

**Saskatchewan Learning**  
**Health Education and Drug Awareness**  
**Recommended Learning Resources – Elementary Level (Grades 1-5)**

The following resources have been recommended by Saskatchewan Learning to support several curricula. Each entry contains the citation (title, author, publisher, ISBN) along with an annotation and the suggested uses. The suggested and other use information illustrates the curricula the resource was recommended to support. A complete listing of online bibliographies and updates can be found at [www.sasklearning.gov.sk.ca/branches/curr/iru/onlbib.shtml](http://www.sasklearning.gov.sk.ca/branches/curr/iru/onlbib.shtml).

Recommended websites, including those from Saskatchewan Health, can be found on page [www.sasklearning.gov.sk.ca/branches/comm/DrugEd.shtml](http://www.sasklearning.gov.sk.ca/branches/comm/DrugEd.shtml)

**The Best Self-Esteem Activities for the Elementary Grades** (Print-Non-Fiction). Akin, Terri, et al. Innerchoice Publishing, 1990. 218 p. ISBN 0-9625486-2-6.

This resource is a collection of suggested activities for assisting students in understanding and expressing feelings, communicating effectively, assuming responsibility, shaping goals, making decisions, and solving problems. Each activity includes objectives, clear instructions, and discussion questions. These activities could easily be adapted to fit the decision-making process of the Health Education Curriculum. Included are a table of contents and a list of resources.

**Suggested Use:** Health Education: Grades 1–5; Decision-making Process; Self-esteem; Social Relationships; Teacher Reference

**Other Use:** Health Education: Grade 6; Personal Standards; Self-concept; Teacher Reference

**Other Use:** Kindergarten

**Let's Talk About Drug Abuse. 1st ed.** (Print-Non-Fiction). Kreiner, Anna. (The Let's Talk Library Series). Rosen Publishing Group, 1996. 24 p. ISBN 0-8239-2302-9.

One of the many books from the *Let's Talk Library Series*, this title provides a brief introduction to different types of drugs, how they affect the body, and reasons why people take drugs. The large-print text is accompanied by numerous, full-page, colour photographs. Included are a table of contents, a glossary, and an index.

**Suggested Use:** Health Education: Grades 1–3; A Healthy Body; Social Relationships

**Sense & Nonsense: Healthy Choices About Alcohol, Drugs and Gambling: Grade 4** (Print-Non-Fiction). AADAC, 1997. 150 p. ISBN 0-7732-5292-4.

(CAN) Aimed at Grade 4 students, this resource was developed to help young people to critically analyze the information they receive regarding alcohol, drugs, gambling, and lifestyle choices. The activities should strengthen students' abilities to make informed decisions and reduce their vulnerability when faced with choices regarding alcohol, drug use, and gambling.

This resource invites students to identify personal views on alcohol, explore the reasons for alcohol use, and examine the influences of advertising on alcohol purchase and consumption. It also addresses how alcohol affects the body and provides information on alcohol abuse and dependency. Additionally, it asks students to reflect on how they manage their personal and financial resources, discuss situations that involve conflicting points of view and examine how harmful involvement in gambling affects family members and friends. It suggests that students focus on their interests and abilities, discuss the difference between gambling use and abuse and develop a problem-solving model and action plan for making healthy choices. Although designed to support the Alberta Health Education Curriculum, the activities would also support the Saskatchewan Health Education Curriculum. The resource provides brain ticklers and masters for transparencies. Included is a table of contents.

**Suggested Use:** Health Education: Grade 4; A Healthy Body; Self-esteem

**Sense & Nonsense: Healthy Choices About Alcohol, Drugs and Gambling: Grade 5** (Print-Non-Fiction). AADAC, 1997. 126 p. ISBN 0-7732-5293-2.

(CAN) Aimed at Grade 5 students, this resource was developed to help young people to critically analyze the information they receive regarding alcohol, drugs, gambling, and lifestyle choices. The activities should strengthen students' abilities to make informed decisions and reduce their vulnerability when faced with choices regarding alcohol, drug use, and gambling. This resource invites students to identify personal views on alcohol, explore the reasons for alcohol use, and examine the influences of advertising on alcohol purchase and consumption. It also addresses how alcohol affects the body and provides information on alcohol abuse and dependency. Additionally, it asks students to reflect on how they manage their personal and financial resources, discuss situations that involve conflicting points of view and examine how harmful involvement in gambling affects family members and friends. It suggests that students focus on their interests and abilities, discuss the difference between gambling use and abuse and develop a problem-solving model and action plan for making healthy choices. Although designed to support the Alberta Health Education Curriculum, the activities would also support the Saskatchewan Health Education Curriculum. The resource provides brain ticklers and masters for transparencies. Included is a table of contents.

**Suggested Use:** Health Education: Grade 5; A Healthy Body; Self-esteem

**7 Secrets of Highly Successful Kids** (Print-Non-Fiction). Kuitenbrouwer, Peter. Lobster Press Limited, 2001. 77 p. ISBN 1-894222-39-3.

This book of short stories, written by a National Post journalist, profiles seven to twelve-year-olds who "share a passion for doing their best, love to test themselves and are not afraid to fail and make mistakes." Twenty-one stories are organized into groups of three under topics (secrets) such as "Choose a Good Role Model" and "Be a Loyal Friend." This is an inspiring resource that portrays the positive behaviours of children from different ethnic and socio-economic backgrounds.

**Suggested Use:** Health Education: Grade 4; Social Relationships

**Other Use:** Health Education: Grade 6; Self Concept

**Initiative:** Multicultural Content and Perspectives

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