



e-learning program

Mental and Emotional Health Grade 3

Children's Hospital of Wisconsin is committed to keeping kids healthy and safe. That's why we created **Healthy Minds Grade 3**, the first in what will be a continuum of mental and emotional health e-learning courses designed for K-8 students. The program aligns with National Health Education Standards, Wisconsin State Health Education Standards and complements Wisconsin Department of Public Instruction Social and Emotional Learning Competencies.

Using online and offline activities, this program provides an engaging look at what makes a healthy mind, and it introduces the skills needed to help students lead healthy lives, including setting goals and communicating effectively.

Students will learn the importance of:

- Recognizing their feelings
- Connecting with others
- Being physically active
- Getting enough sleep
- Other healthy habits that can improve their mental and emotional health



For more information about Children's e-learning programs, call (866) 228-5670 or email healthykids@chw.org.

HealthyKidsLearnMore.com



Course info

Target age group: Grade 3

Target course length: Approximately three hours

The time above includes time for offline classroom activities.

The **Healthy Minds** program includes activities to prepare your students for learning and introduces concepts that will be addressed throughout the program. Pre- and post-tests allow you to track your students' knowledge and comprehension as they move through the course. All lessons and activities present accurate, up-to-date information using a variety of instructional methods to engage your students. Many concepts are reinforced with classroom and/or take-home activities, and the program includes a comprehensive teacher's guide that prepares you to use the course in your classroom. The guide provides:

- Details of online and offline lessons and activities
- Learning objectives aligned with National Health Education Standards and Wisconsin Standards for Health Education
- Take-home activities
- Additional resources



All e-learning programs are brought to you by the health education experts at Children's Hospital of Wisconsin, one of the leading pediatric hospitals in the country.

Children's Hospital of Wisconsin e-Learning, Milwaukee, WI 53214

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