.13.B.ii] Scenario 4: Why should you think about the consequences of sending certain memes or messages online? [115.16.b.13.A.ii]

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Original Text: N/A

Updated Text: Screen: HW 3M05-3.4 - The Road to Strength Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M04-2 - Brushing and Flossing - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-4.4 - Spider and Insect Sorter Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M03-1.2 - The Situations Report Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M08-1 - Water Safety Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M01-2.4 - Family Traditions - Upgrade Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M06-3.2 - All About Water Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 3M04-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Question 1: "How long do you think you should exercise per day?" Question 4: "Who can help you determine what exercises are safe for you to do?"

Updated Text: 3M04-3.1 - What Exercise Is Right for Me? Changes to questions: Q1: "How long should you exercise per day?" Q4: "How might your lungs feel during exercise?" Answers: "Breathing fast" (correct), "No breath at all", "Breathing a little fast" (correct), "Breathing super slow" Additions to teacher notes: " Questions on screen: How long should you exercise per day? Which of these are exercises? What does a good exercise need to be? How might your lungs feel during exercise? What might your heart feel like when you are exercising? How could your muscles feel when exercising?" "To expand on questions 4 and 5, have students observe their heart rate and breathing rate. Ask students to describe the immediate effect of physical activity on their heart and lungs. Explain how the heart and lungs work harder to supply the body with oxygen, helping it get stronger and healthier. Challenging the body in this way regularly improves and maintains health, preventing health challenges associated with conditions like obesity. [116.13.b.8.A.i,ii; 116.14.b.8.A.i,ii]"

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M05-3.5 - Overcoming My Weaknesses (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M04-2.1 - Brushing and Flossing - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-4.5 - Quiz Challenge - 3 - Safety and Accident Prevention Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M03-1.3 - Break Down (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M08-1.1 - Water Safety Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M01-2.5 - This or That (Cultural Influences on Health) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M06-3.3 - Balance and Nutrition (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 3M04-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Teacher notes: All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the written choreography that accompanies Don't Quit, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features.

Updated Text: 3M04-3.3 - Don't Quit (Music Video) Replaced lyrics version of song with music video Change to teacher notes: " All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features."

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 3M06-1 - The Role of Vitamins and Minerals - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-2.2 - Finish with Floss Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Hot Potato Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M03-1.4 - Breaking News: Situations Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-1.2 - Problem-Solving Super-Gogs (Water Safety) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 3M01-4 - Reducing Emergency-Causing Hazards - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-3.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 3M05-1.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Define tab > Physical: bullet point one "asthma" Define tab > What to Say: "I have a \_\_\_\_."

Updated Text: 3M05-1.2 - Coping Statements Define tab > Physical toggle: Replace "asthma" with "shortness of breath" Define tab > What to Say: "I feel \_\_\_\_."

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-1.1 - The Role of Vitamins and Minerals - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M04-2.3 - Brush Your Teeth (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Papa Caliente Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M03-1.5 - Breaking Down Situations (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M08-1.3 - Be Safe, Be Smart, Be Aware (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M01-4.1 - Reducing Emergency-Causing Hazards - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-3.5 - The Role Water Plays (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M01-4.2 - Identify the Hazard Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M07-1 - What Happens at the Doctor? - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): 3M05-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Subtitle: Managing Stress Teacher notes: "Use the Spin button to randomize the questions, or the Next button to go to the next one. Use the Student Selector as a fun way of engaging as many students in the discussion as possible."

Updated Text: 3M05-2.1 - Managing My Stress Update subtitle to: Managing My Stress Added "Roll and Move" button with update teacher notes to:" For additional movement opportunities in either the classroom or the gym, select the Roll and Move button between questions. The dice will randomly choose a move and number of repetitions."

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-1.2 - Major Vitamins and Minerals Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M04-2.4 - Lesson Mindset (Brushing and Flossing - Going Deeper) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Prepare Your Body Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M03-2 - Setting My Intentions Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-1.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M01-4.3 - Emergency (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-1.1 - What Happens at the Doctor? - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 3M07-2.4

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Link to Updated Content:

[View Updated Content](#)

Original Text: Instructions: "Select a category and type your personal prevention practice."

Updated Text: 3M07-2.4 - Personal Prevention Practices Instructions changed to: "Type your personal prevention practices for each category."

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-1.3 - Nutrients (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-2.5 - Brushing and Flossing (Futurizations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Prepara Su Cuerpo Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M03-2.1 - Setting My Intentions Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-1.5 - Safe and Unsafe Water Play Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M01-4.4 - Emergency Prevention Sorter Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-1.2 - What Happens At the Doctor (Video Tours) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 3M07-4.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen is the same.

Updated Text: 3M07-4.3 - Four Dimensions of Health (Music Video) Replaced lyrics version of song with music video Changes to teacher notes: "Songs can be used in many ways and are a very powerful means of communicating and reinforcing a message to students. All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. These QuaverHealth video songs are designed specifically by Physical Education teachers for students to copy the moves while looking at the screen. Press Play and watch for students that are showing focus and skill. Have them be movement leaders if the song is played again."

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-1.4 - Lesson Mindset (The Role of Vitamins and Minerals) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M04-4 - What Does Sleep Do for Me? - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Jumpin' Jacks (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M03-2.2 - Intention for My Day Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M08-2 - Saying No in Risky Situations - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M01-4.5 - Quiz Challenge - 3 - General Health Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-1.3 - Checkup Circuit (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 3M08-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Instructions: "Select Random or a toy and test your knowledge."

Updated Text: 3M08-3.1 - Safe Spaces in the Community Change instructions to "Select Random or a toy, and discuss the questions."

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M06-1.5 - Food Sorter (Vitamins and Minerals) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

*Proclamation 2022 Report of Editorial Changes (11/10/2021)*



Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M04-4.1 - What Does Sleep Do for Me? - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Lunch Box Song (Connections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M03-2.3 - Set My Course (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M08-2.1 - Saying No in Risky Situations - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 3M02-4 - Assertiveness and Bullying Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M07-1.4 - Doctors on Duty Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): 3M08-3.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original VO for page 1 Mayor Walker: "Welcome to Brookview! I am Mayor Walker. I'm so glad you have decided to visit us! We love our different communities and we work together to make it safe. Our town motto is (Mayor says it in an upbeat chant format): 'Rules, Respect, Community Helpers!' Let's all stand up and say it together: (pause) ready, go! 'Rules, Respect, Community Helpers.' Great job! Now, please take a walk around and visit our communities."

Updated Text: 3M08-3.4 - Rules, Respect, and Community Helpers (Community Map) Audio Update: Replaced Mayor Walker's VO on Page 1 with: "Welcome back! I'm so glad you decided to visit us again! We love our community and we ALL can work together to make it a safe place for everyone. Do you remember what makes our community safe? Let's all stand up and say it together, (Mayor says it in an upbeat chant format) 'Rules, Respect, Community Helpers.' That's right, let's say it again: Ready, go, 'Rules, Respect, Community Helpers.' Great job, you got it! Now, let's take a walk back

*Proclamation 2022 Report of Editorial Changes (11/10/2021)*

through one of the communities and see what you remember.” Art Update: For each fill-in the blank pop-up: Added the word "Your" Ex: "Name of your Police Department" This will add more ownership for the students so they filling in the blank with their own community buildings, not Brookview's. This is only true for the police station, school, fire department, community center, hospital, store, park, urgent care, and library (did not add this to vacant building or place of worship).

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M06-2 - Making Nutritional Choices Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M04-4.2 - Benefits of Sleep Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

Updated Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M03-2.4 - Set My Course (Analyze the Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M08-2.2 - Unsafe Situation Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M03-2.5 - Setting My Intentions (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M08-2.3 - Practicing Refusal Skills (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M02-4.1 - Assertiveness and Bullying Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M07-1.5 - What Happens at the Doctor? Going Deeper (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): NA

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx]

Updated Text: 3M10-1 - Body Systems 1We divided the content of this screen into 3 separate body systems pages for teacher convenience and updated the Teacher Notes as reported in Aug LCEC: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx] **Skeletal System** The skeletal system is the body's central framework, it consists of bones, cartilage, ligaments, and tendons. The skeletal system works in conjunction with the muscular system to help the body move. The skeletal system helps support your body weight and works with the joints, muscles and connective tissue (tendons, ligaments, and cartilage) to help you stand and move. The bones of the skeletal system contain marrow; the marrow produces platelets. The skeletal system protects your vital internal organs: the skull protects the brain, the ribs protect the heart and lungs and your spine protects your spinal cord (part of your nervous system).99% of the body's calcium and 85% of the body's phosphorus is stored in the skeleton. A full grown adult skeleton has between 206 and 213 bones. FUN FACT: You are not born with kneecaps - kneecaps also known as the patella are what are known as sesamoid bones and develop from cartilage. Kneecaps are usually fully developed between the ages of 6-10 years old. **Muscular System** There are three different types of muscle in the body (skeletal, smooth, cardiac). Select "Systems ON" to see examples of the smooth and cardiac muscles. Skeletal muscles are voluntary, which means you can control them. Movement is the primary function of the muscular system. The muscular system works in conjunction with the skeletal system to help us move. The muscular system also helps with stability. skeletal muscles are attached to tendons that stretch over the joints and attach to bones to help move and hold the structure of the skeleton. These same muscles also help with posture and continue to work to keep us in an upright position. There are approximately 650 different (skeletal) muscles in the human body. Skeletal muscles generate heat to help keep us warm. Smooth muscle can be found in your stomach and digestive tract and helps move your food through the digestive process. Smooth muscle can also be found in your respiratory, circulatory, urinary and reproductive systems. Cardiac muscle is found in your heart and is responsible for pumping blood through your body. FUN FACT: Cardiac muscle is the only type of muscle that will contract on it's own without neurologic stimulation. (The nervous system regulates cardiac muscle and controls the rate and rhythm.) **Circulatory System** Allows blood to flow through the body carrying nutrients, oxygen and hormones to different parts of the body, Helps to regulate the body's temperature by bringing more blood to the surface of the skin to cool you off or less to keep you warm. The circulatory system delivers oxygen from the lungs to all of the tissues and carries carbon dioxide away from those same tissues and back to the lungs. The circulatory system helps remove waste products from the body by working with the lungs, lymphatic and urinary system. The circulatory system helps with your body's immune response, by delivering white blood cells and antibodies to fight off disease and infection. The circulatory system holds between 4.7- 5.5 liters of blood. FUN FACT: Every day your blood travels through more than 60,000 miles of blood vessels! **Respiratory System** The human respiratory system is made up of two tracts: The upper respiratory tract, which includes the nose, nasal cavities, and sinuses. The lower respiratory tract, which includes the throat (pharynx), voice box (larynx), windpipe (trachea), lungs, airways (bronchi and bronchioles), and air sacks (alveoli). Respiration is the act of breathing in and out. When you inhale, air enters your lungs when your diaphragm contracts; This creates a vacuum in your lungs causing air to rush in. When you exhale your diaphragm relaxes and pushes the air back out of your lungs. Air contains 21% oxygen; In the lungs oxygen is taken out of the air and passes through the

Air sacs (alveoli) and passes into the blood, where it is carried by Red Blood cells to all the tissues of the body. At the same time oxygen is passing through the air sacs to the bloodstream, carbon dioxide is being passed from the bloodstream back into the air sacs to be expelled during exhalation. The air sacs (alveoli) are very delicate and are responsible for moving oxygen into, and carbon dioxide out of your blood while you are breathing. These air sacs can easily be damaged by smoking and chemicals. If the air sacs are damaged they can no longer effectively remove oxygen from the air. We have two lungs, a right and a left. The right lung has three separate lobes (or branches) and the left lung has two lobes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M06-2.1 - Making Nutritional Choices Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-4.3 - The Sleep Game Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 3M04-1 - Consequences of Poor Hygiene - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-2.4 - Keeping It Real (Saying No in Risky Situations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M02-4.2 - Three Voices Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M07-3 - Avoiding Misuse of Medications Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.



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Link to Current Content:

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Current Page Number(s): HW 3M05-2.2

Location: Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M05-2.2 - Controlling Stress (Managing My Stress) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): NA

Location: NA

Link to Updated Content:

[View Updated Content](#)

Original Text: The original text remains the same; we have packaged together Feedback Sandwich, Steps to Persevere, Beyond the Gym, and several songs into a Unit format for teacher convenience.

Updated Text: 3M10-2 - Beyond the Gym The original text remains the same; we have packaged together Feedback Sandwich, Steps to Persevere, Beyond the Gym, and several songs into a Unit format for teacher convenience.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-2.2 - Finding Valid Nutrition Information Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-4.4 - Lesson Mindset (What Does Sleep Do for Me?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-1.1 - Consequences of Poor Hygiene - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-2.5 - QLibs (Saying No in Risky Situations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M02-4.3 - Stand Up for Yourself (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-3.1 - Avoiding Misuse of Medications Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-3.2 - All About Medicine Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-2.3 - Healthy Choices (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-4.5 - Quiz Challenge - 3 - Healthy Practices and Hygiene Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M04-1.2 - Hygiene Benefits Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 3M08-4 - Safety with Spiders and Insects - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M02-4.4 - Speaking Assertively Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-3.2 - All About Medicine Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M01-2 - Cultural Influences on Health Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-2.4 - My Nutrition Promise Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 0M06-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change. Teacher notes: All QuaverHealth-PE songs have specifically choreographed moves connected to the lyrics. For the written choreography that accompanies this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. Alternatively, invite students to stand, move, sing, and create their own movements. Students can work in pairs or small groups. Observe student good practice in the classroom, play the song a second time, and have those students lead the group from the front.

Updated Text: 0M06-3.3 - Balance and Nutrition (Music Video) We replaced the lyrics version of this song with a live active music video with dancers. Teacher Notes: All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song

Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. These QuaverHealth video songs are designed specifically by Physical Education teachers for students to copy the moves while looking at the screen. Press Play and watch for students that are showing focus and skill. Have them be movement leaders if the song is played again.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M05-3 - Overcoming My Weaknesses Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-1.3 - Feelin' Fresh Every Day (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M08-4.1 - Safety with Spiders and Insects - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M02-4.5 - Quiz Challenge - 3 - Social Behavior Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M07-3.3 - Medicine (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M01-2.1 - Cultural Influences on Health Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M06-2.5 - This or That (Making Nutritional Choices) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): 3M02-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change.

Updated Text: 3M02-2.1 - Healthy and Unhealthy Friendships Added space between sentence stem and blank for questions 5 and 6 Added questions to teacher notes: "Questions on screen: What qualities are you looking for in a friend? How might you feel when a friend isn't being a good friend? What might respect look like in a friendship? Tell about a healthy friendship from a show, book, or movie. How could you stand up for a friend who is being picked on? Why is it important to learn how to work through problems in a friendship?"

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M05-3.1 - Overcoming My Weaknesses Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

## **Subject: Health Education, Grade 4**

### **Program: *Quaver Health***

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M01-4.2 - Anticipating Emergencies Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-4.1 - Setting Sleep Routines Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M06-1.2 - Reading Food Labels Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 0M06-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change. Teacher notes: All QuaverHealth·PE songs have specifically choreographed moves connected to the lyrics. For the written choreography that accompanies this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. Alternatively, invite students to stand, move, sing, and create their own movements. Students can work in pairs or small groups. Observe student good practice in the classroom, play the song a second time, and have those students lead the group from the front.

Updated Text: 0M06-3.3 - Balance and Nutrition (Music Video) We replaced the lyrics version of this song with a live active music video with dancers. Teacher Notes: All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. These QuaverHealth video songs are designed specifically by Physical Education teachers for students to copy the moves while looking at the screen. Press Play and watch for students that are showing focus and skill. Have them be movement leaders if the song is played again.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-1.2 - Healthy Habits at Home and School Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-1.4 - Analyze the Story: Sonder and Ben Meet Captain Rewind Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M02-3 - Healthy and Unhealthy Influences - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M08-4.1 - Understanding Dangers of Guns and Other Weapons Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-4.2 - Know the Facts (Dangers of Guns) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-4.3 - Think Quick! (Preventing An Emergency) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-4.2 - Bedtime Basics Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M06-1.4 - What's Really In Your Food? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 4M01-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Question 1: "Describe a time when you made a mistake and needed an adult's help to make it better?"

Updated Text: 4M01-3.1 - Finding The Right Healthy Helper Changed question 1 to "Name trusted adults you can ask for help." Addition to teacher notes: "Questions on screen: Name trusted adults you can ask for help. Describe a time when you asked an adult for help with a fitness goal. Describe a time when you noticed something unusual with your body and asked an adult for help. Describe a time when you felt unsafe and had to ask an adult you didn't know for help."

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-1.2 - Can You See What I Feel? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M04-1.3 - Feelin' Fresh Every Day (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-1.5 - Learning from Situations (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 4M02-3.1 - Healthy and Unhealthy Influences - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-3.2 - Battle of the Influences Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-4.3 - I Spy (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-4.4 - Making Safe Decisions Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-4.3 - Pillow Fort Defenders (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M06-1.5 - QLibs (Food Labels) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 4M03-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Q1: Define the word evaluation.Q2: How can you tell a decision is good?Q3. How can you evaluate a decision?Q4: What does criteria mean?Q5: Why is it important to make good decisions?Q6: How can we learn from a bad decision?

Updated Text: 4M03-2.1 - Evaluating My Decisions Added bullet - Select each icon around Celisa to learn the different benefits of sleep. Updated Verbiage - Select the Info button and then select the Play button to hear from Dr. Peters about good sleep.- Changed Verbiage - Ask students to select a circle, then ask them to make up a movement to accompany each sleep benefit. They can also mirror the action Celisa is performing on the screen:- Meerged bullet points - To expand the activity, try speeding up the phrases for more fun or add in actions for other healthy habits, such as exercise, eating healthy foods, or wearing a seatbelt.- Update narration to match what is on screen

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M01-1 - Health in My Community Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M04-1.4 - My Healthy Habits Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M05-3 - Improving Myself Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M03-3 - Steps to Achieving My Goal Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-3.3 - Move and Discuss (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-4.4 - Dangers of Weapons Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-4.5 - Quiz Challenge - 4 - General Health Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M04-4.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M06-2 - Negative Effects of Food Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): 4M06-4.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Page 2 > "Losing Team" All "Did You Know" statements say "Question 1" "Question 2" and "Question 3"Drugs > Third Bullet > "Prescription pills, such as painkillers, can be deadly."

Updated Text: 4M06-4.2 - Know the Facts Page 2 > changed "Losing Team" to "Movement" All "Did You Know" statements changed to "Fact 1" "Fact 2" "Fact 3"Drugs > Third Bullet > changed to: "Prescription pills, such as painkillers, can be deadly when used incorrectly."

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M01-1.1 - Health in My Community Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-1.5 - Healthy Habits Can Help Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M05-3.1 - Improving Myself Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-3.1 - Steps to Achieving My Goal Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-3.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-4.5 - Weapon Safety Chant Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M02-1 - Reading Body Language Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-4.5 - Quiz Challenge - 4 - Healthy Practices and Hygiene Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 4M06-2.1 - Negative Effects of Food Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 4M07-1.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Q5: What is a coping skill?Q6: Who can you talk to if you need help with your thoughts, feelings, or behaviors?

Updated Text: 4M07-1.1 - Caring for My Mental HealthQ5: changed to How does mental health affect someone's behavior? Q6: changed to How does mental health affect someone's overall health? Addition to teacher notes: Questions on screen: What is mental health? Who at your school can help you care for your mental health? Who in your community can help you care for your mental health? Why is mental health important? How does mental health affect someone's behavior? How does mental health affect someone's overall health?

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-1.2 - Helpers in My Community Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M04-2 - Exploring Lifetime Benefits of Healthy Teeth Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M05-3.2 - Improve Myself Every Day Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M03-3.2 - Goals Checklist Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-3.5 - QLibs (Healthy and Unhealthy Influences) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Hot Potato Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-1.1 - Reading Body Language Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M05-2 - When I Feel Anxious Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M06-2.2 - Effects of Certain Foods and Ingredients Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 4M07-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Question: 6: What should you do when you feel sick?

Updated Text: 4M07-2.1 - Communicable and Noncommunicable Diseases Question: What types of diseases cause the most deaths? Answer: Heart disease and lower respiratory infection Teacher notes - added questions for teacher convenience: Questions on screen: What is mental health? Who at your school can help you care for your mental health? Who in your community can help you care for your mental health? Why is mental health important? How does mental health affect someone's behavior? How does mental health affect someone's overall health?

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-1.3 - Helping Your Community (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-2.1 - Exploring Lifetime Benefits of Healthy Teeth Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M05-3.3 - Working Towards a Better Me (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M03-3.3 - Working on My Dreams (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M02-4 - Standing Up for Others Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Papa Caliente Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-1.2 - Can You See What I Feel? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M05-2.1 - When I Feel Anxious Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M06-2.3 - Food Reactions (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 4M07-2.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: The screen has changed from a Lyrics page to a full music video

Updated Text: 4M07-2.3 - Healthy America (Music Video)Screen features video movements rather than just lyrics now.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-1.4 - Health Tracker Introduction (Journal) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M04-2.2 - Molar Movies Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M05-3.4 - Journaling Center Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M03-3.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M03-3.5 - Long-Term Goals Cafe Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-4.1 - Standing Up for Others Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Prepare Your Body Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-1.3 - I See How You're Feeling (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M05-2.2 - All About Anxious Feelings Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M06-2.4 - Nutritious Substitutions Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 4M07-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: The lesson notes have an added bullet describing the questions that will be seen on the screen.

Updated Text: 4M07-3.1 - Why Do I Need a Prescription? Questions on screen: What is the purpose of a prescription drug? What medicines do require a doctor's prescription? What are the pros and cons of non-prescription medicines? What are some of the benefits of prescription medicines?

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M01-1.5 - This or That (Health in My Community) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M04-2.3 - Practicing Self-Discipline (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M05-3.5 - Improving Myself (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M03-4 - Sharing Information Online Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-4.2 - Whose Side Are You On? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Prepara Su Cuerpo Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-1.4 - Project Emotion-Way Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M05-2.3 - Nerves (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M06-2.5 - Train the Brain (Negative Effects of Food) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 4M07-3.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Added clarifying note to the screen After correctly sorting all of the medications on page two of this screen, describe and discuss proper use and misuse of over-the-counter drugs and prescription drugs.

Updated Text: 4M07-3.2 - Types of Medications After correctly sorting all of the medications on page two of this screen, describe and discuss proper use and misuse of over-the-counter drugs and prescription drugs. Explain the OTC is an abbreviation for Over-The-Counter.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M01-2 - Discover - Managing My Health Influences Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M04-2.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M05-4 - Expressing Empathy Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M03-4.1 - Sharing Information Online Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-4.3 - Speak Up (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Jumpin' Jacks (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-1.5 - Reading Body Language (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M05-2.4 - Coping Corners Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M08-1 - Introduce - Advocating for Accident Prevention Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 4M07-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: The lesson notes have an added bullet describing the questions that will be seen on the screen.

Updated Text: 4M07-3.3 - Think Quick! (Prescription Scramble) Questions for the game (on screen): This prescription should be taken \_\_\_ times each day. (3) This medication is prescribed to \_\_\_. (Jane Kirby) The name of this medication is \_\_\_. (Amoxicillin) This medication expires on \_\_\_. (August 1, 2022) On what date was this medication prescribed? (June 1, 2020) The medication was prescribed by \_\_\_. (Doctor Smith)

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M01-2.1 - Discover - Managing My Health Influences Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M04-2.5 - Dentist, Dentist (Lifetime Benefits of Healthy Teeth) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M05-4.1 - Expressing Empathy Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-4.2 - What Is Okay To Say? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-4.4 - You Have the Power Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Lunch Box Song (Connections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M02-2 - Respecting Individual Differences Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M05-2.5 - When I Feel Anxious (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-1.1 - Introduce - Advocating for Accident Prevention Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 4M07-3.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Final bullet point added to the notes clarifying the acronym

Updated Text: 4M07-3.4 - Doctor's Orders Select the arrow on the right to play a game to memorize the acronym.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-2.2 - What Influences Mateo? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M04-3 - Exercise and My Well-Being Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M05-4.2 - Letting Your Empathy Show Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M05-4.3 - Feel the Same Way (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-4.3 - Be Careful How You Use the Internet (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-4.5 - Quiz Challenge - 4 - Social Behavior Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

Updated Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-2.1 - Respecting Individual Differences Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-1.2 - Reduce the Risks Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: Quaver Health Online License**

ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 4M07-4.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: On screen wording of text fill out sentence has changed along with clarifying note: To boost my overall health I can \_\_\_\_\_ -

Updated Text: 4M07-4.4 - My Healthy Habit Plan "I can \_\_\_\_\_ to boost my (select one or more dimension: social, intellectual, emotional, physical) health."

**Component: Quaver Health Online License**

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M01-2.3 - Four Dimensions of Health (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M04-3.1 - Exercise and My Well-Being Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-3.2 - Health Benefits of Exercise Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M05-4.4 - Kind Minds Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-4.4 - Lesson Mindset (Sharing Information Online) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M03-1 - Learning from Situations Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-2.2 - Let's Connect Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-1.3 - Prevent, Respond, and Hazards (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

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Current Page Number(s): 4M08-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: The lesson notes have an added bullet describing the questions that will be seen on the screen.

Updated Text: 4M08-3.1 - Situational Awareness Questions on screen: What does it mean to observe something? What does it mean to identify something? What is a situation? What makes a situation dangerous? What are some dangerous situations? How do you react to a dangerous situation?

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-2.4 - Decision Machine (Managing My Health Influences) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-2.5 - QLibs (Managing My Health Influences) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-3.4 - True or False? (Exercise and My Well-Being) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M05-4.5 - Quiz Challenge - 4 - Mental Health and Wellness Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M03-4.5 - Quiz Challenge - 4 - Responsible Decision Making Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-1.1 - Learning From Situations Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-2.3 - You-Nique (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-1.4 - Safety Pledge Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.16.b.1.A.i-xx] When exploring the Nervous System, explain how the brain develops through maturation: As you get older, your brain goes through many changes. As you grow, the thinking part of your brain is getting rid of unused connections and strengthening connections that you use a lot. Your brain also develops from the back to the front. The front part of your brain is called the prefrontal cortex which is responsible for decision making, and it is the last part of the brain to develop. In the middle of your brain is your limbic system. In your limbic system are the parts of your brain that are responsible for your emotions. When you feel a strong emotion, your limbic system takes away control from your prefrontal cortex, and it makes it harder for you to make smart decisions. This is also the reason why you may experience lots of changes in your mood. If desired, use the Draw or Type tool in the Menu to add keywords to the screen such as "prefrontal cortex" and "limbic system." Ask students to turn to a partner and explain in their own words the parts of the brain, how it develops through childhood and maturation, and how it affects mood and behavior. [115.15.b.3. C.i,ii; 115.16.b.3. C.i-iv]

Updated Text: 4M10-2 - Body Systems 2We divided the content of this screen into 3 separate body systems pages for teacher convenience and updated the Teacher Notes as reported in Aug LCEC: Nervous, Immune, Digestive, and Integumentary Systems Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.16.b.1.A.i-xx] Nervous System Question: What do you think is the most important system in the body? Answer: The nervous system. The nervous system is made up of the brain, spinal cord, and nerves. There are two parts of the nervous system: Central nervous system: made up of the brain and spinal cord. Peripheral nervous system: which are all the nerves that run throughout the body. Your nervous system is much like a computer: the brain is much like the main processor in your computer and controls every single cell, organ, and system in your body by sending and receiving information through the rest of the nervous system. The brain receives information from your five senses via the nervous system. The information is sent to the brain through special nerves called sensory or afferent nerves where the brain can process the information and determine what to do with it. The brain will then send information back out to the body through motor or efferent nerves to respond to the stimulus. Here is a good example: If you were to touch something really hot, your sense of touch would send a message through the sensory nerves to your brain telling your brain this is really hot. Your brain would then say "Hey this can burn me!". Your brain would then send a message through the motor nerves to the muscles of your hand and arm telling those muscles to contract and pull the hand away from the hot item so you don't get burned. Nerve impulses can travel at speeds of 0.5-2 meters per second for sensory nerves up to 120 meters per second for motor nerves! When exploring the nervous system, explain how the brain develops through maturation: As you get older, your brain goes through many changes. As you grow, the thinking part of your brain is getting rid of unused connections and strengthening connections that you use a lot. Your brain also develops from the back to the front. The front part of your brain is called the prefrontal cortex which is responsible for decision making, and it is the last part of the brain to develop. In the middle of your brain is your limbic system. In your limbic system are the parts of your brain that are responsible for your emotions. When you feel a strong emotion, your limbic system takes away control from your prefrontal cortex, and it makes it harder for you to make smart decisions. This is also the reason why you may experience lots of changes in your mood.Explain that development of the frontal cortex isn't complete until a person is in their 20s.If desired, use the Draw or Type tool in the Menu to add keywords to the screen such as

“prefrontal cortex” and “limbic system.” Ask students to turn to a partner and explain in their own words the parts of the brain, how it develops through childhood and maturation, and how it affects mood and behavior. [115.15.b.3. C.i,ii; 115.16.b.3. C.i-iv]For more information and activities exploring how brain development during childhood affects decision making, please check out “Marvin's Marvelous Brain”, “Who's In Control?”, and “I-Messages Expanded” in the Health Toolbox. [115.17.b.5.B.ii]FUN FACT: Your body contains well over 100 Billion Nerve cells!

**Immune System** The overall function of the immune system is to prevent or limit infection. Although part of the integumentary system, the skin is the first line of defense in the immune system. The skin acts as a physical barrier, protecting you from microbes that can cause illness. This is one of the reasons why hand washing is so important. White blood cells are produced in the bone marrow. These white blood cells are what fight off disease and infection in the body. When there is an infection or illness that we come in contact with, a healthy immune system will recognize there are unwelcome germ(s) in the body. The immune system will then react by sending out a specific type of white blood cell (basophils) that sound an alarm, this will cause an immune response and the body will send out other types of white blood cells to fight off and destroy the germs/bacteria, etc. that can cause you to get sick. Once exposed to a “germ” and your body has sent out white blood cells to fight off the illness, your immune system will create antibodies that will help your immune system fight off these germs in the future. Some people have a weakened immune system and are unable to produce enough of an immune response to keep them from getting ill. Things that can weaken your immune system are: poor diet, lack of proper rest, lack of exercise, and too much stress.

**Digestive System** The human digestive system has many components to it. It begins at the mouth and includes the throat, esophagus, stomach, small intestine, large intestine, and colon. It also includes other organs and glands such as the salivary glands, liver, gallbladder, pancreas, gastric glands and bile duct. Digestion begins in the mouth where the food is mixed with saliva and ground up into a bolus. This bolus then travels down the esophagus where it passes through a valve called the lower esophageal sphincter and into the stomach. In the stomach the bolus of food will spend about four hours in the stomach where your stomach churns and mixes the bolus of food with acidic juices and enzymes to help break it down into a pulpy fluid called chyme. This mixture then passes to the small intestine where it is digested even further using juices from the liver and gallbladder. Nutrients are then absorbed into the bloodstream before the waste products pass to the large intestine where they are eventually eliminated through the rectum and anus. The small intestine is about 22 feet long and the large intestine is about six feet long. Food moves through the digestive tract through a wave-like muscular contraction (smooth muscle) called peristalsis that pushes the food from the esophagus all the way through the stomach, small intestine, large intestine and out of your body. The acid in the stomach also helps keep us healthy by killing much of the bad bacteria that can get into our body through our food.

**Integumentary System** The integumentary system is made up of your skin, hair, hair, nails, and glands. The integumentary system protects our body from the environment. Things like UV rays, bacteria and some toxins and pollutants. Your skin is the largest organ in the body. The integumentary system helps to regulate body temperature. Working with the circulatory system and sweat glands, the integumentary system helps keep us cool when it is hot by producing sweat on the skin that will cause an evaporative cooling effect on the body, drawing heat away from the skin and blood vessels near the surface of the skin. The skin and hair can also help to keep us warm when it is cold out by acting as insulation. The skin works with the nervous system to allow us to have a sense of touch through thermoreceptors (for temperature), nociceptors (for pain) and mechanoreceptors (for pressure). There are three layers to your skin: Epidermis (outer layer) Dermis (middle layer) Subcutaneous fat layer (hypodermis - which is the deepest layer). FUN FACT: Your skin is made up of individual cells. The oldest cells are on the top of your skin and are the thickest. Your skin is constantly shedding or getting rid of these old cells; We lose about 200,000,000 dead skin cells per day!

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M01-4 - Preventing an Emergency Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-3.5 - Exercise and My Well-Being (Futurizations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M06-1 - Introducing Food Labels Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.



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ISBN: 9781642851427

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M04-1 - Creating Healthy Habits Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-1.2 - Sonder and Ben Meet Captain Rewind (Story) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-2.4 - My Personality Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-1.5 - Topic Discussion (Advocating for Accident Prevention) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-4.1 - Preventing an Emergency Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Lesson: HW 4M04-4 - Setting Sleep Routines Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 4M06-1.1 - Introducing Food Labels Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M04-1.1 - Creating Healthy Habits Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M03-1.3 - Trial Run (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M02-2.5 - I Am Unique Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Lesson: HW 4M08-4 - Understanding Dangers of Guns and Other Weapons Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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**Program: *Quaver Health***

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M04-3.1 - Exercise and My Well-Being - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M02-2.3 - Who We Are (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

Updated Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

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Current Page Number(s): 5M06-2.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen is the same.

Updated Text: 5M06-2.3 - Think Quick (Eating Disorders)Added text to How to Play Pop Up: Purpose:"Eating disorders have a negative impact on all four dimensions of our overall health. In this gym game you will practice recognizing the signs of common eating disorders and learning how to respond if you see those signs in yourself or someone close to you."Materials:Cones, bean bags, or vinyl dots to mark play areas.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M08-2.2 - Personal Boundaries Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 5M05-2 - Consequences of Stress Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M04-3.2 - Health Benefits of Exercise Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M02-2.4 - Diversity Circles Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M07-1.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Question:6. Why is it important to talk about sadness?

Updated Text: 5M07-1.1 - Where to Go if I Feel Sad  
Question:6. Where can you find information about depression?  
Teacher notes - added questions on screen for teacher convenience: Questions on screen: How do you feel today? When you feel sad, what helps you feel better? What would you say to a friend who is feeling sad? Who can you talk to when you feel sad? What is the difference between sadness and depression? Where can you find information about depression?

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M08-2.3 - The Boundary Game Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M05-2.1 - Consequences of Stress Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 5M05-3 - Using My Strengths to Help Others Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M04-3.4 - True or False? (Exercise and My Well-Being) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M02-2.5 - Appreciating Diversity (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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[View Updated Content](#)

Original Text: Original text on screen is the same.

Updated Text: 5M07-1.3 - Talk It Out Tag (Gym Game) Added text to How to Play Pop Up: Purpose: "Today we learned about feeling sad and when we need to seek help. In this gym game you will practice sharing your feelings with your classmates."

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M08-4.4 - Danger of Weapons Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M08-2.4 - Saying No Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 0M06-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change. Teacher notes: All QuaverHealth·PE songs have specifically choreographed moves connected to the lyrics. For the written choreography that accompanies this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. Alternatively, invite students to stand, move, sing, and create their own movements. Students can work in pairs or small groups. Observe student good practice in the classroom, play the song a second time, and have those students lead the group from the front.

Updated Text: 0M06-3.3 - Balance and Nutrition (Music Video) We replaced the lyrics version of this song with a live active music video with dancers. Teacher Notes: All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. These QuaverHealth video songs are designed specifically by Physical Education teachers for students to copy the moves while looking at the screen. Press Play and watch for students that are showing focus and skill. Have them be movement leaders if the song is played again.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M05-3.1 - Using My Strengths to Help Others Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M04-3.5 - Exercise and My Well-Being (Futurizations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 5M02-4 - Conflict or Bullying? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Link to Current Content:

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Current Page Number(s): 5M07-2.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original character voice over (last line): "I told him that stress is normal, but minor illnesses aren't cause for concern."

Updated Text: 5M07-2.2 - Supporting Our Friends Updated Ms. Kasey's VO - updated last line: "Minor illnesses aren't cause for concern, but he does need to be careful to keep his germs to himself so he doesn't get anyone else sick."

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 5M01-1 - Planning My Healthy Future Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M08-2.5 - Setting Personal Boundaries (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 5M01-1.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Questions: 1: What would you like to be when you grow up?2: How can your choices now affect your future life goals?3: Why is it important to have short- and long-term goals?4: How is a life goal similar to a life dream?5: How do your choices affect your health today?6: How can your health affect your future life goals?

Updated Text: 5M01-1.2 - Healthy Choices Today for Tomorrow Changed questions on screen and added sentence stems: 1: How does reading and studying for long periods affect your health? -> Studying and reading for long periods can affect my health by \_\_\_\_\_. 2: How does a physical activity such as running affect your health? Physical activity like running affects my health by \_\_\_\_\_. 3: What is an emotional behavior that affects your health? Emotional behaviors that affect my health include \_\_\_\_\_. 4: How can making friends affect your health? Making friends affects my health by \_\_\_\_\_. 5: If you had to change one health-related behavior what would it be and why? The health behavior I can change is \_\_\_\_\_. 6: How do your health-related behaviors affect your future? My current health-related behaviors can affect my future by \_\_\_\_\_.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M05-3.2 - What Makes a Big Heart Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 5M04-4 - Setting Sleep Routines - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M02-4.1 - Conflict or Bullying? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

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Current Page Number(s): 5M07-2.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: "Fact"

Updated Text: 5M07-2.4 - Medical Myths Updated "Fact" pop-up to have an exclamation point. "Fact!"

**Component: Quaver Health Online License**

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M01-1.1 - Planning My Healthy Future Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: Quaver Health Online License**

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 5M08-4 - Dangers of Guns and Other Weapons Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 5M01-1.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Questions: 1: Is playing a video game for hours a healthy behavior? Why or why not?2: Which are healthier: fresh vegetables or potato chips? Why?3: Why do we trust a dentist?4: If your friends think something is cool, does that mean it's a healthy behavior? 5: Can soda make us fly? Why would an ad suggest that it can?6: If your gut is telling you, "no", should you listen to it? Original Teacher Note: Review question four, "If your friends think something is cool, does that mean it's a healthy behavior?" Guide a class discussion about how friends can influence our decisions and behaviors.

Updated Text: 5M01-2.1 - Warm-Up Challenge (Managing My Health Influences) Questions: 1: How can advertising influence unhealthy behavior? 2: How can your peers influence unhealthy behavior? 3: How can social media positively influence healthy behaviors? 4: What can you do in-person to positively affect healthy behavior? 5: Give some examples of what you think are health myths. 6: Why do you think health myths get started and how do you stop them? Updated

Teacher Notes: Questions on screen: How can advertising influence unhealthy behavior? How can your peers influence unhealthy behavior? How can social media positively influence healthy behaviors? What can you do in-person to positively affect healthy behavior? Give some examples of what you think are health myths. Why do you think health myths get started and how do you stop them? To challenge students deeper,; Is playing a video game for hours a healthy behavior? Why or why not? What if you are connecting with friends virtually while you play video games together? (social connection) What if you are playing an active video game with a lot of movement? (physical challenge) What if you are playing a video game where you are building a world or devising strategies (intellectual challenge). Ask students: If your friends think something is cool, does that mean it's a healthy behavior? Guide a class discussion about how friends can influence our decisions and behaviors.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M05-3.3 - Big-Hearted People (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 5M04-4.1 - Setting Sleep Routines - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M02-4.2 - What's the Difference? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M07-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: How to Play > Setup > Materials: "bean bags"

Updated Text: 5M07-3.3 - Fill the Prescription How to Play Pop Up > Setup > Materials: Update "bean bags" to "beanbags" to match our formatting.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M01-1.4 - Health Tracker Introduction (Journal) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M08-4.1 - Dangers of Guns and Other Weapons Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M01-2.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Icon Label: "Trusted Adult" with picture of police officer on top left.

Updated Text: 5M01-2.2 - What Influences Mateo? Icon label: "Parent or Trusted Adult" with picture of police office and Mateo's mother in top left.

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Current Page Number(s): 5M01-2.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Subtitle: Managing Healthy Influences

Updated Text: 5M01-2.4 - Decision Machine (Managing My Health Influences) Subtitle: Managing My Health Influences

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M05-3.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M04-4.2 - Bedtime Basics Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M02-4.3 - Discussion Defenders (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M07-4.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Questions on screen: 1: Name three adults you can talk to about your physical and mental health. 3: In your experience, what does peer pressure mean? 4: Name one example of positive peer pressure. 5: Name one example of negative peer pressure. 6: How does each person contribute to a healthy and safe school environment? What is your part? Original Teacher Notes: Discuss Question 1: Name three adults you can talk to about your physical and mental health. Expand the discussion to include emotional and social health. Ask students to identify factors that can affect an individual's physical, emotional, and social health. (Answers vary: lifestyle, diet, attitude, support system, quality of relationships, and so on) [115.17.b.5.A.i-iii] Discuss Question 2: Name two places you can find valid information about health concerns. Expand the conversation by asking students how following valid health advice can help promote their physical, social, mental, and emotional health. (Answers vary: Because they can have confidence in the advice, their attitudes will be more positive and they're more likely to keep following the advice, thus reducing the likelihood of developing chronic conditions) [115.17.b.10.B.i-ii] Combine Questions 3-5 by inviting students to define peer pressure, giving one example each of positive and negative peer pressure. (Answers vary: peer pressure is the influence of friends and others in one's age-related social group.) Positive: A friend encourages you to eat healthy foods. Negative: A classmate encourages you to try smoking. Invite students to explain ways of resisting negative peer influence in social groups. (Answers vary: Avoid those who constantly try to pressure you to engage in negative or unhealthy behaviors.) [115.17.b.3. C.ii] Conclude by discussing Question 6: "How does each person contribute to a healthy and safe school environment? What is your part?"

Updated Text: 5M07-4.1 - Home, School, and Community Questions on screen: 1: Who can you talk to about your physical health at school? A trusted adult I can talk to at school about my physical health is \_\_\_\_\_. 3: Where can you get help in your community for mental health? I can get mental health help in my community at \_\_\_\_\_. 4: What is a safe physical environment? A safe physical environment is \_\_\_\_\_. 5: What is a safe mental environment? A safe mental environment is \_\_\_\_\_. 6: How do you get your friends and family to make positive health choices? I can get my friends and family to make positive health choices by \_\_\_\_\_. Updated Teacher Notes: Questions on screen: Who can you talk to about your physical health at school? Name two places you can find valid information about health concerns. Where can you get help in your community for mental health? What is a safe physical environment? What is a safe mental environment? How do you get your friends and family to make positive health choices? Discuss Question 1: Who can you talk to about your physical health at school? Expand the discussion to include emotional and social health. Ask students to identify factors that can affect an individual's physical, emotional, and social health. (Answers vary: lifestyle, diet, attitude, support system, quality of relationships, and so on) [115.17.b.5.A.i-iii] Discuss Question 2: Name two places you can find valid information about health concerns. Expand the conversation by asking students how following valid health advice can help promote their physical, social, mental, and emotional health. (Answers vary: Because they can have confidence in the advice, their attitudes will be more positive and they're more likely to keep following the advice, thus reducing the likelihood of developing chronic conditions) [115.17.b.10.B.i-ii] Discuss question 6 and invite students to define peer pressure, giving one example each of positive and negative peer pressure. (Answers vary: peer pressure is the influence of friends and others in one's age-related social group.) Positive: A friend encourages you to eat healthy foods. Negative: A classmate encourages you to try smoking. Invite students to explain ways of resisting negative peer influence in social groups. (Answers vary: Avoid those who constantly try to pressure you to engage in negative or unhealthy

behaviors.) [115.17.b.3. C.ii] Conclude by asking: How does each person contribute to a healthy and safe school environment? What is your part?

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M01-1.5 - Planning My Healthy Future (Futurizations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M08-4.2 - Know the Facts (Dangers of Guns) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M08-4.3 - I Spy (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M01-3.1

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Link to Updated Content:

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Original Text: When do you think you could research a health issue online instead of seeing a doctor?

Updated Text: 5M01-3.1 - Finding Healthy Help Online When could you research a health issue online instead of seeing a doctor?

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M05-3.5 - Using My Strengths to Help Others (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M04-4.3 - Pillow Fort Defenders (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M02-4.4 - Conflict or Bullying: You Decide (Story) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M08-1.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Questions: 1. What does it mean to advocate for something?2: What does the word accident mean?3: What does the word impact mean?4: What does the word prevention mean?5: What does the word risk mean?

Updated Text: 5M08-1.1 - Advocating for Accident Prevention Questions on screen: 1: What are driving risks in the community?2: What can be a risk for a pedestrian or bike rider? 3: What risks do shop owners take? 4: How do you get your friends and family to make positive health choices? 5: What role do the police have in ensuring safety in the community? Teacher Notes - added questions on screen for teacher convenience: Questions on screen: What are driving risks in the community? What can be a risk for a pedestrian or bike rider? What risks do shop owners take? How do you get your friends and family to make positive health choices? What role do the police have in ensuring safety in the community? What is an accidental impact?

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 5M01-4 - Creating an Emergency Plan Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M01-4.1 - Creating an Emergency Plan Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M08-4.4 - Danger of Weapons Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 5M02-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Sit ups Push ups

Updated Text: 5M02-3.3 - The Boundary Game add hyphen to "Sit-Ups" add hyphen to "Push-Ups" Change "Game Info" button to "How to Play "Reorganized Setup and Gameplay into different tabs, same text. Added Activity Tips: "For a more spontaneous game, omit the timer and have students listen for a whistle before leaving their boundary zones." "If students are unwilling or unable to play the game, they may serve as a referee by calling out when students need to leave their boundary zones." For classroom play, consider this seated variant: Form a circle with chairs, all facing towards the center. One student leaves their seat and stands in the center, creating an empty seat. Immediately, one of the two students on either side of the vacant seat chooses to slide into it, creating a newly open seat. The students continue swapping seats in the same direction like a wave. During the wave sequence, the student in the center attempts to sit in



one of the newly open seats to break the chain. When an empty seat is filled, one of the two students currently sitting next to it will leave their seat to start a new round.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 5M06-3 - Nutritional Goals - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M04-4.4 - My Sleep Promise Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M02-4.5 - Quiz Challenge - 5 - Social Behavior Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M08-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Questions: 2: Who can you talk to if someone you know is experiencing human trafficking? 3: What does "exploit" mean? 4: What are gangs? Teacher Notes: Help students access the content of this lesson by providing simple definitions for terms that may be unfamiliar: Human Trafficking: When a person is controlled or forced to do things against their will. Minors affected by human trafficking are being exploited or used by an adult. [115.17.b.12.A.iv] Sex Trafficking: Sex Trafficking is a form of sexual abuse/assault. Minors affected by sex trafficking are being exploited or used sexually by an adult. [115.17.b.21.A.iv] Sexual abuse/assault: When someone touches or looks at a child's private body parts for a reason other than to keep them clean or healthy. [115.17.b.21.A.ii,iii] Reporting: Telling a parent or trusted adult about any form of abuse. [115.17.b.21.B.i] Gangs: Groups of kids and young adults who share a common identity. Gangs are involved in illegal and violent activities.

Updated Text: 5M08-3.1 - Human Trafficking and Gangs Questions on screen: 2: Who engages in human trafficking? People who engage in human trafficking include \_\_\_\_ .3: Who is responsible to stop human trafficking? People who are responsible to stop human trafficking include \_\_\_\_ .4: Why are gangs formed? Gangs are formed because \_\_\_\_ . Teacher Notes: Questions on screen (added for teacher convenience) What is human trafficking? Who engages in human trafficking? Who is responsible to stop human trafficking? Why are gangs formed? Why would someone choose to join a gang? Why are gangs dangerous? Help students access the content of this lesson by providing simple definitions for terms that may be unfamiliar: Human Trafficking: When a person is controlled or forced to do things against their will. Minors affected by human trafficking are being exploited or used by an adult. [115.17.b.12.A.iv] Sex Trafficking: Sex Trafficking is a form of sexual abuse/assault. Minors affected by sex trafficking are being exploited or used sexually by an adult. [115.17.b.21.A.iv] Exploit: commonly means to selfishly take advantage of someone in order to profit from them or otherwise benefit oneself. The teach may also expand on sex trafficking here explaining how sex trafficking is taking advantage of minors by holding keeping them from their family and friends and using the minors to perform sexual acts with strangers so that the trafficker can profit financially. Sexual abuse/assault: When someone touches or looks at a child's private body parts for a reason other than to keep them clean or healthy. [115.17.b.21.A.ii,iii] Reporting: Telling a parent or trusted adult about any form of abuse. [115.17.b.21.B.i] Gangs: Groups of kids and young adults who share a common identity. Gangs are often involved in illegal and violent activities. Ask students to turn to a partner and define these terms in their own words. Reiterate that if they have experienced any of these or know someone who has, students should report to you or another adult they trust.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M01-4.2 - Emergency Action Plan Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M08-4.5 - Weapon Safety Chant Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): 5M02-3.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text the same.

Updated Text: 5M02-3.4 - My Boundaries Update art and functionality to grey out options that have been selected so that the user can see they've already chosen them. What To Do Pop-Up > Change Anika's face from being sad to being neutral. We don't want students to think it's a sad thing to walk away from someone who has a difference in boundaries

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M06-3.1 - Nutritional Goals - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M04-4.5 - Quiz Challenge - 5 - Healthy Practices and Hygiene Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 5M04-1 - Creating Healthy Habits - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): 5M08-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen is the same.

Updated Text: 5M08-3.3 - Safe Zone (Gym Game) Added text to How to Play Pop Up: Purpose: "Awareness of gangs and human trafficking is an important step in keeping ourselves safe from these hazards. In this gym game you will practice communicating with your classmates so you can identify hazards and remain in the safe zone." Materials: Vinyl dots or masking tape for creating a grid, and paper for maps.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M01-4.3 - Be Ready (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Hot Potato Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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*Proclamation 2022 Report of Editorial Changes (11/10/2021)*

Current Page Number(s): 5M03-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Questions: 1: How do you know if something is true?2: What does accuracy mean?3: What is trustworthiness?4: Why is it important to evaluate the trustworthiness of information?5: Name a source of information.

Updated Text: 5M03-2.1 - Using Data to Inform My Decisions Questions: 1: What is the difference between accuracy and truthfulness? 2: How can you tell if health-related information is truthful? 3: How can you tell if health-related information is accurate? 4: Who is likely to report untrue or inaccurate health information?5: Why is it important to evaluate the truth and accuracy of health-related information? Added to Teacher Notes for teacher convenience: Questions on screen: What is the difference between accuracy and truthfulness? How can you tell if health-related information is truthful? How can you tell if health-related information is accurate? Who is likely to report untrue or inaccurate health information? Why is it important to evaluate the truth and accuracy of health-related information? Who can you ask if you feel confused about the trustworthiness of a source?

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M06-3.2 - Nutritional Goals Checklist Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 5M05-1 - When to Ask for Help Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M04-1.1 - Creating Healthy Habits - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M10-1.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text remains the same: we added one note to teachers.

Updated Text: 5M10-1.1 – Puberty Original text remains the same. We added one note to teachers: NOTE: In some school districts, parents and/or guardians must be informed and provide consent before material on this screen is presented to students.

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Link to Updated Content:

[View Updated Content](#)

Original Text: Reproductive, Endocrine, and Urinary Systems, original text: When exploring the Reproductive System, select the Male toggle to show how sperm travels from the testicles, through the penis, and out of the body. Explain that the process of fertilization is when sperm enters the female reproductive system and penetrates an egg. [115.17.b.22.D.i] Embryo: within a few weeks the cells have specialized, forming the head, toes, and fingernails Fetus: within four to six months the fetus can hear, suck its thumb, and lungs and hair begin to develop Full-term: the baby is considered full-term at 39 weeks, though it can survive outside the womb depending on lung development at about 36 weeks [115.17.b.22.E.i]

Updated Text: 5M10-2.1 - My Reproductive System Added/changed the following to Teacher Notes: Skeletal, Muscular, Circulatory, and Respiratory Systems - added bullet: For more information on each system, please see the Teacher Notes in the "Body Systems 1" lesson in Special Topics. Nervous, Immune, Digestive, and Integumentary Systems - added bullet: For more information on each body system, please see the Teacher Notes in the "Body Systems 2" lesson in Special Topics. Reproductive, Endocrine, and Urinary Systems When exploring the Reproductive System, select the Male toggle to show how sperm travels from the testicles, through the penis, and out of the body. In fact, millions of sperm are produced each day, released in semen in ejaculation. Explain that the process of fertilization is when sperm enters the female reproductive system and penetrates an egg. What we will look like, what sex we will be, what color our eyes and hair will be, will we be tall or short - this is all determined by your genes. Your unique genetic code (DNA more specifically) is a combination of the male and female genetic code that came together through the fertilization process. [115.17.b.22.D.i] Embryo: within a few weeks the cells have specialized, forming the head, toes, and fingernails. A heartbeat can be detected as early as 3-4 weeks. Full term: the baby is considered full-term at 39 weeks, though it can usually survive without intervention at about 36 weeks and with medical intervention as early as 22-24 weeks. [115.17.b.22.E.i]

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M01-4.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Papa Caliente Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): 5M03-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Questions: 1: What is a short-term goal?2: What is a long-term goal?3. What does perseverance mean?6: What does it mean to predict the outcome of a decision?

Updated Text: 5M03-3.1 - Tracking My Progress and Perseverance Questions: 1: What is a short-term health goal? 2: What is a long-term health goal? 3: What does persevering in the pursuit of a goal mean? 6: Who can help you achieve your health goals?

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M06-3.3 - Working Towards a Better Me (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M05-1.1 - When to Ask for Help Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M04-1.2 - Healthy Habits at Home and School Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M10-2.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: This screen, "Body and Brain Changes (Puberty)" is a review of 10-1.2 (original text and changes described above).

Updated Text: 5M10-2.2 - Brain and Body Changes (Puberty) Moved original screen 2 ("How Babies Are Made") to screen 3 of this lesson. Replaced it with "Brain and Body Changes" so that teachers can thoroughly review material introduced the year before.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M01-4.5 - Quiz Challenge - 5 - General Health Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Prepare Your Body Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: Instructions: "Click" Page 2 > "meantime" and "setbacks"

Updated Text: 5M03-3.2 - LIFE Goals Instructions: "Select" Page 2 > Capitalize "Meantime" and "Setbacks"

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M06-3.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M05-1.2 - Warning Signs Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M04-1.3 - Feelin' Fresh Every Day (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M04-1.4 - My Healthy Habits Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M10-2.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original audio/text on screen: My body is amazing. When I wonder about reproduction, I'll ask a trusted adult.

Updated Text: 5M10-2.4 - Lesson Mindset (My Reproductive System) Changed audio/text on screen to read: My body and its systems are amazing. I am amazing! Added/Changed Teacher notes: Added: NOTE: In some school districts, parents and/or guardians must be informed and provide consent before material on this screen is presented to students. Added to Analyze bullet: To answer "How can you apply this lesson to your personal health goal?", ask students to consider how their growing and transforming bodies can help them achieve their health goals. What behaviors can they practice or make into habits to help keep all of their body systems as healthy as possible?

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 5M02-2 - Appreciating Diversity Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Prepara Su Cuerpo Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: Instructions > "Click"

Updated Text: 5M03-3.4 - Setting LIFE Goals Instructions > "Select"

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M06-3.5 - Nutritional Goals (Futurizations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M05-1.3 - Reach Out (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M04-1.5 - Healthy Habits Can Help Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.16.b.1.A.i-xx] When exploring the Nervous System, explain how the brain develops through maturation: As you get older, your brain goes through many changes. As you grow, the thinking part of your brain is getting rid of unused connections and strengthening connections that you use a lot. Your brain also develops from the back to the front. The front part of your brain is called the prefrontal cortex which is responsible for decision making, and it is the last part of the brain to develop. In the middle of your brain is your limbic system. In your limbic system are the parts of your brain that are responsible for your emotions. When you feel a strong emotion, your limbic system takes away control from your prefrontal cortex, and it makes it harder for you to make smart decisions. This is also the reason why you may experience lots of changes in your mood. If desired, use the Draw or Type tool in the Menu to add keywords to the screen such as "prefrontal cortex" and "limbic system." Ask students to turn to a partner and explain in their own words the parts of the brain, how it develops through childhood and maturation, and how it affects mood and behavior. [115.15.b.3. C.i,ii; 115.16.b.3. C.i-iv]

Updated Text: 4M10-2 - Body Systems 2We divided the content of this screen into 3 separate body systems pages for teacher convenience and updated the Teacher Notes as reported in Aug LCEC: Nervous, Immune, Digestive, and Integumentary Systems Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.16.b.1.A.i-xx] Nervous System Question: What do you think is the most important system in the body? Answer: The nervous system. The nervous system is made up of the brain, spinal cord, and nerves. There are two parts of the nervous system: Central nervous system: made up of the brain and spinal cord. Peripheral nervous system: which are all the nerves that run throughout the body. Your nervous system is much like a computer: the brain is much like the main processor in your computer and controls every single cell, organ, and system in your body by sending and receiving information through the rest of the nervous system. The brain receives information from your five senses via the nervous system. The information is sent to the brain through special nerves called sensory or afferent nerves where the brain can process the information and determine what to do with it. The brain will then send information back out to the body

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through motor or efferent nerves to respond to the stimulus. Here is a good example: If you were to touch something really hot, your sense of touch would send a message through the sensory nerves to your brain telling your brain this is really hot. Your brain would then say “Hey this can burn me!”. Your brain would then send a message through the motor nerves to the muscles of your hand and arm telling those muscles to contract and pull the hand away from the hot item so you don't get burned. Nerve impulses can travel at speeds of 0.5-2 meters per second for sensory nerves up to 120 meters per second for motor nerves! When exploring the nervous system, explain how the brain develops through maturation: As you get older, your brain goes through many changes. As you grow, the thinking part of your brain is getting rid of unused connections and strengthening connections that you use a lot. Your brain also develops from the back to the front. The front part of your brain is called the prefrontal cortex which is responsible for decision making, and it is the last part of the brain to develop. In the middle of your brain is your limbic system. In your limbic system are the parts of your brain that are responsible for your emotions. When you feel a strong emotion, your limbic system takes away control from your prefrontal cortex, and it makes it harder for you to make smart decisions. This is also the reason why you may experience lots of changes in your mood. Explain that development of the frontal cortex isn't complete until a person is in their 20s. If desired, use the Draw or Type tool in the Menu to add keywords to the screen such as “prefrontal cortex” and “limbic system.” Ask students to turn to a partner and explain in their own words the parts of the brain, how it develops through childhood and maturation, and how it affects mood and behavior. [115.15.b.3. C.i,ii; 115.16.b.3. C.i-iv] For more information and activities exploring how brain development during childhood affects decision making, please check out “Marvin's Marvelous Brain”, “Who's In Control?”, and “I-Messages Expanded” in the Health Toolbox. [115.17.b.5.B.ii] FUN FACT: Your body contains well over 100 Billion Nerve cells!

**Immune System** The overall function of the immune system is to prevent or limit infection. Although part of the integumentary system, the skin is the first line of defense in the immune system. The skin acts as a physical barrier, protecting you from microbes that can cause illness. This is one of the reasons why hand washing is so important. White blood cells are produced in the bone marrow. These white blood cells are what fight off disease and infection in the body. When there is an infection or illness that we come in contact with, a healthy immune system will recognize there are unwelcome germ(s) in the body. The immune system will then react by sending out a specific type of white blood cell (basophils) that sound an alarm, this will cause an immune response and the body will send out other types of white blood cells to fight off and destroy the germs/bacteria, etc. that can cause you to get sick. Once exposed to a “germ” and your body has sent out white blood cells to fight off the illness, your immune system will create antibodies that will help your immune system fight off these germs in the future. Some people have a weakened immune system and are unable to produce enough of an immune response to keep them from getting ill. Things that can weaken your immune system are: poor diet, lack of proper rest, lack of exercise, and too much stress.

**Digestive System** The human digestive system has many components to it. It begins at the mouth and includes the throat, esophagus, stomach, small intestine, large intestine, and colon. It also includes other organs and glands such as the salivary glands, liver, gallbladder, pancreas, gastric glands and bile duct. Digestion begins in the mouth where the food is mixed with saliva and ground up into a bolus. This bolus then travels down the esophagus where it passes through a valve called the lower esophageal sphincter and into the stomach. In the stomach the bolus of food will spend about four hours in the stomach where your stomach churns and mixes the bolus of food with acidic juices and enzymes to help break it down into a pulpy fluid called chyme. This mixture then passes to the small intestine where it is digested even further using juices from the liver and gallbladder. Nutrients are then absorbed into the bloodstream before the waste products pass to the large intestine where they are eventually eliminated through the rectum and anus. The small intestine is about 22 feet long and the large intestine is about six feet long. Food moves through the digestive tract through a wave-like muscular contraction (smooth muscle) called peristalsis that pushes the food from the esophagus all the way through the stomach, small intestine, large intestine and out of your body. The acid in the stomach also helps keep us healthy by killing much of the bad bacteria that can get into our body through our food.

**Integumentary System** The integumentary system is made up of your skin, hair, hair, nails, and glands. The integumentary system protects our body from the environment. Things like UV rays, bacteria and some toxins and pollutants. Your skin is the largest organ in the body. The integumentary system helps to regulate body temperature. Working with the circulatory system and sweat glands, the integumentary system helps keep us cool when it is hot by producing sweat on the skin that will cause an evaporative cooling effect on the body, drawing heat away from the skin and blood vessels near the surface of the skin. The skin and hair can also help to keep us warm when it is cold out by acting as insulation. The skin works with the nervous system to allow us to have a sense of touch through thermoreceptors (for temperature), nociceptors (for pain) and mechanoreceptors (for pressure). There are three layers to your skin: Epidermis (outer layer)



Dermis (middle layer) Subcutaneous fat layer (hypodermis - which is the deepest layer). FUN FACT: Your skin is made up of individual cells. The oldest cells are on the top of your skin and are the thickest. Your skin is constantly shedding or getting rid of these old cells; We lose about 200,000,000 dead skin cells per day!

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M02-2.1 - Appreciating Diversity Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

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Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Jumpin' Jacks (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M05-4.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Page 1, red ball: "The first step is to acknowledge your feelings." yellow ball: "The second step is to find someone you can talk to such as your teacher, parent, counselor or even a close, trusted friend. blue ball: "The third step is allowing yourself to experience those feelings such as finding a quiet place to think or write about your feelings." Page 2: Directions pop up: Bullets 1 and 2: "Stand in a circle. Grab a bean bag or ball." bullet 4: "Take a minute to think about your feelings." bullet 5: "Pass the bean bag or ball around while sharing your feelings about the prompt." bullet 6: "Sit

down and volunteer to discuss your reasons for your feelings." Page 3 "Today's Prompt:: "Tell us when you were confused about feeling more than one emotion."

Updated Text: 5M05-4.2 - Juggling My Feelings Page 1, red ball: "Step 1: Acknowledge your feelings....yellow ball: "Step 2: Find someone you can talk to such as your teacher, parent, counselor, or even a close, trusted friend. blue ball: "Step 3: Allow yourself space to experience those feelings by finding a quiet place to think, write, or just be." Page 2, Directions pop up: combine bullet 1 and 2: "Stand in a circle with a ball or bean bag." bullet 4: "Think about how you might feel." bullet 5: "Set the timer and pass the ball. When you get the ball, share one emotion you might feel." bullet 6: "Sit down and discuss reasons you might feel multiple emotions." Page 3, Today's Prompt: "Tell us about a time when you felt more than one emotion."

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 5M08-2 - Setting Personal Boundaries - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 5M05-1.4 - S.T.A.R. Support Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 5M04-3 - Exercise and My Well-Being - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.17.b.1.A.i-ix] When exploring the Reproductive System, select the Male toggle to show how sperm travels from the testicles, through the penis, and out of the body. Explain that the process of fertilization is when sperm enters the female reproductive system and penetrates an egg. [115.17.b.22.D.i] Change the toggle to the Female view of the Reproductive System. Explain that when an egg is fertilized, it can develop into a fetus which grows in the uterus until it can survive on its own. This is the process of reproduction. This process and the significant milestones of fetal development are explored in-depth in the next screen activity. These milestones include: Zygote: when an egg is penetrated by a sperm, the fertilized egg is called a zygote Blastocyst: the zygote's cells continue to replicate and become a blastocyst, implanting in the uterine lining Embryo: within a few weeks the cells have specialized, forming the head, toes, and fingernails Fetus: within four to six months the fetus can hear, suck its thumb, and lungs and hair begin to develop Full-term: the baby is considered full-term at 39 weeks, though it can survive outside the womb depending on lung development at about 36 weeks [115.17.b.22.E.i] Explain that when an egg is not fertilized, it and the uterine lining that had built up will exit the body through the vagina. The process of the menstrual cycle is explained in further detail in screen 2 of the lesson, Puberty, found in the Special Topics section of the Lesson Selection Menu. [115.16.b.20.B.i; 115.17.b.22.B.i; 115.17.b.22.D.i,ii]

Updated Text: 5M10-3 - Body Systems 3We divided the content of this screen into 3 separate body systems pages for teacher convenience and updated the Teacher Notes as reported in Aug LCEC: Reproductive, Endocrine, and Urinary Systems NOTE: In some school districts, parents and/or guardians must be informed and provide consent before material on this screen is presented to students. It is the responsibility of each district to comply with all local requirements. Sensitivity Note: This lesson contains information that could potentially be triggering or uncomfortable to students who have had adverse experiences related to the theme. If you are aware of a student in your classroom to whom this may apply, inform them of today's topic and offer them an alternative placement for today's lesson if desired, such as another teacher's classroom. The purpose of this screen activity is to explore the body systems and how they work together.

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Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.17.b.1.A.i-ix] **Reproductive System** The process where humans create another likeness of themselves is called reproduction. This likeness can be created because we all possess genes. Genes are the genetic code (DNA more specifically) that determines what we will look like, what sex we will be, what color our eyes and hair will be, will we be tall or short. Your unique genetic code is a combination of the male and female genetic code that came together through the fertilization process. For fertilization to take place an egg from the female and sperm from the male must join together, once the sperm enters the egg conception has now taken place and a zygote is formed. [115.17.b.22.D.i] **Male reproductive system:** The male has two external reproductive organs: Penis: expels urine and semen Scrotum: pouch of skin that contains the testicles The male has four internal reproductive organs: Accessory glands (including the bulbourethral glands, prostate gland, and the seminal vesicles Epididymis where sperm mature and be concentrated Testicles where sperm is produced along with the hormone testosterone Vas deferens where (during arousal) the sperm is mixed with fluid from the accessory glands and travels through during the ejaculatory process. **Female reproductive system:** The female reproductive system has multiple external reproductive organs that are collectively known as the vulva (labia majora, labia minora, clitoris, bartholin's glands, pudendal cleft, mons pubis, and the vaginal opening). The female has four internal reproductive organs: Ovaries (two of them, one located in each side of the lower abdomen), where eggs are stored and released from, estrogen, progesterone and testosterone are also produced here. Fallopian tubes (two of them, one attached to each ovary) where the egg that is released travels down toward the uterus. If sperm are present fertilization can happen. The Uterus houses the endometrium (the innermost layer of the uterus), this is where the fertilized egg implants itself and grows. Once implanted the fertilized egg will stay here going through all of the stages of gestation over the next nine months (from zygote, to blastocyst, to embryo, to fetus, to full term baby - more information in "Milestones" below). To prepare for implantation of a fertilized egg, the hormone estrogen will cause the uterine lining to thicken and become enriched with blood to support and nourish the newly implanted egg. If fertilization does not take place after ovulation the endometrial lining is the shed, this is called the menstrual cycle. During intercourse when the male releases spermatic fluid into the female's vagina, the male releases over 100 million sperm that will try to make their way up through the cervix and uterus to the fallopian tube to fertilize the egg. Many of the sperm will die trying to make the journey toward the egg, this is why so many sperm are released at one time to increase the chances of conception. When a sperm finally reaches the egg it uses enzymes to dissolve the outer lining of the egg around the sperm so it can enter the egg. Once inside and it finds the nucleus of the egg the nucleus and sperm join and begin the process of gestation. Once a sperm has entered the egg the outer membrane of the egg becomes impenetrable so no other sperm can enter. Sperm can live in the fallopian tube for up to six days. It takes 6-12 days for a fertilized egg to travel down the fallopian tube and implant in the endometrium. Explain that when an egg is fertilized, it can develop into a fetus which grows in the uterus until it can survive on its own. This is the process of reproduction. **Milestones** Zygote: when an egg is penetrated by a sperm, the fertilized egg is called a zygote Blastocyst: the zygote's cells continue to replicate and become a blastocyst, implanting in the uterine lining Embryo: within a few weeks the cells have specialized, forming the head, toes, and fingernails. A heartbeat can be detected as early as 3-4 weeks. Fetus: within four to six months the fetus can hear, suck its thumb, and lungs and hair begin to develop Full-term: the baby is considered full-term at 39 weeks, though it can survive without intervention outside the womb depending on lung development at about 36 weeks [115.17.b.22.E.i] Explain that when an egg is not fertilized, it and the uterine lining that had built up will exit the body through the vagina. The process of the menstrual cycle is explained in further detail in screen 2 of the lesson, "Puberty", found in the Special Topics. [115.16.b.20.B.i; 115.17.b.22.B.i; 115.17.b.22.D.i,ii] For more information and activities for 5th grade, please visit the "My Reproductive System" lesson and specialized notes found in Special Topics. **Endocrine System** The endocrine system is made up of several organs called glands. These glands are located throughout your body and secrete hormones. These hormones help to coordinate different metabolic functions in your body and circulate in your blood to your organs, skin, muscles, and other tissues. These hormones signal these organs and tissues what to do. The master gland in the body is the hypothalamus, it coordinates with the nervous system to tell other glands what to do. It also controls your mood, hunger, thirst, sleep patterns and plays a role in reproductive function as well. Another gland in the endocrine system is the pituitary gland which also has control of the Thyroid and adrenal glands as well as signaling the release of hormones from the testicles and ovaries. The pituitary gland is located at the base of the brain, and controls how you grow. Other glands include the following: Thyroid gland located in the front of the neck and controls your metabolism, how your body uses energy, and plays a role in body weight regulation Parathyroid gland (actually four tiny glands about the size of a

grain of rice) controls calcium levels in your body Adrenal glands, there are two, one located on top of each kidney, they are responsible for controlling your metabolism, blood pressure, how you respond to stress and sexual development. The adrenal glands play a major role in the “fight or flight” response to stress. Pineal gland regulates your sleep cycle and is located in the brain Pancreas is located in the abdomen and produce insulin to regulate blood sugar levels Ovaries (part of the female reproductive system): two are located in the lower abdomen and produce estrogen, progesterone, and testosterone Testes (part of the male reproductive system) produce sperm and Testosterone which regulates muscle strength (and sex drive).In response to differing stimuli the nervous system will communicate with the endocrine system to increase or decrease the production of certain hormones to cause a metabolic or regulatory shift to allow the body to adapt to a given environment or situation. FUN FACT: All hormones are made from Cholesterol. Urinary System The urinary system's main function is to act like a filter removing toxins and waste from your body through urine. The urinary system is made up of the kidneys (you have two) and filters the waste and toxins from your blood; a ureter, one from each kidney that allows urine containing waste to pass to the bladder; the bladder which stores the urine until it is eliminated through the urethra when you go to the bathroom. The toxins are filtered out of the blood in the kidneys through a series of tubes called renal tubules and lots of little arteries. In these tubules waste is separated from vital nutrients, vitamins , and proteins. The nutrients are allowed to pass through to be used for metabolism, but the waste products are mixed with urea (a byproduct of protein metabolism) and water and are passed to the bladder through the ureters to be excreted when you go to the bathroom. The kidneys help to regulate your blood pressure. The kidneys also produce a hormone called erythropoietin that helps make red blood cells.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M02-2.2 - Diversity Diner Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Lunch Box Song (Connections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M06-1.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen is the same.

Updated Text: 5M06-1.4 - What's Really In Your Food? Food > Made each photo selectable to review their serving size Arranged the ingredients in the order they appear on the nutrition label so students can see ingredients in order of most to least

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Original Text: N/A

Updated Text: Screen: HW 5M08-2.1 - Setting Personal Boundaries - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M05-1.5 - When to Ask for Help (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

## **Subject: Physical Education, Kindergarten**

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Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M05-3 - Controlling Myself Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M07-3.1 - Understanding Vaccines Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M04-4.2 - Sleep is Amazing Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M03-3.4 - Check-In (Short and Long-Term Goals) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Lesson: HW 0M03-1 - What Is a Problem? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M08-4.5 - Quiz Challenge - K - Safety and Accident Prevention Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Original Text: N/A

Updated Text: Screen: HW 0M02-1.2 - Listening Practice Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Toolbox - Hot Potato Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M02-1.3 - How Do You Show You're Listening (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 0M05-3.1 - Controlling Myself Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 0M07-3.2 - How Vaccines Work Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 0M04-4.3 - Healthy Me (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M03-3.5 - Short and Long-Term Goals (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 0M03-1.1 - What Is a Problem? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Papa Caliente Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-1.4 - Listening Game Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M05-3.2 - I'm in Control Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 0M07-3.3 - Medicine (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M01-1 - Introducing My Health, My Responsibility Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 0M04-4.4 - My Bedtime Routine Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M06-1.5 - Food Sorter (Food and My Body) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M03-4 - Explore - Getting Help with Online Safety Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-1.2 - What's the Problem? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Prepare Your Body Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-1.5 - Learning to Listen (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M05-3.3 - I Can Control (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M07-3.4 - Immune System Boosters Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M01-1.1 - Introducing My Health, My Responsibility Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M04-4.5 - Quiz Challenge - K - Healthy Practices and Hygiene Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M06-4 - Harmful Effects Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.



**Component: Quaver Health Online License**

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-4.1 - Explore - Getting Help with Online Safety Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: Quaver Health Online License**

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-1.3 - Something's Not Working (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: Quaver Health Online License**

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Prepara Su Cuerpo Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M02-2 - Making New Friends Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M05-3.4 - Self-Control Simon Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M07-3.5 - Doctor, Doctor (What are Vaccines?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M01-1.2 - Picture of Health (Guessing Game Show) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M05-1 - What Are Emotions? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M06-4.1 - Harmful Effects Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-4.2 - Keys to Online Safety Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-1.4 - Be a Problem Solver Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Jumpin' Jacks (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-2.1 - Making New Friends Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M05-3.5 - Controlling Myself (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M08-1 - Helmets and Seatbelts Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M01-1.3 - Healthy Me (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M05-1.1 - What Are Emotions? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M06-4.2 - Zoop and Doop Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-4.3 - Freeze! Think, Tell, Block, Stop! (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-1.5 - What Is a Problem (Reflections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M03-2 - I Can Make it Better Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Lunch Box Song (Connections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-2.2 - How to Be a Good Friend Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M06-1 - Food and My Body Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.



**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M08-1.1 - Helmets and Seatbelts Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M01-1.4 - Health Tracker Introduction Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M05-1.2 - Emotion Soundboard Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M06-4.3 - Zoop's Healthy Choices Game Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-4.4 - Help with Online Safety (Role-Play) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-2.1 - I Can Make it Better Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

Updated Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-2.3 - We Should Be Friends (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M06-1.1 - Food and My Body Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M08-1.2 - Helmet or Seatbelt? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M01-1.5 - Lesson Mindset (My Health, My Responsibility) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M05-1.3 - How I'm Feeling Today (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 0M01-2.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Art - Simon is wearing a baseball cap

Updated Text: 0M01-2.2 - Do What's Right (Make a Super Choice)On Screen Art Change - Added a baseball helmet to Simon's head instead of a baseball cap

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M06-4.4 - Be Like Zoop Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-4.5 - Quiz Challenge - K - Responsible Decision Making Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-2.2 - What Do You Think? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-2.4 - Check-In (Making New Friends) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M06-1.2 - What My Food Does Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M08-1.3 - Be Safe, Be Smart, Be Aware (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M01-3 - What Is Healthy Help? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M05-1.4 - Check-In (What Are Emotions?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 0M01-4.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Talk about the trusted adults they can go to such as a parent, grandparent, aunt, uncle, neighbor, teacher, or school counselor. On Title changed "An"

Updated Text: 0M01-4.4 - Be an Emergency Hero Changed "They" to "students" - Talk about the trusted adults students can go to for help, such as a parent, grandparent, aunt, uncle, neighbor, teacher, or school counselor. On Title Changed "An" to "an"

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M06-4.5 - Quiz Challenge - K - Healthy Eating and Nutrition Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M04-3 - What Is Exercise? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.



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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-2.3 - Make It Better (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-2.5 - Making Friends (Reflections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M06-1.3 - The Healthy Eating Song (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M08-1.4 - Be a Safety Star Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

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[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M01-3.1 - What Is Healthy Help? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M05-1.5 - I Feel Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 0M04-2.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: -Begin by having students locate their own gums, teeth, and tongue (without putting their fingers in their mouth).-Looking at the screen, discuss why healthy gums are so important. (They are the foundation for healthy teeth. If our gums are weak and unhealthy, our teeth will probably be weak and unhealthy too.)-Invite students to suggest things they can do to keep their gums healthy. (Answers might include: floss and brush with a soft toothbrush soon after eating, use Piksters®, avoid sugary snacks and drinks, rinse with mouthwash, and so on.) [115.12.b.7.B.i]-Ask students what they can do to keep their tongue clean and healthy. (Floss and brush with a soft toothbrush soon after eating, use Piksters®, avoid sugary snacks and drinks, rinse with mouthwash, and so on.) [115.12.b.7.B.i]-Select the last arrow on the right and ask students what they can do to keep their teeth clean and healthy as well as why it's so important. (Floss and brush with a soft toothbrush soon after eating, use Piksters®, avoid sugary snacks and drinks, rinse with mouthwash, and so on.) Remind them that strong, healthy teeth are important for chewing food, speaking clearly, and a good appearance. [115.12.b.7.B.i]

Updated Text: 0M04-2.2 - Exploring Our Mouth-Changed wording: Ask students to locate their own gums, teeth, and tongue (without putting their fingers in their mouth).-Added bullet point: Select the Micro-Drone to begin.-Added Looking at the screen, discuss why healthy gums are so important. (They are the foundation for healthy teeth. If our gums are weak and unhealthy, our teeth will probably be weak and unhealthy too. Poor dental hygiene leads to gum disease and, if left untreated, can become severe.) - Removed the reference to "Picksters" from the content Invite students to suggest things they can do to keep their gums healthy. (Answers might include: brush with a soft toothbrush soon after eating, floss daily, avoid sugary snacks and drinks, rinse with mouthwash, and so on.) [115.12.b.7.B.i]. Ask students what they can do to keep their tongue clean and healthy. (brush with a soft toothbrush soon after eating, avoid sugary snacks and drinks, rinse with mouthwash, and so on.) [115.12.b.7.B.i] Select the final arrow on the right and ask students what they can do to keep their teeth clean and healthy as well as why it's so important. (brush with a soft toothbrush soon after eating, floss, avoid sugary snacks and drinks, rinse with mouthwash, and so on.) Remind students that strong, healthy teeth are important for chewing food, speaking clearly, and a good appearance. [115.12.b.7.B.i]

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ISBN: 9781642851427

Current Page Number(s): N/A

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Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M07-2 - Cold and Flu Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M04-3.1 - What Is Exercise? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-2.4 - Can We Do It Better? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 0M02-4 - Using Kind Words Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M06-1.4 - What's On My Plate? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M08-1.5 - Helmets and Seatbelts (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M01-3.2 - Tell a Healthy Helper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M05-2 - When I Feel Worried Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): 0M05-4.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Select each emoji to learn more about emotions, thoughts, and actions and how they are connected.

Updated Text: 0M05-4.2 - My Happy Feelings Change wording of instructions - After listening to the character and discussing, select each emoji to learn more about emotions, thoughts, and actions and how they are connected.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M07-2.1 - Cold and Flu Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M04-3.2 - Exercise or Not? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M04-3.3 - Move and Groove (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-2.5 - I Can Make It Better (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-4.1 - Using Kind Words Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M08-4 - Introducing Head Lice Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M01-3.3 - Healthy Helpers (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M05-2.1 - When I Feel Worried Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 0M06-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: - For additional movement opportunities, select the Roll and Move button. The dice will randomly choose a move and number of repetitions. Art- Question 3 When do you eat this food

Updated Text: 0M06-2.1 - Can I Eat Anything I Want? Added a bullet point - Note: If applicable, reassure students that eating processed foods now and then is ok in moderation. Many students in poverty live in food deserts and don't have access to fresh fruits and vegetables all the time. Many eat whatever can be found at gas stations, convenience stores, etc.- Removed the last sentence - For additional movement opportunities, select the Roll and Move button. Art - When do you eat this food changed to "is this a healthy or unhealthy food?"

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M07-2.2 - Germ-Finding Super-Gogs Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M07-2.3 - The Kid vs. Germs (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M04-3.4 - Types of Exercise Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M03-3 - Discovering Short and Long-Term Goals Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-4.2 - Kind and Unkind Words Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M08-4.1 - Introducing Head Lice Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M01-3.4 - My Healthy Helpers Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M05-2.2 - What Is Worry? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 0M06-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change. Teacher notes: All QuaverHealth-PE songs have specifically choreographed moves connected to the lyrics. For the written choreography that accompanies this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. Alternatively, invite students to stand, move, sing, and create their own movements. Students can work in pairs or small groups. Observe student good practice in the classroom, play the song a second time, and have those students lead the group from the front.

Updated Text: 0M06-3.3 - Balance and Nutrition (Music Video) We replaced the lyrics version of this song with a live active music video with dancers. Teacher Notes: All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. These QuaverHealth video songs are designed specifically by Physical Education teachers for students to copy the moves while looking at the screen. Press Play and watch for students that are showing focus and skill. Have them be movement leaders if the song is played again.

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Current Page Number(s): 0M07-1.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Art - "Check up"

Updated Text: 0M07-1.4 - What Happens at a Checkup? - What Is a Checkup? Art - Changed Check up > "Checkup" Added bullets - Select each question mark to learn about the instrument the doctor uses.-Select Home Back to return to the Explore landing page and repeat steps for the Dentist.-Invite students to share if the doctor or dentist has used any of these instruments during a checkup visit they have experienced.-Select Play (green triangle) to listen to Austin and Raven talk about going to the doctor.-Select to reveal discussion questions: -Have you ever been to the doctor or dentist? - What happened? -How did you feel?

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M07-2.4 - Germ Fighters Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M04-3.5 - What Is Exercise? (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-3.1 - Discovering Short and Long-Term Goals Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-4.3 - Kind Words (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M08-4.2 - All About Head Lice Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M01-3.5 - QLibs (What Is Healthy Help?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M05-2.3 - No Worries (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx]

Updated Text: 3M10-1 - Body Systems 1We divided the content of this screen into 3 separate body systems pages for teacher convenience and updated the Teacher Notes as reported in Aug LCEC: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx] Skeletal System The skeletal system is the body's central framework, it consists of bones, cartilage, ligaments, and tendons. The skeletal system works in conjunction with the muscular system to help the body move. The skeletal system helps support your body weight and works with the joints, muscles and connective tissue (tendons, ligaments, and cartilage) to help you stand and move. The bones of the

skeletal system contain marrow; the marrow produces platelets. The skeletal system protects your vital internal organs: the skull protects the brain, the ribs protect the heart and lungs and your spine protects your spinal cord (part of your nervous system).99% of the body's calcium and 85% of the body's phosphorus is stored in the skeleton. A full grown adult skeleton has between 206 and 213 bones. FUN FACT: You are not born with kneecaps - kneecaps also known as the patella are what are known as sesamoid bones and develop from cartilage. Kneecaps are usually fully developed between the ages of 6-10 years old. Muscular System There are three different types of muscle in the body (skeletal, smooth, cardiac). Select "Systems ON" to see examples of the smooth and cardiac muscles. Skeletal muscles are voluntary, which means you can control them. Movement is the primary function of the muscular system. The muscular system works in conjunction with the skeletal system to help us move. The muscular system also helps with stability. skeletal muscles are attached to tendons that stretch over the joints and attach to bones to help move and hold the structure of the skeleton. These same muscles also help with posture and continue to work to keep us in an upright position. There are approximately 650 different (skeletal) muscles in the human body. Skeletal muscles generate heat to help keep us warm. Smooth muscle can be found in your stomach and digestive tract and helps move your food through the digestive process. Smooth muscle can also be found in your respiratory, circulatory, urinary and reproductive systems. Cardiac muscle is found in your heart and is responsible for pumping blood through your body. FUN FACT: Cardiac muscle is the only type of muscle that will contract on it's own without neurologic stimulation. (The nervous system regulates cardiac muscle and controls the rate and rhythm.) Circulatory System Allows blood to flow through the body carrying nutrients, oxygen and hormones to different parts of the body, Helps to regulate the body's temperature by bringing more blood to the surface of the skin to cool you off or less to keep you warm. The circulatory system delivers oxygen from the lungs to all of the tissues and carries carbon dioxide away from those same tissues and back to the lungs. The circulatory system helps remove waste products from the body by working with the lungs, lymphatic and urinary system. The circulatory system helps with your body's immune response, by delivering white blood cells and antibodies to fight off disease and infection. The circulatory system holds between 4.7- 5.5 liters of blood. FUN FACT: Every day your blood travels through more than 60,000 miles of blood vessels! Respiratory System The human respiratory system is made up of two tracts: The upper respiratory tract, which includes the nose, nasal cavities, and sinuses. The lower respiratory tract, which includes the throat (pharynx), voice box (larynx), windpipe (trachea), lungs, airways (bronchi and bronchioles), and air sacs (alveoli). Respiration is the act of breathing in and out. When you inhale, air enters your lungs when your diaphragm contracts; This creates a vacuum in your lungs causing air to rush in. When you exhale your diaphragm relaxes and pushes the air back out of your lungs. Air contains 21% oxygen; In the lungs oxygen is taken out of the air and passes through the Air sacs (alveoli) and passes into the blood, where it is carried by Red Blood cells to all the tissues of the body. At the same time oxygen is passing through the air sacs to the bloodstream, carbon dioxide is being passed from the bloodstream back into the air sacs to be expelled during exhalation. The air sacs (alveoli) are very delicate and are responsible for moving oxygen into, and carbon dioxide out of your blood while you are breathing. These air sacs can easily be damaged by smoking and chemicals. If the air sacs are damaged they can no longer effectively remove oxygen from the air. We have two lungs, a right and a left. The right lung has three separate lobes (or branches) and the left lung has two lobes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 0M07-2.5 - Doctor, Doctor (Cold and Flu) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M04-4 - Introducing the Importance of Sleep Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M03-3.2 - My Health Goals Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M02-4.4 - Kindness is My Jam Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M08-4.3 - Get Out and Stay Out (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 0M02-1 - Learning to Listen Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M05-2.4 - Managing My Worries Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Lesson: HW 0M07-3 - Understanding Vaccines Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M04-4.1 - Introducing the Importance of Sleep Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M03-3.3 - Working on My Dreams (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-4.5 - Quiz Challenge - K - Social Behavior Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 0M08-4.4 - Matching Game (Head Lice) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M02-1.1 - Learning to Listen Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 0M05-2.5 - When I Feel Worried (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Subject: Physical Education, Grade 1**

**Program: *Quaver Health***

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M04-1.5 - QLibs (Hygiene Skills) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Lunch Box Song (Connections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 1M06-2.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: How to play instructions # 6 If a body reaches the opposite end without being tagged, they are safe.

Updated Text: 1M06-2.3 - Bodies and Allergies (Gym Game)Change onscreen text - Bodies that reach the opposite end without being tagged are safe.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 1M08-1 - Common Injuries Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M07-1.1 - What Is a Checkup? - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: Quaver Health Online License**

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M05-1.3 - Happy (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: Quaver Health Online License**

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M05-1.4 - I'm Happy Jingle Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: Quaver Health Online License**

ISBN: 9781642851427

Link to Current Content:

[View Current Content](#)

Current Page Number(s): HW 1M03-4.2

Location: Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: This activity reinforces strengthening the students' ability to respond effectively to unsafe online or in-person situations. Ask students to give examples of ways they interact with people on the internet. Remind them of the importance of staying safe online. Select a key and have students listen to how to stay safe online. [115.12.b.11.A.i; 115.14.b.12.B.i] Navigate to the next page and listen to each scenario. Have students discuss how they would respond. Review the different keys to staying safe online. At the end of the discussion, reveal the answer and have students compare their responses to the answer on the screen.1st Scenario. Ask students: What would you do if you were Raven? How do you think Raven's friend feels? Which one of the keys would you use in this situation? Remind students about the differences between teasing, joking, and cyberbullying. Explain the role of a bully and a bystander in a bullying situation. [115.12.b.11.A.i; 115.12.b.12.A.i-ii;115.13.b.13.A.i-ii; 115.13.b.13. C.i; 115.14.b.12.B.i; 115.16.b.14.B.i] Describe and discuss actions to take in response to bullying. [115.12.b.12. C.i]2nd Scenario. Ask students: What would you do if you

were Javier? How do you think Javier feels? Which one of the keys would you use in this situation? Remind students about the importance of having a trusted adult present during digital usage. If an adult is not around and an adult online asks them to do something, they should seek immediate help from an adult they know. [115.14.b.12.B.i] Explain how to get help from a teacher, parent, or other trusted adult when made to feel bullied, uncomfortable, or unsafe in a digital or online environment. Ask for volunteers to demonstrate their strategies to get help. [115.13.b.12.A.i]3rd Scenario. Ask students: What would you do if you were Tamera? How do you think Tamera feels? Which one of the keys would you use in this situation? Tell students that they should never share their personal information with anyone without getting permission from a trusted adult in their home. [115.12.b.11.A.i; 115.14.b.12.B.i]

Updated Text: Screen: HW 1M03-4.2 - Keys to Online Safety Clarified Teacher Notes to accompany screen activity: This activity reinforces strengthening the students' ability to identify unsafe requests and how to respond effectively to unsafe digitally, online, or in-person situations and explain why obtaining help, especially from parents or other trusted adults when making decisions regarding online or digital use. Ask students to give examples of ways they interact with people on the internet. Remind them of the importance of staying safe online. Select the Play button to listen to Officer Levon. Tell students that parents or another trusted adult are crucial for helping them navigate online or digital situations because those adults can help determine what is safe and what it not. [115.14.b.12.B.i,ii] Select a key and have students listen to how to stay safe online. [115.12.b.11.A.i] Navigate to the next page and listen to each scenario. Have students discuss how they would respond. Review the different keys to staying safe online. At the end of the discussion, reveal the answer and have students compare their responses to the answer on the screen. Then navigate to the next screen by selecting the arrow on the right of the screen.1st Scenario. Ask students: What would you do if you were Raven? Is this an unsafe request? (In this case, the answer is no. It is an unkind situation, but not unsafe.) How do you think Raven's friend feels? Which one of the keys would you use in this situation? Remind students about the differences between teasing, joking, and cyberbullying. Explain the role of a bully and a bystander in a bullying situation. [115.12.b.11.A.i; 115.12.b.12.A.i-i;115.13.b.13.A.i-i; 115.13.b.13. C.i; 115.14.b.12.A.i,ii; 115.16.b.14.B.i]Describe and discuss actions to take in response to bullying. (One appropriate action or response would be to tell an adult). [115.12.b.12. C.i]2nd Scenario. Ask students: What would you do if you were Javier? Is this an unsafe request? How do you think Javier feels? Which one of the keys would you use in this situation? [115.14.b.12.A.i,ii] Remind students about the importance of having a trusted adult present during digital usage. If an adult is not around and a person online makes an unsafe request like asking for personal information or asking them to meet somewhere, the appropriate action to take is to seek immediate help from an adult they know and trust. [115.14.b.12.B.i] Explain how to get help from a teacher, parent, or other trusted adult when made to feel bullied, uncomfortable, or unsafe in a digital or online environment. Ask for volunteers to demonstrate their strategies to get help. [115.13.b.12.A.i]3rd Scenario. Ask students: What would you do if you were Tamera? Is this an unsafe request? How do you think Tamera feels? Which one of the keys would you use in this situation? Tell students this is an unsafe request and that they should never share their personal information Tell students that they should never share their personal information with anyone without getting permission from a trusted adult in their home. The appropriate action is to alert their trusted adult of this unsafe request immediately. [115.12.b.11.A.i; 115.14.b.12.B.i]

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M04-2 - How to Brush Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.



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ISBN: 9781642851427

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

Updated Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 1M06-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Use the Sentence Stem toggle to show students how to frame answers. Sentence stems provide an entry point for all students to be part of the discussion. Use the Student Selector as a fun way of engaging as many students in the discussion as possible.

Updated Text: 1M06-3.1 - A Balanced Diet- Removed Bullet point - Use the Sentence Stem toggle to show students how to frame answers. Sentence stems provide an entry point for all students to be part of the discussion.- Removed Bullet point - Use the Student Selector as a fun way of engaging as many students in the discussion as possible.- Added -For additional movement opportunities in either the classroom or the gym, select the Roll and Move button in between classes. The dice will randomly choose a move and number of repetitions.- Added - Questions on screen: How can you pack a balanced lunch? What is your favorite drink and why? Which of these foods are healthy? (options: water, loaded burger, yogurt, apple, bananas, ice cream) What are your least favorite foods to eat? Why is it important to eat healthy foods? What are your favorite foods to eat?

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M08-1.1 - Common Injuries Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-1.2 - What Do Healthy Helpers Do? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M05-1.5 - Sharing Happiness (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 1M01-4 - What Is an Emergency? - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-2.1 - How to Brush Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M06-3.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Illustrated images of food (no text)

Updated Text: 1M06-3.2 - About the Food Groups Replaced illustrations of food with real images on the right of each food group page so the students know what the foods look like in their world.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M02-4.3 - Think Quick! (Standing Up for Myself) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M08-1.2 - Common Injury Safety Game Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-1.3 - Doctor or Dentist? (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 1M05-2 - Recognizing Stress Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M01-4.1 - What Is an Emergency? - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M04-2.2 - Toothbrush Tips Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): 1M07-3.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text did not change.

Updated Text: 1M07-3.4 - Immune System Boosters Added bullet points - -The purpose of this screen activity is to explore how vaccines and healthy habits can support our immune systems.-Select the Play button and learn all about vaccines and our immune system. This explanation covers a lot of information, pause to restate or breakdown the information for better understanding.-Select Start and explain the different ways we can boost our immune system. Regular Exercise Good Hygiene Healthy Foods Managing Stress Restful Sleep Vaccinations-Invite students to select and place each booster onto Sonny.-Ask students how each booster changes the way Sonny looks and feels.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M02-4.4 - Speak Up Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M08-1.3 - Be Safe, Be Smart, Be Aware (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): 0M06-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change. Teacher notes: All QuaverHealth·PE songs have specifically choreographed moves connected to the lyrics. For the written choreography that accompanies this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. Alternatively, invite students to stand, move, sing, and create their own movements. Students can work in pairs or small groups. Observe student good practice in the classroom, play the song a second time, and have those students lead the group from the front.

Updated Text: 0M06-3.3 - Balance and Nutrition (Music Video) We replaced the lyrics version of this song with a live active music video with dancers. Teacher Notes: All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. These QuaverHealth video songs are designed specifically by Physical Education teachers for students to copy the moves while looking at the screen. Press Play and watch for students that are showing focus and skill. Have them be movement leaders if the song is played again.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M07-1.4 - What Happens at a Checkup? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-2.1 - Recognizing Stress Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M01-4.2 - Emergency or Not? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M04-2.3 - Brush Your Teeth (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): 1M07-3.5

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Question 4 > Answer B: "Fights bacteria, germs, and viruses"

Updated Text: 1M07-3.5 - Doctor, Doctor (What are Vaccines?) Question 4 > Answer B: changed to "Fights germs like bacteria and viruses" Addition to teacher notes: Quiz questions: What are antibodies? What are vaccines? What do antibodies protect against? What does our immune system do? How can we boost our immune systems?

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M02-4.5 - Quiz Challenge - 1 - Social Behavior Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M08-1.5 - Common Injuries (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M01-2.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change.

Updated Text: 1M01-2.2 - Health Detective (Finding Hidden Messages) Art - Added Vitamins and Minerals to the front of the cereal box to match narration.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M07-1.5 - Checkup Chant Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-2.2 - What Happened to Carlos? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M01-4.3 - Emergency (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-2.4 - Brush It Off Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M08-4.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Tips tab instructions: "Select the helpful tips and place on the meter to reduce Simon's risk of getting lice." Facts tab - "Who gets it?" button bullet points: "Spreads easily" "Likes everyone"

Updated Text: 1M08-4.2 - All About Head Lice Tips tab instructions: changed to "Select the helpful hints and place on Simon." Facts tab - "Who gets it?" button bullet points: changed to "Anyone!" "Spreads easily"

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M03-2 - Understanding What Worked Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M08-2 - What Is Personal Safety? - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

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Current Page Number(s): 1M01-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Decide which question to use by using the arrow on the right-hand side of the screen activity. After reading a question, select a student to choose the music, time allotted, and select the Spin button to choose the movement. The class will move to the music for the allotted time while thinking about the question. Discuss student answers after the timer has run out. Lead grade appropriate discussions before moving to the next question.

Updated Text: 1M01-3.1 - Who Is a Healthy Helper? Replaced with - Use the questions to engage in discussion about healthy helpers. Questions on screen: Why can't your dad fix your toothache? Why can't you fix your own broken leg? When have you been helped by a trusted adult? Who are the trusted adults in your home? Who are the trusted adults in your school? Who are the trusted adults in your community? Select Sentence Stem on the toggle at the bottom left of the screen activity to turn sentence stems on or off. Sentence Stems are offered so that when leading a discussion, students

are able to see how to frame a response to a question. They also provide an entry point for all students to be part of a discussion. Use the Spin button to randomize the questions, or the Next button to go to the next one. Lead grade appropriate discussions before moving to the next question. For additional movement opportunities in either the classroom or the gym, select the Roll and Move button in between classes. The dice will randomly choose a move and number of repetitions. Changed on screen art question 4-6 to match exact verbiage in notes

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M07-2 - Cold and Flu - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-2.2 - Germ-Finding Super-Gogs Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-2.3 - The Stress Song (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M01-4.4 - Be an Emergency Hero Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-2.5 - Dentist, Dentist (How to Brush) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx]

Updated Text: 3M10-1 - Body Systems 1We divided the content of this screen into 3 separate body systems pages for teacher convenience and updated the Teacher Notes as reported in Aug LCEC: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx] Skeletal System The skeletal system is the body's central framework, it consists of bones, cartilage, ligaments, and tendons. The skeletal system works in conjunction with the muscular system to help the body move. The skeletal system helps support your body weight and works with the joints, muscles and connective tissue (tendons, ligaments, and cartilage) to help you stand and move. The bones of the

skeletal system contain marrow; the marrow produces platelets. The skeletal system protects your vital internal organs: the skull protects the brain, the ribs protect the heart and lungs and your spine protects your spinal cord (part of your nervous system).99% of the body's calcium and 85% of the body's phosphorus is stored in the skeleton. A full grown adult skeleton has between 206 and 213 bones. FUN FACT: You are not born with kneecaps - kneecaps also known as the patella are what are known as sesamoid bones and develop from cartilage. Kneecaps are usually fully developed between the ages of 6-10 years old. Muscular System There are three different types of muscle in the body (skeletal, smooth, cardiac). Select "Systems ON" to see examples of the smooth and cardiac muscles. Skeletal muscles are voluntary, which means you can control them. Movement is the primary function of the muscular system. The muscular system works in conjunction with the skeletal system to help us move. The muscular system also helps with stability. skeletal muscles are attached to tendons that stretch over the joints and attach to bones to help move and hold the structure of the skeleton. These same muscles also help with posture and continue to work to keep us in an upright position. There are approximately 650 different (skeletal) muscles in the human body. Skeletal muscles generate heat to help keep us warm. Smooth muscle can be found in your stomach and digestive tract and helps move your food through the digestive process. Smooth muscle can also be found in your respiratory, circulatory, urinary and reproductive systems. Cardiac muscle is found in your heart and is responsible for pumping blood through your body. FUN FACT: Cardiac muscle is the only type of muscle that will contract on it's own without neurologic stimulation. (The nervous system regulates cardiac muscle and controls the rate and rhythm.) Circulatory System Allows blood to flow through the body carrying nutrients, oxygen and hormones to different parts of the body, Helps to regulate the body's temperature by bringing more blood to the surface of the skin to cool you off or less to keep you warm. The circulatory system delivers oxygen from the lungs to all of the tissues and carries carbon dioxide away from those same tissues and back to the lungs. The circulatory system helps remove waste products from the body by working with the lungs, lymphatic and urinary system. The circulatory system helps with your body's immune response, by delivering white blood cells and antibodies to fight off disease and infection. The circulatory system holds between 4.7- 5.5 liters of blood. FUN FACT: Every day your blood travels through more than 60,000 miles of blood vessels! Respiratory System The human respiratory system is made up of two tracts: The upper respiratory tract, which includes the nose, nasal cavities, and sinuses. The lower respiratory tract, which includes the throat (pharynx), voice box (larynx), windpipe (trachea), lungs, airways (bronchi and bronchioles), and air sacs (alveoli). Respiration is the act of breathing in and out. When you inhale, air enters your lungs when your diaphragm contracts; This creates a vacuum in your lungs causing air to rush in. When you exhale your diaphragm relaxes and pushes the air back out of your lungs. Air contains 21% oxygen; In the lungs oxygen is taken out of the air and passes through the Air sacs (alveoli) and passes into the blood, where it is carried by Red Blood cells to all the tissues of the body. At the same time oxygen is passing through the air sacs to the bloodstream, carbon dioxide is being passed from the bloodstream back into the air sacs to be expelled during exhalation. The air sacs (alveoli) are very delicate and are responsible for moving oxygen into, and carbon dioxide out of your blood while you are breathing. These air sacs can easily be damaged by smoking and chemicals. If the air sacs are damaged they can no longer effectively remove oxygen from the air. We have two lungs, a right and a left. The right lung has three separate lobes (or branches) and the left lung has two lobes.

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Original Text: N/A

Updated Text: Screen: HW 1M03-2.1 - Understanding What Worked Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 1M08-2.1 - What Is Personal Safety? - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M01-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text did not change.

Updated Text: 1M01-3.3 - Get Healthy Help (Gym Game) Added to How to Play Pop Up: Purpose:"Today we learned about trusted adults that can help with all sorts of problems. This gym game will give you a chance to test your knowledge."

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 1M07-2.3 - The Kid vs. Germs (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-2.4 - Talk It Out Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M01-4.5 - Quiz Challenge - 1 - General Health Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M04-3 - What is Exercise? - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M03-2.2 - Understanding What Worked Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M08-2.2 - Do We Have a Problem? (Safe or Unsafe) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M01-3.5

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Original text did not change.

Updated Text: 1M01-3.5 - Train the Brain - Pictures (Who Is a Healthy Helper?) Added labels to the icons so we know what they are

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Link to Current Content:

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Current Page Number(s): 1M02-3.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Click the arrow paginate to the next screen. Select and place the icon of each individual into the problem size category in which they would be most trusted to help.

Updated Text: 1M02-3.2 - Trustful Relationships Changed Click to Select - Select the arrow paginate to the next screen. Select and place the icon of each individual into the problem size category in which they would be most trusted to help.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-2.4 - Germ Fighters Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-2.5 - Recognizing Stress (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M02-4 - Standing Up for Myself Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-3.1 - What is Exercise? - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M03-2.3 - Evaluate (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 1M08-2.3 - Safe or Unsafe Game Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M03-1.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: On Screen Question: Can you have a problem in your mind that no one knows?

Updated Text: 1M03-1.1 - Working Through Problems Added on screen questions to notes - Questions on screen: What is a problem? Describe a small problem someone might have. What is the difference between a big problem and a small problem? Suggest some ways to solve a small problem. How can trusted adults help you solve a big problem? What kind of problem could you have in your mind that no one knows? Name three trusted adults. Reword on-screen question from Can you have a problem in your mind that no one knows? > What kind of problem could you have in your mind that no one knows?

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 1M07-2.5 - Doctor, Doctor (Cold and Flu) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M05-3 - Choosing a Positive Mindset Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 1M02-4.1 - Standing Up for Myself Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-3.2 - Exercise or Not? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 1M03-2.4 - Evaluation Craft Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 1M08-2.4 - Check-In (What Is Personal Safety - Going Deeper) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: Questions on screen: 1: What is something you want to do or complete? 2: What is something you want to do or complete this week? 3: What is one of your dreams for next year? 4: What would you like to be when you grow up? 5: What is something you could do to feel healthy?

Updated Text: 1M03-3.1 - Short and Long-Term Goals Added questions to notes: Questions on screen: 1: "What is a goal?" "A goal is \_\_\_\_\_." 2: "What is a goal you have for this week?" "A goal I have for this week is \_\_\_\_\_." 3: "What is a goal you have for next year?" "A goal I have for next year is \_\_\_\_\_." 4: Blue: "What would you like your job to be when you grow up?" "When I grow up, I would like my job to be \_\_\_\_\_." 5: "What is one of your health goals?" "One of my health goals is \_\_\_\_\_."

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Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M07-4 - Staying Healthy - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 1M05-3.1 - Choosing a Positive Mindset Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 1M02-4.2 - Passive, Assertive, and Aggressive Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Original Text: N/A

Updated Text: Screen: HW 1M04-3.3 - Move and Groove (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M03-2.5 - Understanding What Worked (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M08-2.5 - Keeping It Real (What Is Personal Safety?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Hot Potato Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M03-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text did not change.

Updated Text: 1M03-3.3 - Working On My Dreams (Lyrics)Updated animation for first grade audience.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 1M07-4.1 - Staying Healthy - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-3.2 - Who's Going to Make It? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-3.4 - Types of Exercise Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M04-1 - Hygiene Skills - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 1M04-1.1 - Hygiene Skills - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Papa Caliente Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M03-4.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: -This activity reinforces strengthening the students' ability to respond effectively to unsafe online or in-person situations.-Review the different keys to staying safe online. At the end of the discussion, reveal the answer and have students compare their responses to the answer on the screen.-1st Scenario. Ask students: What would you do if you were Raven? How do you think Raven's friend feels? Which one of the keys would you use in this situation? Remind students about the differences between teasing, joking, and cyberbullying. Explain the role of a bully and a bystander in a bullying situation. [115.12.b.11.A.i; 115.12.b.12.A.i-ii;115.13.b.13.A.i-ii; 115.13.b.13. C.i; 115.14.b.12.B.i; 115.16.b.14.B.i] Describe and discuss actions to take in response to bullying. [115.12.b.12. C.i]2nd Scenario. Ask students: What would you do if you were Javier? How do you think Javier feels? Which one of the keys would you use in this situation? Remind students about the importance of having a trusted adult present during digital usage. If an adult is not around and an adult online asks them to do something, they should seek immediate help from an adult they know. [115.14.b.12.B.i] Explain how to get help from a teacher, parent, or other trusted adult when made to feel bullied, uncomfortable, or

*Proclamation 2022 Report of Editorial Changes (11/10/2021)*

unsafe in a digital or online environment. Ask for volunteers to demonstrate their strategies to get help. [115.13.b.12.A.i]3rd Scenario. Ask students: What would you do if you were Tamera? How do you think Tamera feels? Which one of the keys would you use in this situation? Tell students that they should never share their personal information with anyone without getting permission from a trusted adult in their home. [115.12.b.11.A.i; 115.14.b.12.B.i]

Updated Text: 1M03-4.2 - Keys to Online Safety-Change verbiage - This activity reinforces the students' ability to identify unsafe requests, online and in-person, and provides information on how to respond effectively and when to seek help from a trusted adult.-Added bullet point - Select the Play button to listen to Officer Levon. Tell students that parents or another trusted adult are crucial for helping them navigate online or digital situations because those adults can help determine what is safe and what is not. [115.14.b.12.B.i,ii]- Reworder bullet point - In each scenario, review the keys to staying safe online. At the end of the discussion, reveal the answer and have students compare their responses to the answer on the screen. Then navigate to the next screen by selecting the arrow on the right of the screen.Formatted bullet points and added additional content for discussion to some questions.- 1st Scenario. Ask students: What would you do if you were Raven? Is this an unsafe request? (In this case, the answer is no. It is an unkind situation, but not unsafe.)How do you think Raven's friend feels? Which one of the keys would you use in this situation? Remind students about the differences between teasing, joking, and cyberbullying, and explain the role of a bully and a bystander in a bullying situation. [115.12.b.11.A.i; 115.12.b.12.A.i-ii;115.13.b.13.A.i-ii; 115.13.b.13. C.i; 115.14.b.12.A.i,ii; 115.16.b.14.B.i]Describe and discuss actions to take in response to bullying. (One appropriate action or response would be to seek help from a trusted adult). [115.12.b.12. C.i]2nd Scenario. Ask students: What would you do if you were Javier? Is this an unsafe request? How do you think Javier feels? Which one of the keys would you use in this situation? [115.14.b.12.A.i,ii] Remind students about the importance of having a trusted adult present during digital usage. Explain that if a parent or trusted adult is not around when you receive an unsafe request, like asking for personal information or asking to meet somewhere, the appropriate action is to seek immediate help from an adult they know and trust. [115.14.b.12.B.i] Explain how to get help from a teacher, parent, or other trusted adult if they are bullied, made to feel uncomfortable, or made to feel unsafe in a digital or online environment. Ask for volunteers to demonstrate their strategies to get help. [115.13.b.12.A.i]3rd Scenario. Ask students: What would you do if you were Tamera? Is this an unsafe request? How do you think Tamera feels? Which one of the keys would you use in this situation? Tell students this is an unsafe request and that they should never share their personal information online. Tell students that they should never share their personal information with anyone without getting permission from a parent or trusted adult in their home. Then, explain that the appropriate action is to alert their trusted adult of this unsafe request immediately. [115.12.b.11.A.i; 115.14.b.12.B.i]

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-4.2 - What Went Wrong? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-3.3 - Positive Mindset (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-3.5 - What Is Exercise? (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-1.2 - Hygiene Hyjinks Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Prepare Your Body Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

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Current Page Number(s): 1M03-4.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

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Original Text: The activity reinforces strengthening the students' ability to respond effectively to unsafe online or in-person situations This is a freeze dance game so remind students of the four Online Safety body motions.

Updated Text: 1M03-4.3 - Freeze! Think, Tell, Block, Stop! (Gym Game) Removed Strengthening - This screen activity reinforces the students' ability to respond effectively to unsafe online or in-person situations.-Modified Bullet point - This freeze dance game strengthens students' understanding of the four keys to online safety by associating each key with a body motion.-

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M07-4.3 - Good Habits (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 1M05-3.4 - I Know I Can Do It Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M05-1 - Sharing Happiness Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-1.3 - Wash Our Hands (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Prepara Su Cuerpo Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M04-4.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: -Select the doctor and listen to what he says about good sleep.-Ask students to select a circle. Have them make up an action to accompany the sleep benefit.-Speed up the phrases for more fun.-Add in actions for other healthy habits, such as exercise, eating healthy foods, and wearing a seatbelt.

Updated Text: 1M04-4.2 - Sleep is Amazing Added bullet - Select each icon around Celisa to learn the different benefits of sleep. Updated Verbiage - Select the Info button and then select the Play button to hear from Dr. Peters about good sleep.- Changed Verbiage - Ask students to select a circle, then ask them to make up a movement to accompany each sleep benefit. They can also mirror the action Celisa is performing on the screen:- Merged bullet points - To expand the activity, try speeding up the phrases for more fun or add in actions for other healthy habits, such as exercise, eating healthy foods, or wearing a seatbelt.- Update narration to match what is on screen

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 1M07-4.4 - Check-In (Staying Healthy - Going Deeper) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-3.5 - Choosing a Positive Mindset (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M05-1.1 - Sharing Happiness Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 1M04-1.4 - Clean Up Your Act Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Jumpin' Jacks (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 1M06-2.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: -Select the Play button to learn more about signs and symptoms of common food allergies that range from small, like a runny nose or tummy ache, to big ones, like trouble breathing or shock. Discuss what these symptoms might look like, then explain the importance of respecting others who have allergies and give examples of how to offer support. [115.12.b.7.A.ii; 115.13.b.8.A.ii; 115.14.b.8.A.i-ii

Updated Text: 1M06-2.2 - All About Food Allergies- Expanded on degree of severity of symptoms - Select the Play button to learn more about signs and symptoms of common food allergies. Reactions can range from small, like a tummy ache or runny nose due to a food intolerance or sensitivity, to big signs and symptoms of a major allergic reaction, like a rash or hives, trouble breathing, or shock. Discuss what these symptoms might look like, then explain the importance of respecting others who have allergies and give examples of how to offer support. Stress to students that some of the more common foods that cause severe reactions such as peanuts and shellfish need immediate and urgent attention.

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Original Text: N/A

Updated Text: Screen: HW 1M07-4.5 - Quiz Challenge - 1 - Disease and Illness Prevention Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 1M07-1 - What Is a Checkup? - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 1M05-1.2 - Sharing Happiness Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

## Subject: Physical Education, Grade 2

### Program: *Quaver Health*

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Original Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

Updated Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 2M01-1.4 - Health Tracker Introduction Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-3.3 - Move and Groove (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 2M08-2.2 - Unsafe Situation Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-3.5 - Importance of Goal Setting (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 2M07-2.3 - Healthy America (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 2M06-4.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Q2 (Pink): "Who are trusted adults you could talk to about a situation involving alcohol, drugs, tobacco, and vaping?" Instructions: "Select Random or a box and test your knowledge."

Updated Text: 2M06-4.1 - ReportingQ2 (Pink) changed to: "Who are trusted adults you could talk to about a situation involving alcohol, drugs, tobacco, or vapes?" Instructions changed to: "Select Random or a box, then discuss the questions." Correction in teacher notes: removed "on" from "Prior to the beginning of the lesson, launch each screen activity, and select on all active areas in order to understand the learning potential. This will help with lesson flow, student engagement, and load times." Addition to teacher notes: "Questions: How can a trusted adult help in a situation involving drugs or alcohol? Who are the trusted adults you could talk to about a situation involving alcohol, drugs, tobacco, or vapes? What would you say if someone offered you alcohol or a vape? Why do you think it is against the law to drink alcohol before you're 21? Why do you think some kids try alcohol, drugs, tobacco, or vaping? How should you respond to an emergency involving drugs or alcohol?"

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Original Text: N/A

Updated Text: Screen: HW 2M03-1.1 - Problems Big and Small Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 2M06-2.5 - This or That (Making Nutritional Choices) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 2M02-1.3 - Everybody Needs a Little Help (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 2M05-3.1 - Choosing a Growth Mindset Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Original Text: N/A

Updated Text: Screen: HW 2M02-1.4 - Do They Need Help? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 2M05-3.2 - Tug of Mindset Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 2M01-1.5 - QLibs (My Health at School) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 2M04-3.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 2M08-2.3 - Practicing Refusal Skills (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

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Original Text: N/A

Updated Text: Lesson: HW 2M03-4 - Introduce - Communicating Online Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-2.4 - Personal Prevention Practices Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 2M10-1.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Teacher notes: "This screen activity helps students name and demonstrate the five senses. Click through all of the pages on this screen. Have students name and demonstrate the use of their five senses. [115.12.b.1.A.i] Designate five areas of the gym or classroom and give each the name of a sense. Make a statement and have students go to the correct areas and demonstrate that sense. [115.13.b.1.A.i] For example: We smell with this We watch with this We listen with this We taste with this We feel with this"

Updated Text: 2M10-1.2 - Explore the Five Senses Teacher notes changed to: "This screen activity helps students name and demonstrate the five senses. Listen to the track and encourage students to move along with the lyrics. Explore each sense on all of the pages on this screen. Have students name and demonstrate the use of their five senses. [115.12.b.1.A.i] To add additional movement, designate five areas of the gym or classroom and give each the name of a sense. Make a statement and have students go to the correct areas and demonstrate that sense. [115.13.b.1.A.i] For example: We smell with this....We watch with this....We listen with this....We taste with this....We feel with this...."

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-1.2 - Two Kinds of Problems Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M06-3 - The Role Water Plays Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-1.5 - Asking for Help (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-3.3 - The Mindset Battle (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M01-3 - Why Do I Need Healthy Help? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-3.5 - QLibs (What Exercise is Right for Me?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M08-2.4 - Keeping It Real (Saying No in Risky Situations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M03-4.1 - Introduce - Communicating Online Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

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Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M07-2.5 - Symptom Sorting Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

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Current Page Number(s): NA

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx]

Updated Text: 3M10-1 - Body Systems 1We divided the content of this screen into 3 separate body systems pages for teacher convenience and updated the Teacher Notes as reported in Aug LCEC: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx] **Skeletal System** The skeletal system is the body's central framework, it consists of bones, cartilage, ligaments, and tendons. The skeletal system works in conjunction with the muscular system to help the body move. The skeletal system helps support your body weight and works with the joints, muscles and connective tissue (tendons, ligaments, and cartilage) to help you stand and move. The bones of the skeletal system contain marrow; the marrow produces platelets. The skeletal system protects your vital internal organs: the skull protects the brain, the ribs protect the heart and lungs and your spine protects your spinal cord (part of your nervous system).99% of the body's calcium and 85% of the body's phosphorus is stored in the skeleton. A full grown adult skeleton has between 206 and 213 bones. FUN FACT: You are not born with kneecaps - kneecaps also known as the patella are what are known as sesamoid bones and develop from cartilage. Kneecaps are usually fully developed between the ages of 6-10 years old. **Muscular System** There are three different types of muscle in the body (skeletal, smooth, cardiac). Select "Systems ON" to see examples of the smooth and cardiac muscles. Skeletal muscles are voluntary, which means you can control them. Movement is the primary function of the muscular system. The muscular system works in conjunction with the skeletal system to help us move. The muscular system also helps with stability. skeletal muscles are attached to tendons that stretch over the joints and attach to bones to help move and hold the structure of the skeleton. These same muscles also help with posture and continue to work to keep us in an upright position. There are approximately 650 different (skeletal) muscles in the human body. Skeletal muscles generate heat to help keep us warm. Smooth muscle can be found in your stomach and digestive tract and helps move your food through the digestive process. Smooth muscle can also be found in your respiratory, circulatory, urinary and reproductive systems. Cardiac muscle is found in your heart and is responsible for pumping blood through your body. FUN FACT: Cardiac muscle is the only type of muscle that will contract on it's own without neurologic stimulation. (The nervous system regulates cardiac muscle and controls the rate and rhythm.) **Circulatory System** Allows blood to flow through the body carrying nutrients, oxygen and hormones to different parts of the body, Helps to regulate the body's temperature by bringing more blood to the surface of the skin to cool you off or less to keep you warm. The circulatory system delivers oxygen from the lungs to all of the tissues and carries carbon dioxide away from those same tissues and back to the lungs. The circulatory system helps remove waste products from the body by working with the lungs, lymphatic and urinary system. The circulatory system helps with your body's immune response, by delivering white blood cells and antibodies to fight off disease and infection. The circulatory system holds between 4.7- 5.5 liters of blood. FUN FACT: Every day your blood travels through more than 60,000 miles of blood vessels! **Respiratory System** The human respiratory system is made up of two tracts: The upper respiratory tract, which includes the nose, nasal cavities, and sinuses. The lower respiratory tract, which includes the throat (pharynx), voice box (larynx), windpipe (trachea), lungs, airways (bronchi and bronchioles), and air sacks (alveoli). Respiration is the act of breathing in and out. When you inhale, air enters your lungs when your diaphragm contracts; This creates a vacuum in your lungs causing air to rush in. When you exhale your diaphragm relaxes and pushes the air back out of your lungs. Air contains 21% oxygen; In the lungs oxygen is taken out of the air and passes through the

Air sacs (alveoli) and passes into the blood, where it is carried by Red Blood cells to all the tissues of the body. At the same time oxygen is passing through the air sacs to the bloodstream, carbon dioxide is being passed from the bloodstream back into the air sacs to be expelled during exhalation. The air sacs (alveoli) are very delicate and are responsible for moving oxygen into, and carbon dioxide out of your blood while you are breathing. These air sacs can easily be damaged by smoking and chemicals. If the air sacs are damaged they can no longer effectively remove oxygen from the air. We have two lungs, a right and a left. The right lung has three separate lobes (or branches) and the left lung has two lobes.

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Original Text: N/A

Updated Text: Screen: HW 2M03-1.3 - Big or Small (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M06-3.1 - The Role Water Plays Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M02-3 - Building Relationships With Trusted Adults - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.



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ISBN: 9781642851427

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-3.4 - Mindset Blaster Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

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Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M01-3.1 - Why Do I Need Healthy Help? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M04-4 - What Does Sleep Do for Me? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-2.5 - QLibs (Saying No in Risky Situations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-4.2 - Tech Talk (Communicating Online) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M07-3 - Use and Misuse of Medications Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-1.4 - Solve the Problems Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M06-3.2 - All About Water Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-3.1 - Building Relationships With Trusted Adults - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-3.5 - Choosing a Growth Mindset (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 2M01-3.2 - Healthy Help in My Community Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-4.1 - What Does Sleep Do for Me? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M08-3 - Strangers Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-4.3 - Be Careful How You Use the Internet (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-3.1 - Use and Misuse of Medications Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-1.5 - Big and Small Problems (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M06-3.3 - Drink Your Water (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-3.2 - Trustful Relationships Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M05-4 - Identifying Strong Feelings Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M01-3.3 - Healthy Helper (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-4.2 - Benefits of Sleep Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-3.1 - Strangers Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): HW 1M03-4.2

Location: Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: This activity reinforces strengthening the students' ability to respond effectively to unsafe online or in-person situations. Ask students to give examples of ways they interact with people on the internet. Remind them of the importance of staying safe online. Select a key and have students listen to how to stay safe online. [115.12.b.11.A.i; 115.14.b.12.B.i] Navigate to the next page and listen to each scenario. Have students discuss how they would respond. Review the different keys to staying safe online. At the end of the discussion, reveal the answer and have students compare their responses to the answer on the screen.1st Scenario. Ask students: What would you do if you were Raven? How do you think Raven's friend feels? Which one of the keys would you use in this situation? Remind students about the differences between teasing, joking, and cyberbullying. Explain the role of a bully and a bystander in a bullying situation. [115.12.b.11.A.i; 115.12.b.12.A.i-ii;115.13.b.13.A.i-ii; 115.13.b.13. C.i; 115.14.b.12.B.i; 115.16.b.14.B.i] Describe and discuss actions to take in response to bullying. [115.12.b.12. C.i]2nd Scenario. Ask students: What would you do if you were Javier? How do you think Javier feels? Which one of the keys would you use in this situation? Remind students about the importance of having a trusted adult present during digital usage. If an adult is not around and an adult online asks them to do something, they should seek immediate help from an adult they know. [115.14.b.12.B.i] Explain how to get help from a teacher, parent, or other trusted adult when made to feel bullied, uncomfortable, or unsafe in a digital or online environment. Ask for volunteers to demonstrate their strategies to get help. [115.13.b.12.A.i]3rd Scenario. Ask students: What would you do if you were Tamera? How do you think Tamera feels? Which one of the keys would you use in this situation? Tell students that they should never share their personal information with anyone without getting permission from a trusted adult in their home. [115.12.b.11.A.i; 115.14.b.12.B.i]

Updated Text: Screen: HW 1M03-4.2 - Keys to Online Safety Clarified Teacher Notes to accompany screen activity: This activity reinforces strengthening the students' ability to identify unsafe requests and how to respond effectively to unsafe digitally, online, or in-person situations and explain why obtaining help, especially from parents or other trusted adults when making decisions regarding online or digital use. Ask students to give examples of ways they interact with people on the internet. Remind them of the importance of staying safe online. Select the Play button to listen to Officer Levon. Tell students that parents or another trusted adult are crucial for helping them navigate online or digital situations

*Proclamation 2022 Report of Editorial Changes (11/10/2021)*



because those adults can help determine what is safe and what it not. [115.14.b.12.B.i,ii] Select a key and have students listen to how to stay safe online. [115.12.b.11.A.i] Navigate to the next page and listen to each scenario. Have students discuss how they would respond. Review the different keys to staying safe online. At the end of the discussion, reveal the answer and have students compare their responses to the answer on the screen. Then navigate to the next screen by selecting the arrow on the right of the screen.1st Scenario. Ask students: What would you do if you were Raven? Is this an unsafe request? (In this case, the answer is no. It is an unkind situation, but not unsafe.) How do you think Raven's friend feels? Which one of the keys would you use in this situation? Remind students about the differences between teasing, joking, and cyberbullying. Explain the role of a bully and a bystander in a bullying situation. [115.12.b.11.A.i; 115.12.b.12.A.i-ii;115.13.b.13.A.i-ii; 115.13.b.13. C.i; 115.14.b.12.A.i,ii; 115.16.b.14.B.i]Describe and discuss actions to take in response to bullying. (One appropriate action or response would be to tell and adult). [115.12.b.12. C.i]2nd Scenario. Ask students: What would you do if you were Javier? Is this an unsafe request? How do you think Javier feels? Which one of the keys would you use in this situation? [115.14.b.12.A.i,ii] Remind students about the importance of having a trusted adult present during digital usage. If an adult is not around and a person online makes an unsafe request like asking for personal information or asking them to meet somewhere, the appropriate action to take is to seek immediate help from an adult they know and trust. [115.14.b.12.B.i] Explain how to get help from a teacher, parent, or other trusted adult when made to feel bullied, uncomfortable, or unsafe in a digital or online environment. Ask for volunteers to demonstrate their strategies to get help. [115.13.b.12.A.i]3rd Scenario. Ask students: What would you do if you were Tamera? Is this an unsafe request? How do you think Tamera feels? Which one of the keys would you use in this situation? Tell students this is an unsafe request and that they should never share their personal information Tell students that they should never share their personal information with anyone without getting permission from a trusted adult in their home. The appropriate action is to alert their trusted adult of this unsafe request immediately. [115.12.b.11.A.i; 115.14.b.12.B.i]

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-4.4 - Wise Words Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-3.2 - Make the Healthy Choice Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M03-2 - Making Healthy Decisions Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M06-3.4 - Check-In (The Role Water Plays) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-2.1 - Making Healthy Decisions Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M06-3.5 - The Role Water Plays (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M02-3.3 - Someone I Can Talk To (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-4.1 - Identifying Strong Feelings Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-3.4 - Why Get Healthy Help? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-4.3 - The Sleep Game Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 2M08-3.2 - Safe and Unsafe Strangers Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 2M03-3.2 - Health Goals Road Map Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-4.5 - Quiz Challenge - 2 - Responsible Decision Making Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 2M07-3.4 - Medication Choices Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-2.2 - Making Healthy Choices Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M07-1 - What Happens at the Doctor? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M02-3.4 - Who Ya Gonna Call? (Building Relationships With Trusted Adults) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M05-4.2 - Strong Feeling Sort Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-3.5 - This Or That (Finding The Right Healthy Helper) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M04-4.4 - Lesson Mindset (What Does Sleep Do for Me?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M08-3.3 - I Don't Talk to Strangers (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M11-1.8 - Mosquitoes and Ticks Select each slide on the right side to navigate to through the screen. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M04-2 - Brushing and Flossing Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.



**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M07-3.5 - QLibs (Use and Misuse of Medications) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M03-2.3 - All of These Choices (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-1.1 - What Happens at the Doctor? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-3.5 - Matching Game (Building Relationships with Trusted Adults) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M05-4.3 - Breathing Calms Me Down (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M01-4 - Reducing Emergency-Causing Hazards Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M04-4.5 - Quiz Challenge - 2 - Healthy Practices and Hygiene Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-3.4 - Stranger Smarts Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Link to Current Content:

[View Current Content](#)

Current Page Number(s): HW 3M05-2.2

Location: Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M05-2.2 - Controlling Stress (Managing My Stress) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M04-2.1 - Brushing and Flossing Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M08-1 - Playground Safety Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M03-2.4 - Check-In (Making Healthy Decisions) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M07-1.2 - What Happens At the Doctor (Video Tour) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M02-4 - Bullies, Bystanders, and Victims Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M05-4.4 - Check-In (Identifying Strong Feelings) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M01-4.1 - Reducing Emergency-Causing Hazards Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M05-1 - What My Feelings Mean Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M08-3.5 - Lesson Mindset (Strangers) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M07-3.2 - All About Medicine Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M04-2.2 - Finish with Floss Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M08-1.1 - Playground Safety Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M03-2.5 - Making Healthy Decisions (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M07-1.3 - Checkup Circuit (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M02-4.1 - Bullies, Bystanders, and Victims Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M05-4.5 - Quiz Challenge - 2 - Mental Health and Wellness Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M01-4.3 - Stronger and Safer (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M05-1.1 - What My Feelings Mean Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Hot Potato Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-1.2 - Can You See What I Feel? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M04-2.3 - Brush Your Teeth (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M08-1.2 - Problem-Solving Super-Gogs (Playground Safety) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M04-2.4 - Check-In (Brushing and Flossing) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M08-1.3 - Be Safe, Be Smart, Be Aware (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M03-3 - Importance of Goal Setting Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M07-1.4 - Doctors on Duty Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

[View Current Content](#)

Current Page Number(s): 0M06-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change. Teacher notes: All QuaverHealth-PE songs have specifically choreographed moves connected to the lyrics. For the written choreography that accompanies this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. Alternatively, invite students to stand, move, sing, and create their own movements. Students can work in pairs or small groups. Observe student good practice in the classroom, play the song a second time, and have those students lead the group from the front.

Updated Text: 0M06-3.3 - Balance and Nutrition (Music Video)We replaced the lyrics version of this song with a live active music video with dancers. Teacher Notes: All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song

Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. These QuaverHealth video songs are designed specifically by Physical Education teachers for students to copy the moves while looking at the screen. Press Play and watch for students that are showing focus and skill. Have them be movement leaders if the song is played again.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M02-4.2 - Bullying Roles Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M06-2 - Explore - Making Nutritional Choices Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M01-4.4 - Emergency Prevention Sorter Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M05-1.2 - Real Feelings Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Papa Caliente Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M08-4.4 - Danger of Weapons Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M01-1 - Exploring My Health at School Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M04-2.5 - Brushing and Flossing (Futurizations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M08-1.4 - Check-In (Playground Safety) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M03-3.1 - Importance of Goal Setting Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M07-1.5 - Doctor, Doctor (What Happens at the Doctor?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 2M04-1.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: No subtitle on screen Not Brushing Teeth - 1 Year bullet points: "Ruby's teeth might die!" "Her teeth might change colors and fall out."

Updated Text: 2M04-1.1 - Consequences of Poor Hygiene Subtitle added: "Consequences of Poor Hygiene" Not Brushing Teeth - 1 Year bullet points changed to: "Ruby's teeth might die!" "Her teeth might change colors and have to be removed."



**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M02-4.3 - Bully, Bully Go Away (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M06-2.1 - Explore - Making Nutritional Choices Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M01-4.5 - Quiz Challenge - 2 - General Health Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-1.3 - I'm Not a Robot (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Prepare Your Body Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M01-1.1 - Exploring My Health at School Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M04-3 - Discovering What Exercise is Right for Me Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M08-1.5 - Stay Safe At The Playground Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-3.2 - Health Goals Road Map Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M07-2 - Introducing Disease Awareness Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

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Current Page Number(s): 2M04-1.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Instructions: "Select Hands, Teeth, or Shower, then fill out the interactive phrases." Shower interactive phrase - correct answer for washing hair: "twice a week"

Updated Text: 2M04-1.2 - Hygiene Benefits Instructions: changed to "Select Hands, Teeth, or Shower, then complete the interactive phrases." Shower interactive phrase - correct answers for washing hair changed to: "twice a week" "once every two weeks" and "once a month" Addition to teacher notes: "NOTE: Any frequency of hair washing will be correct in this screen. Discuss with students that different hair types require different washing needs. Some people may wash their hair once a day and others may wash their hair once a month."

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M02-4.4 - The Four W's Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M06-2.2 - Finding Valid Nutrition Information Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M02-1 - Asking for Help Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M05-1.4 - Teach the Robot Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Prepara Su Cuerpo Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M01-1.2 - Health at School Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M04-3.1 - Discovering What Exercise is Right for Me Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M08-2 - Saying No in Risky Situations Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-3.3 - Get Motivated (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-2.1 - Introducing Disease Awareness Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 2M05-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Four questions originally. In movement notes, "Somersault".

Updated Text: 2M05-2.1 - My Personal Stressors Added questions 5 and 6: "When might you experience positive stress?" and "How can you tell the difference between positive and negative stress?" Addition to teacher notes: Questions: Who can you talk to when you feel stressed about your homework? What can you do to calm down when you feel stressed? What can cause you stress at home? What can cause you stress at school? When might you experience positive stress? How can you tell the difference between negative and positive stress? To expand on Question 5 "When might you experience positive stress?", explain to students that not all stress is bad. Stress is simply the body's response to changes in our lives. Positive stress could be setting a new goal, getting a new sibling, moving to a new house, going on vacation, or a parent getting a cool new job. Negative stressors can be family financial concerns, fights with friends, relationship issues at home, parents getting divorced, or a close family member passing away. [Narrative: 115.14.b.5.B.i] Ask students to give a thumbs up if what an example is a positive stress or a negative stress. [Activity: 115.14.b.5.B.i]: Welcoming a new sibling into their family (thumbs up) Fighting with a friend (thumbs down) Moving to a new home (this could be positive or negative - allow students to explain their answers!) Going on a vacation to a new place (thumbs up) Visiting a new restaurant and had the opportunity to try new food that they don't know if they will like. (thumbs up) Knowing a family member is ill for a long time (thumbs down) Trying out for a new show (thumbs up) Invite students to turn to a partner and share a time in their lives when they felt stress about something that turned out to be an opportunity for personal growth. Call on three students to share for the class as they are comfortable. [Activity: 115.14.b.5.B.i] To expand on Question 6: "How can you tell the difference between negative and positive stress?", explain to students that while negative stress can have negative effects like anxiety, decreased performance, and emotional struggles, positive stress can have positive effects like motivation, excitement, and improved performance. [Narrative: 115.14.b.5.B.i] In movement notes, replaced Somersault with Barrel Roll.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-4.5 - Quiz Challenge - 2 - Social Behavior Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M06-2.3 - Healthy Choices (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-1.1 - Asking for Help Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M05-1.5 - What My Feelings Mean (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Jumpin' Jacks (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M01-1.3 - Healthy Me (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M04-3.2 - What Do I Like? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M08-2.1 - Saying No in Risky Situations Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M03-3.4 - Lesson Mindset (Importance of Goal Setting) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M07-2.2 - Ask a Doctor Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 2M05-2.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Instructions: "Read the case card, discuss, and type answers."

Updated Text: 2M05-2.4 - Stress Solutions Changed instructions to: "Read the case card, type your answers, then discuss."

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 2M03-1 - Problems Big and Small Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 2M06-2.4 - My Nutrition Promise Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 2M02-1.2 - Life-Saver Flow Chart Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 2M05-3 - Choosing a Growth Mindset Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Lunch Box Song (Connections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

## Subject: Physical Education, Grade 3

### Program: *Quaver Health*

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M02-4.3 - Stand Up for Yourself (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-3.1 - Avoiding Misuse of Medications Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-3.2 - All About Medicine Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-2.3 - Healthy Choices (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-4.5 - Quiz Challenge - 3 - Healthy Practices and Hygiene Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-1.1 - Consequences of Poor Hygiene - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-2.5 - QLibs (Saying No in Risky Situations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 3M03-4.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Teacher notes: - This activity reinforces students accepting personal responsibility for online usage as well as identifying appropriate people to communicate with and appropriate information to share.- Ask students to discuss with a shoulder partner how they communicate with their friends online.- Explain to students that there are safe ways to communicate with their friends online. Ask students some follow-up questions such as: Scenario 1: Was this a respectful way to communicate online? Why or why not? Ask: What are some possible consequences of cyberbullying or inappropriate online use? [115.14.b.12. C.i-iii] Scenario 2: Why is it important to get a trusted adult when someone online you don't know asks you to do something? [115.14.b.12.A.i-ii; 115.14.b.12.B.i-ii] Scenario 3: Is it safe or unsafe to share your personal information through online forms? Ask them to explain their answer. [115.16.b.13.B.ii] Scenario 4: Why should you think about the consequences of sending certain memes or messages online? [115.16.b.13.A.ii]

Updated Text: 3M03-4.2 - Tech Talk (Communicating Online)Changes to teacher notes:- This activity reinforces students' personal responsibility for online usage as well as identifying appropriate people to communicate with and appropriate information to share.- Ask students to discuss with a shoulder partner how they communicate with their friends online.- Ask students to identify safe ways to communicate with their friends online.- Ask students some follow-up questions such as: Scenario 1: Was this a respectful way to communicate online? Why or why not? Ask: What are some possible consequences of cyberbullying or inappropriate online use? [115.14.b.12. C.i-iii] Scenario 2: Why is it important to seek help from a parent or another trusted adult after receiving a request from a stranger online? [115.14.b.12.A.i-ii; 115.14.b.12.B.i-ii] Scenario 3: Is it safe or unsafe to share your personal information through online forms? Ask students to explain their answer. [115.16.b.13.B.ii] Scenario 4: Why should you think about the consequences of sending certain memes or messages online? [115.16.b.13.A.ii]



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Original Text: N/A

Updated Text: Screen: HW 3M02-4.4 - Speaking Assertively Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-3.2 - All About Medicine Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M01-2 - Cultural Influences on Health Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M06-2.4 - My Nutrition Promise Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M05-3 - Overcoming My Weaknesses Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-1.2 - Hygiene Benefits Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M08-4 - Safety with Spiders and Insects - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): 3M04-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Question 1: "How long do you think you should exercise per day?" Question 4: "Who can help you determine what exercises are safe for you to do?"

Updated Text: 3M04-3.1 - What Exercise Is Right for Me? Changes to questions: Q1: "How long should you exercise per day?" Q4: "How might your lungs feel during exercise?" Answers: "Breathing fast" (correct), "No breath at all", "Breathing a little fast" (correct), "Breathing super slow" Additions to teacher notes: " Questions on screen: How long should you exercise per day? Which of these are exercises? What does a good exercise need to be? How might your lungs feel during exercise? What might your heart feel like when you are exercising? How could your muscles feel when exercising?" "To expand on questions 4 and 5, have students observe their heart rate and breathing rate. Ask students to describe the immediate effect of physical activity on their heart and lungs. Explain how the heart and lungs work harder to supply the body with oxygen, helping it get stronger and healthier. Challenging the body in this way regularly improves and maintains health, preventing health challenges associated with conditions like obesity. [116.13.b.8.A.i,ii; 116.14.b.8.A.i,ii]"

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Current Page Number(s): 3M04-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Teacher notes: All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the written choreography that accompanies Don't Quit, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features.

Updated Text: 3M04-3.3 - Don't Quit (Music Video) Replaced lyrics version of song with music video Change to teacher notes: "All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features."

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M02-4.5 - Quiz Challenge - 3 - Social Behavior Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-3.3 - Medicine (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M01-2.1 - Cultural Influences on Health Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M06-2.5 - This or That (Making Nutritional Choices) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Jumpin' Jacks (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M05-3.1 - Overcoming My Weaknesses Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-1.3 - Feelin' Fresh Every Day (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M08-4.1 - Safety with Spiders and Insects - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-1.4 - My Personal Hygiene Plan Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-4.2 - All About Spiders and Insects Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 3M05-1.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Define tab > Physical: bullet point one "asthma" Define tab > What to Say: "I have a \_\_\_\_."

Updated Text: 3M05-1.2 - Coping Statements Define tab > Physical toggle: Replace "asthma" with "shortness of breath" Define tab > What to Say: "I feel \_\_\_\_."

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 3M03-1 - Evaluating Solutions and Consequences Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M07-3.4 - Say No to the Misuse Monster Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M01-2.2 - Family and Cultural Traditions (Health-O-Meter) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M06-3 - The Role Water Plays - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Lunch Box Song (Connections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M05-3.2 - Accept, Ask, Share Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M04-1.5 - Missing Habits Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M08-4.3 - Gonna Catch You! (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 3M05-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Subtitle: Managing Stress Teacher notes: "Use the Spin button to randomize the questions, or the Next button to go to the next one. Use the Student Selector as a fun way of engaging as many students in the discussion as possible."

Updated Text: 3M05-2.1 - Managing My Stress Update subtitle to: Managing My Stress Added "Roll and Move" button with update teacher notes to: "For additional movement opportunities in either the classroom or the gym, select the Roll and Move button between questions. The dice will randomly choose a move and number of repetitions."

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M03-1.1 - Evaluating Solutions and Consequences Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-3.5 - Do What's Right (Avoiding Misuse of Medications) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M01-2.3 - Get Together and Move (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 3M06-3.1 - The Role Water Plays - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

Updated Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M05-3.3 - I'll Get Through It (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 3M04-2 - Brushing and Flossing - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

**Component: *Quaver Health Online License***

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M08-4.4 - Spider and Insect Sorter Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

[View Current Content](#)

Current Page Number(s): 3M07-2.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Instructions: "Select a category and type your personal prevention practice."

Updated Text: 3M07-2.4 - Personal Prevention Practices Instructions changed to: "Type your personal prevention practices for each category."

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M03-1.2 - The Situations Report Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 3M08-1 - Water Safety Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M01-2.4 - Family Traditions - Upgrade Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M06-3.2 - All About Water Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M05-3.4 - The Road to Strength Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-2.1 - Brushing and Flossing - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M08-4.5 - Quiz Challenge - 3 - Safety and Accident Prevention Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 3M07-4.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen is the same.

Updated Text: 3M07-4.3 - Four Dimensions of Health (Music Video) Replaced lyrics version of song with music video  
Changes to teacher notes: "Songs can be used in many ways and are a very powerful means of communicating and reinforcing a message to students. All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. These QuaverHealth video songs are designed specifically by Physical Education teachers for students to copy the moves while looking at the screen. Press Play and watch for students that are showing focus and skill. Have them be movement leaders if the song is played again."

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M03-1.3 - Break Down (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-1.1 - Water Safety Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M01-2.5 - This or That (Cultural Influences on Health) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-3.3 - Balance and Nutrition (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M05-3.5 - Overcoming My Weaknesses (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-2.2 - Finish with Floss Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Hot Potato Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 3M08-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Instructions: "Select Random or a toy and test your knowledge."

Updated Text: 3M08-3.1 - Safe Spaces in the Community Change instructions to "Select Random or a toy, and discuss the questions."

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M03-1.4 - Breaking News: Situations Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-1.2 - Problem-Solving Super-Gogs (Water Safety) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M01-4 - Reducing Emergency-Causing Hazards - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-3.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 3M06-1 - The Role of Vitamins and Minerals - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-2.3 - Brush Your Teeth (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Papa Caliente Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

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Current Page Number(s): 3M08-3.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original VO for page 1 Mayor Walker: "Welcome to Brookview! I am Mayor Walker. I'm so glad you have decided to visit us! We love our different communities and we work together to make it safe. Our town motto is (Mayor says it in an upbeat chant format): 'Rules, Respect, Community Helpers!' Let's all stand up and say it together: (pause) ready, go! 'Rules, Respect, Community Helpers.' Great job! Now, please take a walk around and visit our communities."

Updated Text: 3M08-3.4 - Rules, Respect, and Community Helpers (Community Map)Audio Update: Replaced Mayor Walker's VO on Page 1 with: "Welcome back! I'm so glad you decided to visit us again! We love our community and we ALL can work together to make it a safe place for everyone. Do you remember what makes our community safe? Let's all stand up and say it together, (Mayor says it in an upbeat chant format) 'Rules, Respect, Community Helpers.' That's right, let's say it again: Ready, go, 'Rules, Respect, Community Helpers.' Great job, you got it! Now, let's take a walk back through one of the communities and see what you remember."Art Update: For each fill-in the blank pop-up: Added the

word "Your" Ex: "Name of your Police Department" This will add more ownership for the students so they filling in the blank with their own community buildings, not Brookview's. This is only true for the police station, school, fire department, community center, hospital, store, park, urgent care, and library (did not add this to vacant building or place of worship).

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M03-1.5 - Breaking Down Situations (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M08-1.3 - Be Safe, Be Smart, Be Aware (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M01-4.1 - Reducing Emergency-Causing Hazards - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M06-3.5 - The Role Water Plays (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 3M06-1.1 - The Role of Vitamins and Minerals - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-1.2 - Major Vitamins and Minerals Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: Quaver Health Online License**

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-2.4 - Lesson Mindset (Brushing and Flossing - Going Deeper) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

**Component: Quaver Health Online License**

ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Prepare Your Body Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

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Current Page Number(s): NA

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

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Original Text: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx]

Updated Text: 3M10-1 - Body Systems 1We divided the content of this screen into 3 separate body systems pages for teacher convenience and updated the Teacher Notes as reported in Aug LCEC: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.15.b.1.A.i-xx] Skeletal System The skeletal system is the body's central framework, it consists of bones, cartilage, ligaments, and tendons. The skeletal system works in conjunction with the muscular system to help the body move. The skeletal system helps support your body weight and works with the joints, muscles and connective tissue (tendons, ligaments, and cartilage) to help you stand and move. The bones of the



skeletal system contain marrow; the marrow produces platelets. The skeletal system protects your vital internal organs: the skull protects the brain, the ribs protect the heart and lungs and your spine protects your spinal cord (part of your nervous system).99% of the body's calcium and 85% of the body's phosphorus is stored in the skeleton. A full grown adult skeleton has between 206 and 213 bones. FUN FACT: You are not born with kneecaps - kneecaps also known as the patella are what are known as sesamoid bones and develop from cartilage. Kneecaps are usually fully developed between the ages of 6-10 years old. Muscular System There are three different types of muscle in the body (skeletal, smooth, cardiac). Select "Systems ON" to see examples of the smooth and cardiac muscles. Skeletal muscles are voluntary, which means you can control them. Movement is the primary function of the muscular system. The muscular system works in conjunction with the skeletal system to help us move. The muscular system also helps with stability. skeletal muscles are attached to tendons that stretch over the joints and attach to bones to help move and hold the structure of the skeleton. These same muscles also help with posture and continue to work to keep us in an upright position. There are approximately 650 different (skeletal) muscles in the human body. Skeletal muscles generate heat to help keep us warm. Smooth muscle can be found in your stomach and digestive tract and helps move your food through the digestive process. Smooth muscle can also be found in your respiratory, circulatory, urinary and reproductive systems. Cardiac muscle is found in your heart and is responsible for pumping blood through your body. FUN FACT: Cardiac muscle is the only type of muscle that will contract on it's own without neurologic stimulation. (The nervous system regulates cardiac muscle and controls the rate and rhythm.) Circulatory System Allows blood to flow through the body carrying nutrients, oxygen and hormones to different parts of the body, Helps to regulate the body's temperature by bringing more blood to the surface of the skin to cool you off or less to keep you warm. The circulatory system delivers oxygen from the lungs to all of the tissues and carries carbon dioxide away from those same tissues and back to the lungs. The circulatory system helps remove waste products from the body by working with the lungs, lymphatic and urinary system. The circulatory system helps with your body's immune response, by delivering white blood cells and antibodies to fight off disease and infection. The circulatory system holds between 4.7- 5.5 liters of blood. FUN FACT: Every day your blood travels through more than 60,000 miles of blood vessels! Respiratory System The human respiratory system is made up of two tracts: The upper respiratory tract, which includes the nose, nasal cavities, and sinuses. The lower respiratory tract, which includes the throat (pharynx), voice box (larynx), windpipe (trachea), lungs, airways (bronchi and bronchioles), and air sacs (alveoli). Respiration is the act of breathing in and out. When you inhale, air enters your lungs when your diaphragm contracts; This creates a vacuum in your lungs causing air to rush in. When you exhale your diaphragm relaxes and pushes the air back out of your lungs. Air contains 21% oxygen; In the lungs oxygen is taken out of the air and passes through the Air sacs (alveoli) and passes into the blood, where it is carried by Red Blood cells to all the tissues of the body. At the same time oxygen is passing through the air sacs to the bloodstream, carbon dioxide is being passed from the bloodstream back into the air sacs to be expelled during exhalation. The air sacs (alveoli) are very delicate and are responsible for moving oxygen into, and carbon dioxide out of your blood while you are breathing. These air sacs can easily be damaged by smoking and chemicals. If the air sacs are damaged they can no longer effectively remove oxygen from the air. We have two lungs, a right and a left. The right lung has three separate lobes (or branches) and the left lung has two lobes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 3M03-2 - Setting My Intentions Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M08-1.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M01-4.2 - Identify the Hazard Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M07-1 - What Happens at the Doctor? - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-1.3 - Nutrients (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 3M04-2.5 - Brushing and Flossing (Futurizations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Prepara Su Cuerpo Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): NA

Location: NA

Link to Updated Content:

[View Updated Content](#)

Original Text: The original text remains the same; we have packaged together Feedback Sandwich, Steps to Persevere, Beyond the Gym, and several songs into a Unit format for teacher convenience.

Updated Text: 3M10-2 - Beyond the Gym The original text remains the same; we have packaged together Feedback Sandwich, Steps to Persevere, Beyond the Gym, and several songs into a Unit format for teacher convenience.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M03-2.1 - Setting My Intentions Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M08-1.5 - Safe and Unsafe Water Play Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M01-4.3 - Emergency (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M07-1.1 - What Happens at the Doctor? - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 3M06-1.4 - Lesson Mindset (The Role of Vitamins and Minerals) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M04-4 - What Does Sleep Do for Me? - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M03-2.2 - Intention for My Day Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M08-2 - Saying No in Risky Situations - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M01-4.4 - Emergency Prevention Sorter Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 3M07-1.2 - What Happens At the Doctor (Video Tours) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 3M06-1.5 - Food Sorter (Vitamins and Minerals) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-4.1 - What Does Sleep Do for Me? - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M03-2.3 - Set My Course (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-2.1 - Saying No in Risky Situations - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): 0M06-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change. Teacher notes: All QuaverHealth·PE songs have specifically choreographed moves connected to the lyrics. For the written choreography that accompanies this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. Alternatively, invite students to stand, move, sing, and create their own movements. Students can work in pairs or small groups. Observe student good practice in the classroom, play the song a second time, and have those students lead the group from the front.

Updated Text: 0M06-3.3 - Balance and Nutrition (Music Video) We replaced the lyrics version of this song with a live active music video with dancers. Teacher Notes: All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. These QuaverHealth video songs are designed specifically by Physical Education teachers for students to copy the moves while looking at the screen. Press Play and watch for students that are showing focus and skill. Have them be movement leaders if the song is played again.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M01-4.5 - Quiz Challenge - 3 - General Health Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 3M07-1.3 - Checkup Circuit (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M06-2 - Making Nutritional Choices Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-4.2 - Benefits of Sleep Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 3M03-2.4 - Set My Course (Analyze the Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-2.2 - Unsafe Situation Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 3M02-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change.

Updated Text: 3M02-2.1 - Healthy and Unhealthy Friendships Added space between sentence stem and blank for questions 5 and 6 Added questions to teacher notes: "Questions on screen: What qualities are you looking for in a friend? How might you feel when a friend isn't being a good friend? What might respect look like in a friendship? Tell about a healthy friendship from a show, book, or movie. How could you stand up for a friend who is being picked on? Why is it important to learn how to work through problems in a friendship?"

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M02-4 - Assertiveness and Bullying Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-1.4 - Doctors on Duty Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 3M02-4.1 - Assertiveness and Bullying Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M07-1.5 - What Happens at the Doctor? Going Deeper (Reflections and Other Thoughts)

Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-2.1 - Making Nutritional Choices Explore the screen activity by selecting all buttons

within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-4.3 - The Sleep Game Explore the screen activity by selecting all buttons within the blue

border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M03-2.5 - Setting My Intentions (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M08-2.3 - Practicing Refusal Skills (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 3M02-2.2

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Link to Updated Content:

[View Updated Content](#)

Original Text: Page 1 > "Click to Reveal" Question 2 > "Did you know that the word healthy can describe relationships, too?" Page 4 > Instructions: Sort the friendship qualities into "healthy" or "unhealthy."

Updated Text: 3M02-2.2 - Healthy Friendships Page 1 > Change "Click" to "Select" Question 2 > removed comma after "relationships" Page 4 > Instructions: removed quotes on "healthy" and "unhealthy"

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M02-4.2 - Three Voices Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

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Original Text: N/A

Updated Text: Lesson: HW 3M07-3 - Avoiding Misuse of Medications Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): HW 3M05-2.2

Location: Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 3M05-2.2 - Controlling Stress (Managing My Stress) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M06-2.2 - Finding Valid Nutrition Information Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 3M04-4.4 - Lesson Mindset (What Does Sleep Do for Me?) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 3M04-1 - Consequences of Poor Hygiene - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.



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Original Text: N/A

Updated Text: Screen: HW 3M08-2.4 - Keeping It Real (Saying No in Risky Situations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

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[View Updated Content](#)

Original Text: Instructions: "Press Start and answer the questions each time the music stops." Question: "How can you say no in a respectful way?"

Updated Text: 3M02-3.1 - Healthy and Unhealthy Influences Changed instructions to: "Select Start to play the game, then answer the questions!" Changed question to: "How can you say "No" in a respectful way?" Added questions to teacher notes: "Questions on screen: Describe peer pressure. When you feel pressured to make an unsafe choice, who can you talk to? What can you do if someone tries to negatively influence you>How can you say "No" in a respectful way? Why is it important to make good choices and resist negative influences? What is an influence?"

## Subject: Physical Education, Grade 4

### Program: *Quaver Health*

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M05-2.1 - When I Feel Anxious Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-1.1 - Learning From Situations Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-2.3 - You-Nique (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-1.4 - Safety Pledge Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-2.5 - QLibs (Managing My Health Influences) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M05-4.5 - Quiz Challenge - 4 - Mental Health and Wellness Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-4.5 - Quiz Challenge - 4 - Responsible Decision Making Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M05-2.2 - All About Anxious Feelings Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-1.2 - Sonder and Ben Meet Captain Rewind (Story) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-2.4 - My Personality Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-1.5 - Topic Discussion (Advocating for Accident Prevention) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M01-4 - Preventing an Emergency Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M06-1 - Introducing Food Labels Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M04-1 - Creating Healthy Habits Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M05-2.3 - Nerves (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-1.3 - Trial Run (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 4M07-1.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Q5: What is a coping skill?Q6: Who can you talk to if you need help with your thoughts, feelings, or behaviors?

Updated Text: 4M07-1.1 - Caring for My Mental HealthQ5: changed to How does mental health affect someone's behavior? Q6: changed to How does mental health affect someone's overall health? Addition to teacher notes: Questions on screen: What is mental health? Who at your school can help you care for your mental health? Who in your community can help you care for your mental health? Why is mental health important? How does mental health affect someone's behavior? How does mental health affect someone's overall health?

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-2.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-2.5 - I Am Unique Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M08-4 - Understanding Dangers of Guns and Other Weapons Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.



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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-4.1 - Preventing an Emergency Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M06-1.1 - Introducing Food Labels Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-1.1 - Creating Healthy Habits Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-1.2 - Healthy Habits at Home and School Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M05-2.4 - Coping Corners Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-1.4 - Analyze the Story: Sonder and Ben Meet Captain Rewind Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 4M07-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Question: 6: What should you do when you feel sick?

Updated Text: 4M07-2.1 - Communicable and Noncommunicable Diseases Question: What types of diseases cause the most deaths? Answer: Heart disease and lower respiratory infection Teacher notes - added questions for teacher convenience: Questions on screen: What is mental health? Who at your school can help you care for your mental health? Who in your community can help you care for your mental health? Why is mental health important? How does mental health affect someone's behavior? How does mental health affect someone's overall health?

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-2.5 - Dentist, Dentist (Lifetime Benefits of Healthy Teeth) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M02-3 - Healthy and Unhealthy Influences - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-4.1 - Understanding Dangers of Guns and Other Weapons Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-4.2 - Anticipating Emergencies Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M06-1.2 - Reading Food Labels Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M06-1.4 - What's Really In Your Food? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M02-1.2 - Can You See What I Feel? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-1.3 - Feelin' Fresh Every Day (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M05-2.5 - When I Feel Anxious (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-1.5 - Learning from Situations (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 4M07-2.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: The screen has changed from a Lyrics page to a full music video

Updated Text: 4M07-2.3 - Healthy America (Music Video)Screen features video movements rather than just lyrics now.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M04-3 - Exercise and My Well-Being Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-3.1 - Healthy and Unhealthy Influences - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-4.2 - Know the Facts (Dangers of Guns) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 4M01-4.3 - Think Quick! (Preventing An Emergency) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M06-1.5 - QLibs (Food Labels) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M01-1 - Health in My Community Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.



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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-1.4 - My Healthy Habits Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M05-3 - Improving Myself Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M03-3 - Steps to Achieving My Goal Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Link to Updated Content:

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Original Text: The lesson notes have an added bullet describing the questions that will be seen on the screen.

Updated Text: 4M07-3.1 - Why Do I Need a Prescription? Questions on screen: What is the purpose of a prescription drug? What medicines do require a doctor's prescription? What are the pros and cons of non-prescription medicines? What are some of the benefits of prescription medicines?

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 4M04-3.1 - Exercise and My Well-Being Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-3.2 - Battle of the Influences Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-4.3 - I Spy (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-4.4 - Making Safe Decisions Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M06-2 - Negative Effects of Food Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-1.1 - Health in My Community Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-1.5 - Healthy Habits Can Help Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M05-3.1 - Improving Myself Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-3.1 - Steps to Achieving My Goal Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 4M07-3.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

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Original Text: Added clarifying note to the screen After correctly sorting all of the medications on page two of this screen, describe and discuss proper use and misuse of over-the-counter drugs and prescription drugs.

Updated Text: 4M07-3.2 - Types of Medications After correctly sorting all of the medications on page two of this screen, describe and discuss proper use and misuse of over-the-counter drugs and prescription drugs. Explain the OTC is an abbreviation for Over-The-Counter.

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Current Page Number(s): N/A

Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 4M04-3.2 - Health Benefits of Exercise Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-3.3 - Move and Discuss (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M08-4.4 - Dangers of Weapons Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M01-4.5 - Quiz Challenge - 4 - General Health Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M06-2.1 - Negative Effects of Food Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M01-1.2 - Helpers in My Community Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M04-2 - Exploring Lifetime Benefits of Healthy Teeth Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Link to Current Content:

[View Current Content](#)

Current Page Number(s): 0M06-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change. Teacher notes: All QuaverHealth·PE songs have specifically choreographed moves connected to the lyrics. For the written choreography that accompanies this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. Alternatively, invite students to stand, move, sing, and create their own movements. Students can work in pairs or small groups. Observe student good practice in the classroom, play the song a second time, and have those students lead the group from the front.

Updated Text: 0M06-3.3 - Balance and Nutrition (Music Video) We replaced the lyrics version of this song with a live active music video with dancers. Teacher Notes: All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. These QuaverHealth video songs are designed specifically by Physical Education teachers for students to copy the moves while looking at the screen. Press Play and watch for students that are showing focus and skill. Have them be movement leaders if the song is played again.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M05-3.2 - Improve Myself Every Day Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M03-3.2 - Goals Checklist Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): 4M07-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: The lesson notes have an added bullet describing the questions that will be seen on the screen.

Updated Text: 4M07-3.3 - Think Quick! (Prescription Scramble) Questions for the game (on screen): This prescription should be taken \_\_\_ times each day. (3) This medication is prescribed to \_\_\_. (Jane Kirby) The name of this medication is \_\_\_. (Amoxicillin) This medication expires on \_\_\_. (August 1, 2022) On what date was this medication prescribed? (June 1, 2020) The medication was prescribed by \_\_\_. (Doctor Smith)

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M04-3.4 - True or False? (Exercise and My Well-Being) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-3.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M08-4.5 - Weapon Safety Chant Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M02-1 - Reading Body Language Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M06-2.2 - Effects of Certain Foods and Ingredients Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M01-1.3 - Helping Your Community (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M04-2.1 - Exploring Lifetime Benefits of Healthy Teeth Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 4M01-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Question 1: "Describe a time when you made a mistake and needed an adult's help to make it better?"

Updated Text: 4M01-3.1 - Finding The Right Healthy Helper Changed question 1 to "Name trusted adults you can ask for help." Addition to teacher notes: " Questions on screen: Name trusted adults you can ask for help. Describe a time when you asked an adult for help with a fitness goal. Describe a time when you noticed something unusual with your body and asked an adult for help. Describe a time when you felt unsafe and had to ask an adult you didn't know for help."

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M05-3.3 - Working Towards a Better Me (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M03-3.3 - Working on My Dreams (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 4M07-3.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Final bullet point added to the notes clarifying the acronym

Updated Text: 4M07-3.4 - Doctor's Orders Select the arrow on the right to play a game to memorize the acronym.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M04-3.5 - Exercise and My Well-Being (Futurizations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-3.5 - QLibs (Healthy and Unhealthy Influences) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Hot Potato Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-1.1 - Reading Body Language Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Papa Caliente Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-1.2 - Can You See What I Feel? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M06-2.3 - Food Reactions (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M01-1.4 - Health Tracker Introduction (Journal) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M04-2.2 - Molar Movies Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): 4M03-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Q1: Define the word evaluation.Q2: How can you tell a decision is good?Q3. How can you evaluate a decision?Q4: What does criteria mean?Q5: Why is it important to make good decisions?Q6: How can we learn from a bad decision?

Updated Text: 4M03-2.1 - Evaluating My Decisions Added bullet - Select each icon around Celisa to learn the different benefits of sleep. Updated Verbiage - Select the Info button and then select the Play button to hear from Dr. Peters about good sleep.- Changed Verbiage - Ask students to select a circle, then ask them to make up a movement to accompany each sleep benefit. They can also mirror the action Celisa is performing on the screen:- Meerged bullet points - To expand the activity, try speeding up the phrases for more fun or add in actions for other healthy habits, such as exercise, eating healthy foods, or wearing a seatbelt.- Update narration to match what is on screen

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M05-3.4 - Journaling Center Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-3.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): 4M07-4.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: On screen wording of text fill out sentence has changed along with clarifying note: To boost my overall health I can \_\_\_\_\_ -

Updated Text: 4M07-4.4 - My Healthy Habit Plan" I can \_\_\_\_\_ to boost my (select one or more dimension: social, intellectual, emotional, physical) health."

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M04-4 - Setting Sleep Routines Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M02-4 - Standing Up for Others Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Prepare Your Body Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-1.3 - I See How You're Feeling (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M06-2.4 - Nutritious Substitutions Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M01-1.5 - This or That (Health in My Community) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M04-2.3 - Practicing Self-Discipline (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 4M06-4.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Page 2 > "Losing Team" All "Did You Know" statements say "Question 1" "Question 2" and "Question 3"Drugs > Third Bullet > "Prescription pills, such as painkillers, can be deadly."

Updated Text: 4M06-4.2 - Know the Facts Page 2 > changed "Losing Team" to "Movement" All "Did You Know" statements changed to "Fact 1" "Fact 2" "Fact 3"Drugs > Third Bullet > changed to: "Prescription pills, such as painkillers, can be deadly when used incorrectly."

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M05-3.5 - Improving Myself (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M03-3.5 - Long-Term Goals Cafe Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 4M08-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: The lesson notes have an added bullet describing the questions that will be seen on the screen.

Updated Text: 4M08-3.1 - Situational Awareness Questions on screen: What does it mean to observe something? What does it mean to identify something? What is a situation? What makes a situation dangerous? What are some dangerous situations? How do you react to a dangerous situation?

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M04-4.1 - Setting Sleep Routines Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M02-4.1 - Standing Up for Others Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Prepara Su Cuerpo Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 4M02-1.4 - Project Emotion-Way Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 4M06-2.5 - Train the Brain (Negative Effects of Food) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 4M01-2 - Discover - Managing My Health Influences Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M05-4 - Expressing Empathy Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 4M03-4 - Sharing Information Online Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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ISBN: 9781642851427

Link to Current Content:

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Current Page Number(s): NA

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.16.b.1.A.i-xx]When exploring the Nervous System, explain how the brain develops through maturation: As you get older, your brain goes through many changes. As you grow, the thinking part of your brain is getting rid of unused connections and strengthening connections that you use a lot. Your brain also develops from the back to the front. The front part of your brain is called the prefrontal cortex which is responsible for decision making, and it is the last part of the brain to develop. In the middle of your brain is your limbic system. In your limbic system are the parts of your brain that are responsible for your emotions. When you feel a strong emotion, your limbic system takes away control from your prefrontal cortex, and it makes it harder for you to make smart decisions. This is also the reason why you may experience lots of changes in your mood. If desired, use the Draw or Type tool in the Menu to add keywords to the screen such as "prefrontal cortex" and "limbic system." Ask students to turn to a partner and explain in their own words the parts of the brain, how it develops through childhood and maturation, and how it affects mood and behavior. [115.15.b.3. C.i,ii; 115.16.b.3. C.i-iv]

Updated Text: 4M10-2 - Body Systems 2We divided the content of this screen into 3 separate body systems pages for teacher convenience and updated the Teacher Notes as reported in Aug LCEC: Nervous, Immune, Digestive, and Integumentary Systems Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.16.b.1.A.i-xx]Nervous System Question: What do you think is the most important system in the body? Answer: The nervous system. The nervous system is made up of the brain, spinal cord, and nerves. There are two parts of the nervous system: Central nervous system: made up of the brain and spinal cord. Peripheral nervous system: which are all the nerves that run throughout the body. Your nervous system is much like a computer: the brain is much like the main processor in your computer and controls every single cell, organ, and system in your body by sending and receiving information through the rest of the nervous system. The brain receives information from your five senses via the nervous system. The information is sent to the brain through special nerves called sensory or afferent nerves where the brain can process the information and determine what to do with it. The brain will then send information back out to the body through motor or efferent nerves to respond to the stimulus. Here is a good example: If you were to touch something really hot, your sense of touch would send a message through the sensory nerves to your brain telling your brain this is really hot. Your brain would then say "Hey this can burn me!". Your brain would then send a message through the motor nerves to the muscles of your hand and arm telling those muscles to contract and pull the hand away from the hot item so you don't get burned. Nerve impulses can travel at speeds of 0.5-2 meters per second for sensory nerves up to 120 meters per second for motor nerves! When exploring the nervous system, explain how the brain develops through maturation: As you get older, your brain goes through many changes. As you grow, the thinking part of your brain is getting rid of unused connections and strengthening connections that you use a lot. Your brain also develops from the back to the front. The front part of your brain is called the prefrontal cortex which is responsible for decision making, and it is the last part of the brain to develop. In the middle of your brain is your limbic system. In your limbic system are the parts of your brain that are responsible for your emotions. When you feel a strong emotion, your limbic system takes away control from your prefrontal cortex, and it makes it harder for you to make smart decisions. This is also the reason why you may experience lots of changes in your mood. Explain that development of the frontal cortex isn't complete until a person is in their 20s.If desired, use the Draw or Type tool in the Menu to add keywords to the screen such as



“prefrontal cortex” and “limbic system.” Ask students to turn to a partner and explain in their own words the parts of the brain, how it develops through childhood and maturation, and how it affects mood and behavior. [115.15.b.3. C.i,ii; 115.16.b.3. C.i-iv] For more information and activities exploring how brain development during childhood affects decision making, please check out “Marvin's Marvelous Brain”, “Who's In Control?”, and “I-Messages Expanded” in the Health Toolbox. [115.17.b.5.B.ii] FUN FACT: Your body contains well over 100 Billion Nerve cells! Immune System The overall function of the immune system is to prevent or limit infection. Although part of the integumentary system, the skin is the first line of defense in the immune system. The skin acts as a physical barrier, protecting you from microbes that can cause illness. This is one of the reasons why hand washing is so important. White blood cells are produced in the bone marrow. These white blood cells are what fight off disease and infection in the body. When there is an infection or illness that we come in contact with, a healthy immune system will recognize there are unwelcome germ(s) in the body. The immune system will then react by sending out a specific type of white blood cell (basophils) that sound an alarm, this will cause an immune response and the body will send out other types of white blood cells to fight off and destroy the germs/bacteria, etc. that can cause you to get sick. Once exposed to a “germ” and your body has sent out white blood cells to fight off the illness, your immune system will create antibodies that will help your immune system fight off these germs in the future. Some people have a weakened immune system and are unable to produce enough of an immune response to keep them from getting ill. Things that can weaken your immune system are: poor diet, lack of proper rest, lack of exercise, and too much stress. Digestive System The human digestive system has many components to it. It begins at the mouth and includes the throat, esophagus, stomach, small intestine, large intestine, and colon. It also includes other organs and glands such as the salivary glands, liver, gallbladder, pancreas, gastric glands and bile duct. Digestion begins in the mouth where the food is mixed with saliva and ground up into a bolus. This bolus then travels down the esophagus where it passes through a valve called the lower esophageal sphincter and into the stomach. In the stomach the bolus of food will spend about four hours in the stomach where your stomach churns and mixes the bolus of food with acidic juices and enzymes to help break it down into a pulpy fluid called chyme. This mixture then passes to the small intestine where it is digested even further using juices from the liver and gallbladder. Nutrients are then absorbed into the bloodstream before the waste products pass to the large intestine where they are eventually eliminated through the rectum and anus. The small intestine is about 22 feet long and the large intestine is about six feet long. Food moves through the digestive tract through a wave-like muscular contraction (smooth muscle) called peristalsis that pushes the food from the esophagus all the way through the stomach, small intestine, large intestine and out of your body. The acid in the stomach also helps keep us healthy by killing much of the bad bacteria that can get into our body through our food. Integumentary System The integumentary system is made up of your skin, hair, hair, nails, and glands. The integumentary system protects our body from the environment. Things like UV rays, bacteria and some toxins and pollutants. Your skin is the largest organ in the body. The integumentary system helps to regulate body temperature. Working with the circulatory system and sweat glands, the integumentary system helps keep us cool when it is hot by producing sweat on the skin that will cause an evaporative cooling effect on the body, drawing heat away from the skin and blood vessels near the surface of the skin. The skin and hair can also help to keep us warm when it is cold out by acting as insulation. The skin works with the nervous system to allow us to have a sense of touch through thermoreceptors (for temperature), nociceptors (for pain) and mechanoreceptors (for pressure). There are three layers to your skin: Epidermis (outer layer)Dermis (middle layer)Subcutaneous fat layer (hypodermis - which is the deepest layer). FUN FACT: Your skin is made up of individual cells. The oldest cells are on the top of your skin and are the thickest. Your skin is constantly shedding or getting rid of these old cells; We lose about 200,000,000 dead skin cells per day!

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Original Text: N/A

Updated Text: Screen: HW 4M04-4.2 - Bedtime Basics Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M02-4.2 - Whose Side Are You On? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Jumpin' Jacks (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 4M02-1.5 - Reading Body Language (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Lesson: HW 4M08-1 - Introduce - Advocating for Accident Prevention Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 4M01-2.1 - Discover - Managing My Health Influences Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 4M05-4.1 - Expressing Empathy Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M03-4.1 - Sharing Information Online Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 4M04-4.3 - Pillow Fort Defenders (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M02-4.3 - Speak Up (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Toolbox - Lunch Box Song (Connections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Lesson: HW 4M02-2 - Respecting Individual Differences Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 4M08-1.1 - Introduce - Advocating for Accident Prevention Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M01-2.2 - What Influences Mateo? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M05-4.2 - Letting Your Empathy Show Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M03-4.2 - What Is Okay To Say? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M04-4.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M02-4.4 - You Have the Power Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M04-4.5 - Quiz Challenge - 4 - Healthy Practices and Hygiene Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M02-4.5 - Quiz Challenge - 4 - Social Behavior Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

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Original Text: N/A

Updated Text: Screen: HW 4M02-2.1 - Respecting Individual Differences Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M08-1.2 - Reduce the Risks Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M01-2.3 - Four Dimensions of Health (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M05-4.3 - Feel the Same Way (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M03-4.3 - Be Careful How You Use the Internet (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Lesson: HW 4M05-2 - When I Feel Anxious Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

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Original Text: N/A

Updated Text: Lesson: HW 4M03-1 - Learning from Situations Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 4M02-2.2 - Let's Connect Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M08-1.3 - Prevent, Respond, and Hazards (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M01-2.4 - Decision Machine (Managing My Health Influences) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M05-4.4 - Kind Minds Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 4M03-4.4 - Lesson Mindset (Sharing Information Online) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

## Subject: Physical Education, Grade 5

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Current Page Number(s): 5M08-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen is the same.

Updated Text: 5M08-3.3 - Safe Zone (Gym Game) Added text to How to Play Pop Up: Purpose: "Awareness of gangs and human trafficking is an important step in keeping ourselves safe from these hazards. In this gym game you will practice communicating with your classmates so you can identify hazards and remain in the safe zone." Materials: Vinyl dots or masking tape for creating a grid, and paper for maps.

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Original Text: N/A

Updated Text: Screen: HW 5M06-3.5 - Nutritional Goals (Futurizations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M02-3.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text the same.

Updated Text: 5M02-3.4 - My Boundaries Update art and functionality to grey out options that have been selected so that the user can see they've already chosen them. What To Do Pop-Up > Change Anika's face from being sad to being neutral. We don't want students to think it's a sad thing to walk away from someone who has a difference in boundaries

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Original Text: N/A

Updated Text: Screen: HW 5M05-1.3 - Reach Out (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M04-1.4 - My Healthy Habits Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 5M02-2 - Appreciating Diversity Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Prepara Su Cuerpo Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M10-1.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text remains the same: we added one note to teachers.

Updated Text: 5M10-1.1 – Puberty Original text remains the same. We added one note to teachers: NOTE: In some school districts, parents and/or guardians must be informed and provide consent before material on this screen is presented to students.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 5M08-2 - Setting Personal Boundaries - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): 5M03-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Questions: 1: How do you know if something is true?2: What does accuracy mean?3: What is trustworthiness?4: Why is it important to evaluate the trustworthiness of information?5: Name a source of information.

Updated Text: 5M03-2.1 - Using Data to Inform My Decisions Questions: 1: What is the difference between accuracy and truthfulness? 2: How can you tell if health-related information is truthful? 3: How can you tell if health-related information is accurate? 4: Who is likely to report untrue or inaccurate health information?5: Why is it important to evaluate the truth and accuracy of health-related information? Added to Teacher Notes for teacher convenience: Questions on screen: What is the difference between accuracy and truthfulness? How can you tell if health-related information is truthful? How can you tell if health-related information is accurate? Who is likely to report untrue or inaccurate health information? Why is it important to evaluate the truth and accuracy of health-related information? Who can you ask if you feel confused about the trustworthiness of a source?



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Original Text: N/A

Updated Text: Screen: HW 5M05-1.4 - S.T.A.R. Support Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 5M04-1.5 - Healthy Habits Can Help Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M02-2.1 - Appreciating Diversity Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Jumpin' Jacks (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M10-2.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Reproductive, Endocrine, and Urinary Systems, original text: When exploring the Reproductive System, select the Male toggle to show how sperm travels from the testicles, through the penis, and out of the body. Explain that the process of fertilization is when sperm enters the female reproductive system and penetrates an egg. [115.17.b.22.D.i] Embryo: within a few weeks the cells have specialized, forming the head, toes, and fingernails Fetus: within four to six months the fetus can hear, suck its thumb, and lungs and hair begin to develop Full-term: the baby is considered full-term at 39 weeks, though it can survive outside the womb depending on lung development at about 36 weeks [115.17.b.22.E.i]

Updated Text: 5M10-2.1 - My Reproductive System Added/changed the following to Teacher Notes: Skeletal, Muscular, Circulatory, and Respiratory Systems - added bullet: For more information on each system, please see the Teacher Notes in the "Body Systems 1" lesson in Special Topics. Nervous, Immune, Digestive, and Integumentary Systems - added bullet: For more information on each body system, please see the Teacher Notes in the "Body Systems 2" lesson in Special Topics. Reproductive, Endocrine, and Urinary Systems When exploring the Reproductive System, select the Male toggle to show how sperm travels from the testicles, through the penis, and out of the body. In fact, millions of sperm are produced each day, released in semen in ejaculation. Explain that the process of fertilization is when sperm enters the female reproductive system and penetrates an egg. What we will look like, what sex we will be, what color our eyes and hair will be, will we be tall or short - this is all determined by your genes. Your unique genetic code (DNA more specifically) is a combination of the male and female genetic code that came together through the fertilization process. [115.17.b.22.D.i] Embryo: within a few weeks the cells have specialized, forming the head, toes, and fingernails. A heartbeat can be detected as early as 3-4 weeks. Full term: the baby is considered full-term at 39 weeks, though it can usually survive without intervention at about 36 weeks and with medical intervention as early as 22-24 weeks. [115.17.b.22.E.i]

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M08-2.1 - Setting Personal Boundaries - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M03-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Questions: 1: What is a short-term goal?2: What is a long-term goal?3. What does perseverance mean?6: What does it mean to predict the outcome of a decision?

Updated Text: 5M03-3.1 - Tracking My Progress and Perseverance Questions: 1: What is a short-term health goal? 2: What is a long-term health goal? 3: What does persevering in the pursuit of a goal mean?6: Who can help you achieve your health goals?

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M05-1.5 - When to Ask for Help (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 5M04-3 - Exercise and My Well-Being - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 5M02-2.2 - Diversity Diner Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Lunch Box Song (Connections) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

Updated Text: Instructional Guides - Scope and Sequence For a complete list of updates to this document, please review:<https://teacher.quavered.com/media/images/235c1c2c-ecfd-470e-bc96-12274a67f826.pdf>

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Current Page Number(s): 5M10-2.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: This screen, "Body and Brain Changes (Puberty)" is a review of 10-1.2 (original text and changes described above).

Updated Text: 5M10-2.2 - Brain and Body Changes (Puberty) Moved original screen 2 ("How Babies Are Made") to screen 3 of this lesson. Replaced it with "Brain and Body Changes" so that teachers can thoroughly review material introduced the year before.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M08-2.2 - Personal Boundaries Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M03-3.2

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Link to Updated Content:

[View Updated Content](#)

Original Text: Instructions: "Click" Page 2 > "meantime" and "setbacks"

Updated Text: 5M03-3.2 - LIFE Goals Instructions: "Select" Page 2 > Capitalize "Meantime" and "Setbacks"

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 5M05-2 - Consequences of Stress Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M04-3.1 - Exercise and My Well-Being - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M02-2.3 - Who We Are (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M02-2.4 - Diversity Circles Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M10-2.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original audio/text on screen: My body is amazing. When I wonder about reproduction, I'll ask a trusted adult.

Updated Text: 5M10-2.4 - Lesson Mindset (My Reproductive System) Changed audio/text on screen to read: My body and its systems are amazing. I am amazing! Added/Changed Teacher notes: Added: NOTE: In some school districts, parents and/or guardians must be informed and provide consent before material on this screen is presented to students. Added to Analyze bullet: To answer "How can you apply this lesson to your personal health goal?", ask students to consider how their growing and transforming bodies can help them achieve their health goals. What behaviors can they practice or make into habits to help keep all of their body systems as healthy as possible?

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M08-2.3 - The Boundary Game Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Instructions > "Click"

Updated Text: 5M03-3.4 - Setting LIFE Goals Instructions > "Select"

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M05-2.1 - Consequences of Stress Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M04-3.2 - Health Benefits of Exercise Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M02-2.5 - Appreciating Diversity (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

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Original Text: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.16.b.1.A.i-xx] When exploring the Nervous System, explain how the brain develops through maturation: As you get older, your brain goes through many changes. As you grow, the thinking part of your brain is getting rid of unused connections and strengthening connections that you use a lot. Your brain also develops from the back to the front. The front part of your brain is called the prefrontal cortex which is responsible for decision making, and it is the last part of the brain to develop. In the middle of your brain is your limbic system. In your limbic system are the parts of your brain that are responsible for your emotions. When you feel a strong emotion, your limbic system takes away control from your prefrontal cortex, and it makes it harder for you to make smart decisions. This is also the reason why you may experience lots of changes in your mood. If desired, use the Draw or Type tool in the Menu to add keywords to the screen such as "prefrontal cortex" and

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"limbic system." Ask students to turn to a partner and explain in their own words the parts of the brain, how it develops through childhood and maturation, and how it affects mood and behavior. [115.15.b.3. C.i,ii; 115.16.b.3. C.i-iv]

Updated Text: 4M10-2 - Body Systems 2We divided the content of this screen into 3 separate body systems pages for teacher convenience and updated the Teacher Notes as reported in Aug LCEC: Nervous, Immune, Digestive, and Integumentary Systems Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy.

[115.16.b.1.A.i-xx] Nervous System Question: What do you think is the most important system in the body? Answer: The nervous system. The nervous system is made up of the brain, spinal cord, and nerves. There are two parts of the nervous system: Central nervous system: made up of the brain and spinal cord. Peripheral nervous system: which are all the nerves that run throughout the body. Your nervous system is much like a computer: the brain is much like the main processor in your computer and controls every single cell, organ, and system in your body by sending and receiving information through the rest of the nervous system. The brain receives information from your five senses via the nervous system. The information is sent to the brain through special nerves called sensory or afferent nerves where the brain can process the information and determine what to do with it. The brain will then send information back out to the body through motor or efferent nerves to respond to the stimulus. Here is a good example: If you were to touch something really hot, your sense of touch would send a message through the sensory nerves to your brain telling your brain this is really hot. Your brain would then say "Hey this can burn me!". Your brain would then send a message through the motor nerves to the muscles of your hand and arm telling those muscles to contract and pull the hand away from the hot item so you don't get burned. Nerve impulses can travel at speeds of 0.5-2 meters per second for sensory nerves up to 120 meters per second for motor nerves! When exploring the nervous system, explain how the brain develops through maturation: As you get older, your brain goes through many changes. As you grow, the thinking part of your brain is getting rid of unused connections and strengthening connections that you use a lot. Your brain also develops from the back to the front. The front part of your brain is called the prefrontal cortex which is responsible for decision making, and it is the last part of the brain to develop. In the middle of your brain is your limbic system. In your limbic system are the parts of your brain that are responsible for your emotions. When you feel a strong emotion, your limbic system takes away control from your prefrontal cortex, and it makes it harder for you to make smart decisions. This is also the reason why you may experience lots of changes in your mood. Explain that development of the frontal cortex isn't complete until a person is in their 20s.If desired, use the Draw or Type tool in the Menu to add keywords to the screen such as "prefrontal cortex" and "limbic system." Ask students to turn to a partner and explain in their own words the parts of the brain, how it develops through childhood and maturation, and how it affects mood and behavior. [115.15.b.3. C.i,ii; 115.16.b.3. C.i-iv] For more information and activities exploring how brain development during childhood affects decision making, please check out "Marvin's Marvelous Brain", "Who's In Control?", and "I-Messages Expanded" in the Health Toolbox. [115.17.b.5.B.ii] FUN FACT: Your body contains well over 100 Billion Nerve cells! Immune System The overall function of the immune system is to prevent or limit infection. Although part of the integumentary system, the skin is the first line of defense in the immune system. The skin acts as a physical barrier, protecting you from microbes that can cause illness. This is one of the reasons why hand washing is so important. White blood cells are produced in the bone marrow. These white blood cells are what fight off disease and infection in the body. When there is an infection or illness that we come in contact with, a healthy immune system will recognize there are unwelcome germ(s) in the body. The immune system will then react by sending out a specific type of white blood cell (basophils) that sound an alarm, this will cause an immune response and the body will send out other types of white blood cells to fight off and destroy the germs/bacteria, etc. that can cause you to get sick. Once exposed to a "germ" and your body has sent out white blood cells to fight off the illness, your immune system will create antibodies that will help your immune system fight off these germs in the future. Some people have a weakened immune system and are unable to produce enough of an immune response to keep them from getting ill. Things that can weaken your immune system are: poor diet, lack of proper rest, lack of exercise, and too much stress. Digestive System The human digestive system has many components to it. It begins at the mouth and includes the throat, esophagus, stomach, small intestine, large intestine, and colon. It also includes other organs and glands such as the salivary glands, liver, gallbladder, pancreas, gastric glands and bile duct. Digestion begins in the mouth where the food is mixed with saliva and ground up into a bolus. This bolus then travels down the esophagus where it passes through a valve called the lower esophageal sphincter and into the stomach. In the stomach the bolus of food will spend about four hours in the stomach where your stomach churns and mixes the bolus of food with acidic juices and enzymes to help break it down into a pulpy fluid called chyme. This mixture then passes to the small

intestine where it is digested even further using juices from the liver and gallbladder. Nutrients are then absorbed into the bloodstream before the waste products pass to the large intestine where they are eventually eliminated through the rectum and anus. The small intestine is about 22 feet long and the large intestine is about six feet long. Food moves through the digestive tract through a wave-like muscular contraction (smooth muscle) called peristalsis that pushes the food from the esophagus all the way through the stomach, small intestine, large intestine and out of your body. The acid in the stomach also helps keep us healthy by killing much of the bad bacteria that can get into our body through our food.

**Integumentary System** The integumentary system is made up of your skin, hair, hair, nails, and glands. The integumentary system protects our body from the environment. Things like UV rays, bacteria and some toxins and pollutants. Your skin is the largest organ in the body. The integumentary system helps to regulate body temperature. Working with the circulatory system and sweat glands, the integumentary system helps keep us cool when it is hot by producing sweat on the skin that will cause an evaporative cooling effect on the body, drawing heat away from the skin and blood vessels near the surface of the skin. The skin and hair can also help to keep us warm when it is cold out by acting as insulation. The skin works with the nervous system to allow us to have a sense of touch through thermoreceptors (for temperature), nociceptors (for pain) and mechanoreceptors (for pressure). There are three layers to your skin: Epidermis (outer layer) Dermis (middle layer) Subcutaneous fat layer (hypodermis - which is the deepest layer). FUN FACT: Your skin is made up of individual cells. The oldest cells are on the top of your skin and are the thickest. Your skin is constantly shedding or getting rid of these old cells; We lose about 200,000,000 dead skin cells per day!

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Original Text: N/A

Updated Text: Screen: HW 5M08-4.4 - Danger of Weapons Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M08-2.4 - Saying No Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M05-4.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Page 1, red ball: "The first step is to acknowledge your feelings." yellow ball: "The second step is to find someone you can talk to such as your teacher, parent, counselor or even a close, trusted friend. blue ball: "The third step is allowing yourself to experience those feelings such as finding a quiet place to think or write about your feelings." Page 2: Directions pop up: Bullets 1 and 2: "Stand in a circle. Grab a bean bag or ball." bullet 4: "Take a minute to think about your feelings." bullet 5: "Pass the bean bag or ball around while sharing your feelings about the prompt." bullet 6: "Sit down and volunteer to discuss your reasons for your feelings." Page 3 "Today's Prompt:: "Tell us when you were confused about feeling more than one emotion."

Updated Text: 5M05-4.2 - Juggling My Feelings Page 1, red ball: "Step 1: Acknowledge your feelings....yellow ball: "Step 2: Find someone you can talk to such as your teacher, parent, counselor, or even a close, trusted friend. blue ball: "Step 3: Allow yourself space to experience those feelings by finding a quiet place to think, write, or just be." Page 2, Directions pop up: combine bullet 1 and 2: "Stand in a circle with a ball or bean bag." bullet 4: "Think about how you might feel." bullet 5: "Set the timer and pass the ball. When you get the ball, share one emotion you might feel." bullet 6: "Sit down and discuss reasons you might feel multiple emotions." Page 3, Today's Prompt: "Tell us about a time when you felt more than one emotion."

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Location: N/A

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Original Text: N/A

Updated Text: Lesson: HW 5M05-3 - Using My Strengths to Help Others Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 5M04-3.4 - True or False? (Exercise and My Well-Being) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 5M02-4 - Conflict or Bullying? Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Link to Updated Content:

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Original Text: Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.17.b.1.A.i-ix] When exploring the Reproductive System, select the Male toggle to show how sperm travels from the testicles, through the penis, and out of the body. Explain that the process of fertilization is when sperm enters the female reproductive system and penetrates an egg. [115.17.b.22.D.i] Change the toggle to the Female view of the Reproductive System. Explain that when an egg is fertilized, it can develop into a fetus which grows in the uterus until it can survive on its own. This is the process of reproduction. This process and the significant milestones of fetal development are explored in-depth in the next screen activity. These milestones include: Zygote: when an egg is penetrated by a sperm, the fertilized egg is called a zygote Blastocyst: the zygote's cells continue to replicate and become a blastocyst, implanting in the uterine lining Embryo: within a few weeks the cells have specialized, forming the head, toes, and fingernails Fetus: within

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four to six months the fetus can hear, suck its thumb, and lungs and hair begin to develop Full-term: the baby is considered full-term at 39 weeks, though it can survive outside the womb depending on lung development at about 36 weeks [115.17.b.22.E.i] Explain that when an egg is not fertilized, it and the uterine lining that had built up will exit the body through the vagina. The process of the menstrual cycle is explained in further detail in screen 2 of the lesson, Puberty, found in the Special Topics section of the Lesson Selection Menu. [115.16.b.20.B.i; 115.17.b.22.B.i; 115.17.b.22.D.i,ii]

Updated Text: 5M10-3 - Body Systems 3 We divided the content of this screen into 3 separate body systems pages for teacher convenience and updated the Teacher Notes as reported in Aug LCEC: Reproductive, Endocrine, and Urinary Systems NOTE: In some school districts, parents and/or guardians must be informed and provide consent before material on this screen is presented to students. It is the responsibility of each district to comply with all local requirements. Sensitivity Note: This lesson contains information that could potentially be triggering or uncomfortable to students who have had adverse experiences related to the theme. If you are aware of a student in your classroom to whom this may apply, inform them of today's topic and offer them an alternative placement for today's lesson if desired, such as another teacher's classroom. The purpose of this screen activity is to explore the body systems and how they work together. Invite students to select the icons to explore the function of each body system, name and locate its major components, see the other systems with which it primarily works, and review tips to keep it healthy. [115.17.b.1.A.i-ix] Reproductive System The process where humans create another likeness of themselves is called reproduction. This likeness can be created because we all possess genes. Genes are the genetic code (DNA more specifically) that determines what we will look like, what sex we will be, what color our eyes and hair will be, will we be tall or short. Your unique genetic code is a combination of the male and female genetic code that came together through the fertilization process. For fertilization to take place an egg from the female and sperm from the male must join together, once the sperm enters the egg conception has now taken place and a zygote is formed. [115.17.b.22.D.i] Male reproductive system: The male has two external reproductive organs: Penis: expels urine and semen Scrotum: pouch of skin that contains the testicles The male has four internal reproductive organs: Accessory glands (including the bulbourethral glands, prostate gland, and the seminal vesicles Epididymis where sperm mature and be concentrated Testicles where sperm is produced along with the hormone testosterone Vas deferens where (during arousal) the sperm is mixed with fluid from the accessory glands and travels through during the ejaculatory process. Female reproductive system: The female reproductive system has multiple external reproductive organs that are collectively known as the vulva (labia majora, labia minora, clitoris, bartholin's glands, pudendal cleft, mons pubis, and the vaginal opening). The female has four internal reproductive organs: Ovaries (two of them, one located in each side of the lower abdomen), where eggs are stored and released from, estrogen, progesterone and testosterone are also produced here. Fallopian tubes (two of them, one attached to each ovary) where the egg that is released travels down toward the uterus. If sperm are present fertilization can happen. The Uterus houses the endometrium (the innermost layer of the uterus), this is where the fertilized egg implants itself and grows. Once implanted the fertilized egg will stay here going through all of the stages of gestation over the next nine months (from zygote, to blastocyst, to embryo, to fetus, to full term baby - more information in "Milestones" below). To prepare for implantation of a fertilized egg, the hormone estrogen will cause the uterine lining to thicken and become enriched with blood to support and nourish the newly implanted egg. If fertilization does not take place after ovulation the endometrial lining is the shed, this is called the menstrual cycle. During intercourse when the male releases spermatic fluid into the female's vagina, the male releases over 100 million sperm that will try to make their way up through the cervix and uterus to the fallopian tube to fertilize the egg. Many of the sperm will die trying to make the journey toward the egg, this is why so many sperm are released at one time to increase the chances of conception. When a sperm finally reaches the egg it uses enzymes to dissolve the outer lining of the egg around the sperm so it can enter the egg. Once inside and it finds the nucleus of the egg the nucleus and sperm join and begin the process of gestation. Once a sperm has entered the egg the outer membrane of the egg becomes impenetrable so no other sperm can enter. Sperm can live in the fallopian tube for up to six days. It takes 6-12 days for a fertilized egg to travel down the fallopian tube and implant in the endometrium. Explain that when an egg is fertilized, it can develop into a fetus which grows in the uterus until it can survive on its own. This is the process of reproduction. Milestones Zygote: when an egg is penetrated by a sperm, the fertilized egg is called a zygote Blastocyst: the zygote's cells continue to replicate and become a blastocyst, implanting in the uterine lining Embryo: within a few weeks the cells have specialized, forming the head, toes, and fingernails. A heartbeat can be detected as early as 3-4 weeks. Fetus: within four to six months the fetus can hear, suck its thumb, and lungs and hair begin to develop Full-term: the baby is considered full-term at 39 weeks, though it can survive without

intervention outside the womb depending on lung development at about 36 weeks [115.17.b.22.E.i] Explain that when an egg is not fertilized, it and the uterine lining that had built up will exit the body through the vagina. The process of the menstrual cycle is explained in further detail in screen 2 of the lesson, "Puberty", found in the Special Topics. [115.16.b.20.B.i; 115.17.b.22.B.i; 115.17.b.22.D.i,ii] For more information and activities for 5th grade, please visit the "My Reproductive System" lesson and specialized notes found in Special Topics.

### Endocrine System

The endocrine system is made up of several organs called glands. These glands are located throughout your body and secrete hormones. These hormones help to coordinate different metabolic functions in your body and circulate in your blood to your organs, skin, muscles, and other tissues. These hormones signal these organs and tissues what to do. The master gland in the body is the hypothalamus, it coordinates with the nervous system to tell other glands what to do. It also controls your mood, hunger, thirst, sleep patterns and plays a role in reproductive function as well. Another gland in the endocrine system is the pituitary gland which also has control of the Thyroid and adrenal glands as well as signaling the release of hormones from the testicles and ovaries. The pituitary gland is located at the base of the brain, and controls how you grow. Other glands include the following:

- Thyroid gland located in the front of the neck and controls your metabolism, how your body uses energy, and plays a role in body weight regulation
- Parathyroid gland (actually four tiny glands about the size of a grain of rice) controls calcium levels in your body
- Adrenal glands, there are two, one located on top of each kidney, they are responsible for controlling your metabolism, blood pressure, how you respond to stress and sexual development. The adrenal glands play a major role in the "fight or flight" response to stress.
- Pineal gland regulates your sleep cycle and is located in the brain
- Pancreas is located in the abdomen and produce insulin to regulate blood sugar levels
- Ovaries (part of the female reproductive system): two are located in the lower abdomen and produce estrogen, progesterone, and testosterone
- Testes (part of the male reproductive system) produce sperm and Testosterone which regulates muscle strength (and sex drive).

In response to differing stimuli the nervous system will communicate with the endocrine system to increase or decrease the production of certain hormones to cause a metabolic or regulatory shift to allow the body to adapt to a given environment or situation. FUN FACT: All hormones are made from Cholesterol.

### Urinary System

The urinary system's main function is to act like a filter removing toxins and waste from your body through urine. The urinary system is made up of the kidneys (you have two) and filters the waste and toxins from your blood; a ureter, one from each kidney that allows urine containing waste to pass to the bladder; the bladder which stores the urine until it is eliminated through the urethra when you go to the bathroom. The toxins are filtered out of the blood in the kidneys through a series of tubes called renal tubules and lots of little arteries. In these tubules waste is separated from vital nutrients, vitamins, and proteins. The nutrients are allowed to pass through to be used for metabolism, but the waste products are mixed with urea (a byproduct of protein metabolism) and water and are passed to the bladder through the ureters to be excreted when you go to the bathroom. The kidneys help to regulate your blood pressure. The kidneys also produce a hormone called erythropoietin that helps make red blood cells.

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Original Text: N/A

Updated Text: Lesson: HW 5M01-1 - Planning My Healthy Future Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Original Text: N/A

Updated Text: Screen: HW 5M08-2.5 - Setting Personal Boundaries (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M06-1.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen is the same.

Updated Text: 5M06-1.4 - What's Really In Your Food? Food > Made each photo selectable to review their serving size Arranged the ingredients in the order they appear on the nutrition label so students can see ingredients in order of most to least

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Original Text: N/A

Updated Text: Screen: HW 5M05-3.1 - Using My Strengths to Help Others Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Original Text: N/A

Updated Text: Screen: HW 5M04-3.5 - Exercise and My Well-Being (Futurizations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 5M02-4.1 - Conflict or Bullying? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 5M01-1.1 - Planning My Healthy Future Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 5M08-4 - Dangers of Guns and Other Weapons Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen is the same.

Updated Text: 5M06-2.3 - Think Quick (Eating Disorders) Added text to How to Play Pop Up: Purpose: "Eating disorders have a negative impact on all four dimensions of our overall health. In this gym game you will practice recognizing the signs of common eating disorders and learning how to respond if you see those signs in yourself or someone close to you." Materials: Cones, bean bags, or vinyl dots to mark play areas.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M05-3.2 - What Makes a Big Heart Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Lesson: HW 5M04-4 - Setting Sleep Routines - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M02-4.2 - What's the Difference? Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M01-1.4 - Health Tracker Introduction (Journal) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 5M08-4.1 - Dangers of Guns and Other Weapons Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M07-1.1

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Link to Updated Content:

[View Updated Content](#)

Original Text: Question:6. Why is it important to talk about sadness?

Updated Text: 5M07-1.1 - Where to Go if I Feel Sad  
Question:6. Where can you find information about depression?  
Teacher notes - added questions on screen for teacher convenience: Questions on screen: How do you feel today? When you feel sad, what helps you feel better? What would you say to a friend who is feeling sad? Who can you talk to when you feel sad? What is the difference between sadness and depression? Where can you find information about depression?

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M05-3.3 - Big-Hearted People (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 5M04-4.1 - Setting Sleep Routines - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M04-4.2 - Bedtime Basics Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M02-4.3 - Discussion Defenders (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M01-1.5 - Planning My Healthy Future (Futurizations) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M08-4.2 - Know the Facts (Dangers of Guns) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen is the same.

Updated Text: 5M07-1.3 - Talk It Out Tag (Gym Game) Added text to How to Play Pop Up: Purpose: "Today we learned about feeling sad and when we need to seek help. In this gym game you will practice sharing your feelings with your classmates."

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Original Text: N/A

Updated Text: Screen: HW 5M05-3.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 0M06-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Original text on screen did not change. Teacher notes: All QuaverHealth-PE songs have specifically choreographed moves connected to the lyrics. For the written choreography that accompanies this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. Alternatively, invite students to stand, move, sing, and create their own movements. Students can work in pairs or small groups. Observe student good practice in the classroom, play the song a second time, and have those students lead the group from the front.

Updated Text: 0M06-3.3 - Balance and Nutrition (Music Video) We replaced the lyrics version of this song with a live active music video with dancers. Teacher Notes: All QuaverHealth songs have specifically choreographed moves connected to the lyrics. For the lyrics of this song, see the PDF attached to the end of this lesson plan or refer to the Song Lyrics and Choreography Guide in the Teacher Dashboard in Instructional Guides under Curriculum Features. These QuaverHealth video songs are designed specifically by Physical Education teachers for students to copy the moves while looking at the screen. Press Play and watch for students that are showing focus and skill. Have them be movement leaders if the song is played again.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M04-4.3 - Pillow Fort Defenders (Gym Game) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M02-4.4 - Conflict or Bullying: You Decide (Story) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 5M01-4 - Creating an Emergency Plan Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.



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Original Text: N/A

Updated Text: Screen: HW 5M08-4.3 - I Spy (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M07-2.2

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Link to Updated Content:

[View Updated Content](#)

Original Text: Original character voice over (last line): "I told him that stress is normal, but minor illnesses aren't cause for concern."

Updated Text: 5M07-2.2 - Supporting Our Friends Updated Ms. Kasey's VO - updated last line: "Minor illnesses aren't cause for concern, but he does need to be careful to keep his germs to himself so he doesn't get anyone else sick."

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M05-3.5 - Using My Strengths to Help Others (Reflections and Other Thoughts) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M01-1.2

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Link to Updated Content:

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Original Text: Questions: 1: What would you like to be when you grow up?2: How can your choices now affect your future life goals?3: Why is it important to have short- and long-term goals?4: How is a life goal similar to a life dream?5: How do your choices affect your health today?6: How can your health affect your future life goals?

Updated Text: 5M01-1.2 - Healthy Choices Today for Tomorrow Changed questions on screen and added sentence stems:  
1: How does reading and studying for long periods affect your health? -> Studying and reading for long periods can affect my health by \_\_\_\_\_.  
2: How does a physical activity such as running affect your health? Physical activity like running affects my health by \_\_\_\_\_.  
3: What is an emotional behavior that affects your health? Emotional behaviors that affect my health include \_\_\_\_\_.  
4: How can making friends affect your health? Making friends affects my health by \_\_\_\_\_.  
5: If you had to change one health-related behavior what would it be and why? The health behavior I can change is \_\_\_\_\_.  
6: How do your health-related behaviors affect your future? My current health-related behaviors can affect my future by \_\_\_\_\_.

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Current Page Number(s): 5M01-1.1

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Link to Updated Content:

[View Updated Content](#)

Original Text: Questions: 1: Is playing a video game for hours a healthy behavior? Why or why not?2: Which are healthier: fresh vegetables or potato chips? Why?3: Why do we trust a dentist?4: If your friends think something is cool, does that mean it's a healthy behavior? 5: Can soda make us fly? Why would an ad suggest that it can?6: If your gut is telling you, "no", should you listen to it? Original Teacher Note: Review question four, "If your friends think something is cool, does that mean it's a healthy behavior?" Guide a class discussion about how friends can influence our decisions and behaviors.

Updated Text: 5M01-2.1 - Warm-Up Challenge (Managing My Health Influences) Questions: 1: How can advertising influence unhealthy behavior? 2: How can your peers influence unhealthy behavior? 3: How can social media positively influence healthy behaviors? 4: What can you do in-person to positively affect healthy behavior? 5: Give some examples of what you think are health myths. 6: Why do you think health myths get started and how do you stop them? Updated Teacher Notes: Questions on screen: How can advertising influence unhealthy behavior? How can your peers influence unhealthy behavior? How can social media positively influence healthy behaviors? What can you do in-person to positively affect healthy behavior? Give some examples of what you think are health myths. Why do you think health myths get started and how do you stop them? To challenge students deeper, : Is playing a video game for hours a healthy behavior? Why or why not? What if you are connecting with friends virtually while you play video games together? (social connection)What if you are playing an active video game with a lot of movement? (physical challenge)What if you are playing a video game where you are building a world or devising strategies (intellectual challenge).Ask students: If your friends think something is cool, does that mean it's a healthy behavior? Guide a class discussion about how friends can influence our decisions and behaviors.

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Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M04-4.4 - My Sleep Promise Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Original Text: N/A

Updated Text: Screen: HW 5M02-4.5 - Quiz Challenge - 5 - Social Behavior Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M01-4.1 - Creating an Emergency Plan Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M08-4.4 - Danger of Weapons Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: "Fact"

Updated Text: 5M07-2.4 - Medical Myths Updated "Fact" pop-up to have an exclamation point. "Fact!"

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Lesson: HW 5M06-3 - Nutritional Goals - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): 5M01-2.2

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Icon Label: "Trusted Adult" with picture of police officer on top left.

Updated Text: 5M01-2.2 - What Influences Mateo? Icon label: "Parent or Trusted Adult" with picture of police officer and Mateo's mother in top left.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M04-4.5 - Quiz Challenge - 5 - Healthy Practices and Hygiene Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 5M04-1 - Creating Healthy Habits - Going Deeper Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M01-4.2 - Emergency Action Plan Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M08-4.5 - Weapon Safety Chant Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): 5M07-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: How to Play > Setup > Materials: "bean bags"

Updated Text: 5M07-3.3 - Fill the Prescription How to Play Pop Up > Setup > Materials: Update "bean bags" to "beanbags" to match our formatting.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Screen: HW 5M06-3.1 - Nutritional Goals - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M01-2.4

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Subtitle: Managing Healthy Influences

Updated Text: 5M01-2.4 - Decision Machine (Managing My Health Influences) Subtitle: Managing My Health Influences

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Lesson: HW 5M05-1 - When to Ask for Help Each lesson contains five screens (linked below). Select "Launch" to enter the first screen activity. Then select "Start" to begin the lesson and use "Next" to navigate to the next screen.

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Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M04-1.1 - Creating Healthy Habits - Going Deeper Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.



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Current Page Number(s): N/A

Location: N/A

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Original Text: N/A

Updated Text: Screen: HW 5M01-4.3 - Be Ready (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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ISBN: 9781642851427

Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Hot Potato Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Link to Current Content:

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Current Page Number(s): 5M07-4.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Questions on screen: 1: Name three adults you can talk to about your physical and mental health.3: In your experience, what does peer pressure mean?4: Name one example of positive peer pressure.5: Name one example of negative peer pressure.6: How does each person contribute to a healthy and safe school environment? What is your part? Original Teacher Notes: Discuss Question 1: Name three adults you can talk to about your physical and mental health. Expand the discussion to include emotional and social health. Ask students to identify factors that can affect an individual's physical, emotional, and social health. (Answers vary: lifestyle, diet, attitude, support system, quality of relationships, and so on) [115.17.b.5.A.i-iii] Discuss Question 2: Name two places you can find valid information about health concerns. Expand the conversation by asking students how following valid health advice can help promote their physical, social, mental, and emotional health. (Answers vary: Because they can have confidence in the advice, their attitudes will be more positive and they're more likely to keep following the advice, thus reducing the likelihood of developing chronic conditions) [115.17.b.10.B.i-ii] Combine Questions 3-5 by inviting students to define peer pressure,

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giving one example each of positive and negative peer pressure. (Answers vary: peer pressure is the influence of friends and others in one's age-related social group.) Positive: A friend encourages you to eat healthy foods. Negative: A classmate encourages you to try smoking. Invite students to explain ways of resisting negative peer influence in social groups. (Answers vary: Avoid those who constantly try to pressure you to engage in negative or unhealthy behaviors.) [115.17.b.3. C.ii] Conclude by discussing Question 6: "How does each person contribute to a healthy and safe school environment? What is your part?"

Updated Text: 5M07-4.1 - Home, School, and Community Questions on screen: 1: Who can you talk to about your physical health at school? A trusted adult I can talk to at school about my physical health is \_\_\_\_\_. 3: Where can you get help in your community for mental health? I can get mental health help in my community at \_\_\_\_\_. 4: What is a safe physical environment? A safe physical environment is \_\_\_\_\_. 5: What is a safe mental environment? A safe mental environment is \_\_\_\_\_. 6: How do you get your friends and family to make positive health choices? I can get my friends and family to make positive health choices by \_\_\_\_\_. Updated Teacher Notes: Questions on screen: Who can you talk to about your physical health at school? Name two places you can find valid information about health concerns. Where can you get help in your community for mental health? What is a safe physical environment? What is a safe mental environment? How do you get your friends and family to make positive health choices? Discuss Question 1: Who can you talk to about your physical health at school? Expand the discussion to include emotional and social health. Ask students to identify factors that can affect an individual's physical, emotional, and social health. (Answers vary: lifestyle, diet, attitude, support system, quality of relationships, and so on) [115.17.b.5.A.i-iii] Discuss Question 2: Name two places you can find valid information about health concerns. Expand the conversation by asking students how following valid health advice can help promote their physical, social, mental, and emotional health. (Answers vary: Because they can have confidence in the advice, their attitudes will be more positive and they're more likely to keep following the advice, thus reducing the likelihood of developing chronic conditions) [115.17.b.10.B.i-ii] Discuss question 6 and invite students to define peer pressure, giving one example each of positive and negative peer pressure. (Answers vary: peer pressure is the influence of friends and others in one's age-related social group.) Positive: A friend encourages you to eat healthy foods. Negative: A classmate encourages you to try smoking. Invite students to explain ways of resisting negative peer influence in social groups. (Answers vary: Avoid those who constantly try to pressure you to engage in negative or unhealthy behaviors.) [115.17.b.3. C.ii] Conclude by asking: How does each person contribute to a healthy and safe school environment? What is your part?

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M06-3.2 - Nutritional Goals Checklist Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M06-3.3 - Working Towards a Better Me (Lyrics) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M01-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: When do you think you could research a health issue online instead of seeing a doctor?

Updated Text: 5M01-3.1 - Finding Healthy Help OnlineWhen could you research a health issue online instead of seeing a doctor?

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M05-1.1 - When to Ask for Help Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M04-1.2 - Healthy Habits at Home and School Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M01-4.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): N/A

Location: N/A

Link to Updated Content:

[View Updated Content](#)

Original Text: N/A

Updated Text: Toolbox - Papa Caliente Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M08-1.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Questions: 1. What does it mean to advocate for something?2: What does the word accident mean?3: What does the word impact mean?4: What does the word prevention mean?5: What does the word risk mean?

Updated Text: 5M08-1.1 - Advocating for Accident Prevention Questions on screen: 1: What are driving risks in the community?2: What can be a risk for a pedestrian or bike rider? 3: What risks do shop owners take? 4: How do you get your friends and family to make positive health choices? 5: What role do the police have in ensuring safety in the community? Teacher Notes - added questions on screen for teacher convenience: Questions on screen: What are driving risks in the community? What can be a risk for a pedestrian or bike rider? What risks do shop owners take? How do you get your friends and family to make positive health choices? What role do the police have in ensuring safety in the community? What is an accidental impact?

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M06-3.4 - Journal Entry Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M02-3.3

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

[View Updated Content](#)

Original Text: Sit ups Push ups

Updated Text: 5M02-3.3 - The Boundary Game add hyphen to "Sit-Ups" add hyphen to "Push-Ups" Change "Game Info" button to "How to Play" Reorganized Setup and Gameplay into different tabs, same text. Added Activity Tips: "For a more spontaneous game, omit the timer and have students listen for a whistle before leaving their boundary zones." "If students are unwilling or unable to play the game, they may serve as a referee by calling out when students need to leave their boundary zones." For classroom play, consider this seated variant: Form a circle with chairs, all facing towards the center. One student leaves their seat and stands in the center, creating an empty seat. Immediately, one of the two students on either side of the vacant seat chooses to slide into it, creating a newly open seat. The students continue swapping seats in the same direction like a wave. During the wave sequence, the student in the center attempts to sit in one of the newly open seats to break the chain. When an empty seat is filled, one of the two students currently sitting next to it will leave their seat to start a new round.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M05-1.2 - Warning Signs Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M04-1.3 - Feelin' Fresh Every Day (Music Video) Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Screen: HW 5M01-4.5 - Quiz Challenge - 5 - General Health Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Location: N/A

Link to Updated Content:

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Original Text: N/A

Updated Text: Toolbox - Prepare Your Body Explore the screen activity by selecting all buttons within the blue border. Use the teacher's notes for guidance. To access the teacher's notes: Select Menu button > Select Notes > Scroll to read all Notes.

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Current Page Number(s): 5M08-3.1

Location: To see the pre-sample adoption version, login to quavered.com with username: QuaverHealthTEA / password: review 2022. Please see Teacher Notes by selecting Menu > Notes.

Link to Updated Content:

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Original Text: Questions: 2: Who can you talk to if someone you know is experiencing human trafficking? 3: What does "exploit" mean? 4: What are gangs? Teacher Notes: Help students access the content of this lesson by providing simple definitions for terms that may be unfamiliar: Human Trafficking: When a person is controlled or forced to do things against their will. Minors affected by human trafficking are being exploited or used by an adult. [115.17.b.12.A.iv] Sex Trafficking: Sex Trafficking is a form of sexual abuse/assault. Minors affected by sex trafficking are being exploited or used sexually by an adult. [115.17.b.21.A.iv] Sexual abuse/assault: When someone touches or looks at a child's private body parts for a reason other than to keep them clean or healthy. [115.17.b.21.A.ii,iii] Reporting: Telling a parent or trusted adult about any form of abuse. [115.17.b.21.B.i] Gangs: Groups of kids and young adults who share a common identity. Gangs are involved in illegal and violent activities.

Updated Text: 5M08-3.1 - Human Trafficking and Gangs Questions on screen: 2: Who engages in human trafficking? People who engage in human trafficking include \_\_\_\_\_. 3: Who is responsible to stop human trafficking? People who are responsible to stop human trafficking include \_\_\_\_\_. 4: Why are gangs formed? Gangs are formed because \_\_\_\_\_. Teacher Notes: Questions on screen (added for teacher convenience) What is human trafficking? Who engages in human trafficking? Who is responsible to stop human trafficking? Why are gangs formed? Why would someone choose to join a gang? Why are gangs dangerous? Help students access the content of this lesson by providing simple definitions for terms that may be unfamiliar: Human Trafficking: When a person is controlled or forced to do things against their will. Minors affected by human trafficking are being exploited or used by an adult. [115.17.b.12.A.iv] Sex Trafficking: Sex Trafficking is a form of sexual abuse/assault. Minors affected by sex trafficking are being exploited or used sexually by an adult. [115.17.b.21.A.iv] Exploit: commonly means to selfishly take advantage of someone in order to profit from them or otherwise benefit oneself. The teach may also expand on sex trafficking here explaining how sex trafficking is taking advantage of minors by holding keeping them from their family and friends and using the minors to perform sexual acts with strangers so that the trafficker can profit financially. Sexual abuse/assault: When someone touches or looks at a child's private body parts for a reason other than to keep them clean or healthy. [115.17.b.21.A.ii,iii] Reporting: Telling a parent or trusted adult about any form of abuse. [115.17.b.21.B.i] Gangs: Groups of kids and young adults who share a common identity. Gangs are often involved in illegal and violent activities. Ask students to turn to a partner and define these terms in their own words. Reiterate that if they have experienced any of these or know someone who has, students should report to you or another adult they trust.