



**Elementary Health Curriculum
Read Aloud Classroom Books
Adopted 2014**

Kindergarten

Clean and Healthy by Louise Spilsbury

How to Be a Friend: A Guide to Making Friends and Keeping Them by Marc Brown and Laura Krasny Brown

Miss Fox's Class Shapes Up by Eileen Spinelli

My Five Senses by Alike

My Healthy Body by Bobbie Kalman

People Who Help Us by Rebecca Rissman.

We All have Different Families by Melissa Higgins

Your Body Belongs to You by Cornelia Spelman

First Grade

I Have a Cold by Gilliam Gosman

Look Inside Your Heart and Lungs by Ben Williams

Nut Free Zone by Emily Lee and Kristi Eisele

Wilma Jean the Worry Machine by Julia Cook

Staying Healthy by A.R. Schaefer

Making Friends is an Art by Julia Cook

The Way I Feel by Janie Canne

Making Choices by Victoria Parker

Second Grade

Good Enough to Eat by Lizzy Rockwell

Germs Make Me Sick by Melvin Berger

The Magic School Bus Has a Heart by Anne Capeci

Taking Diabetes to School by Kim Gosselin

Be Careful and Stay Safe by Cheri J Meiners

Franklin Goes to the Hospital by Paulette Bourgeois

Be Honest and Tell the Truth by Cheri J Meiners

How to Take the Grrrr Out of Anger (Laugh and Learn) by Elizabeth Verdick

No Trespassing –This is My Body by Patti Fitzgerald

Third Grade

The Monster Health Book: Guide to Eating Healthy, Being Active and Feeling Great for Monsters and Kids! By Edward Miller

Angry Octopus: An Anger Management Story by Lori Lite

The Magic School Bus Inside the Human Body by Joanna Cole

Food Allergies and Me by Juniper Skinner

The Juice Box Bully: Empowering Kids to Stand Up by Bob Sornson and Maria Dismondy

Teamwork Isn't My Thing and I Don't Like to Share by Julia Cooks

Fourth Grade

Diet by Angela Royston

Healthy Habits, Healthy You by Lisa E. Greathouse

The Human Body by Melanie Waldron

Achoo: The Most Interesting Book You'll Ever Read about Germs by Trudee Romanek

Health and Wellness by Eve Hartman

Emergency! Be Prepared! By Lisa Greathouse

Past Tense: Healthy Ways to Manage Stress by John Burnstein

What Can We Do About Toxins in the Environment? By David Jakubiak

Fifth Grade

Make Good Choices: Your Guide to Making Healthy Decisions by Heather E. Schwartz

Preparing for Disasters by Bobbie Kalman and Kelley MacAulay

Stress Less: Your Guide to Managing Stress by Heather E. Schwartz