

Horizons

Health

Grade 6

Student Workbook



Emotion Mosaic

Color the blocks to match your feelings during the past 24 hours. Write in each block the time and reason for your feeling.

Color key:

excited—orange

disappointed—blue

jealous—bright green

pleased—pink

hurt—light blue

furious—red

comfortable—yellow

nervous—dark green

frustrated—violet/light purple

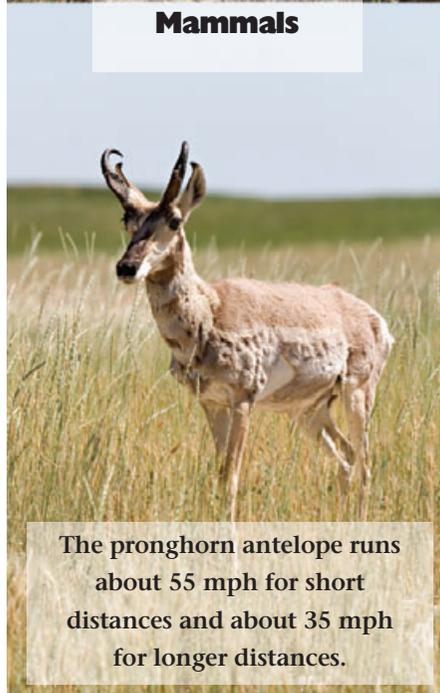
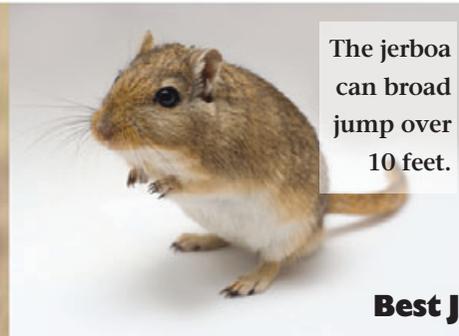
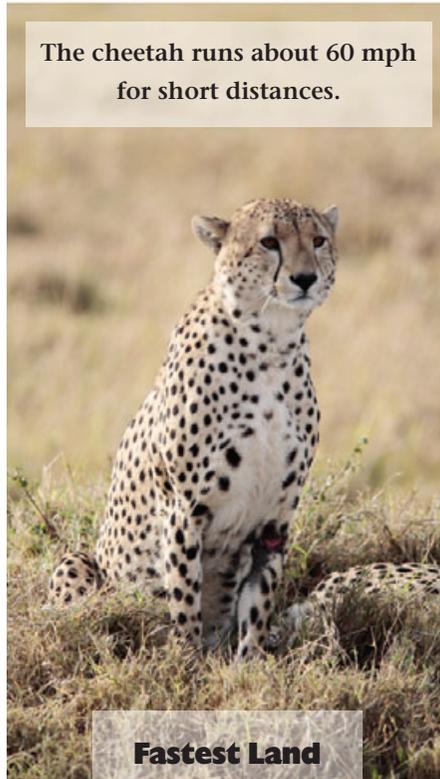
depressed—gray

The mosaic grid consists of 11 irregular shapes, each containing the text "time:" and "reason:" for recording feelings. The shapes are arranged as follows:

- Top-left: A vertical rectangle.
- Top-middle-left: A trapezoid.
- Top-middle-right: A vertical rectangle.
- Top-right: A trapezoid.
- Middle-left: A large trapezoid.
- Middle-middle-left: A vertical rectangle.
- Middle-middle-right: A large trapezoid.
- Middle-right: A vertical rectangle.
- Bottom-left: A vertical rectangle.
- Bottom-middle-left: A trapezoid.
- Bottom-middle-right: A vertical rectangle.

For the Record

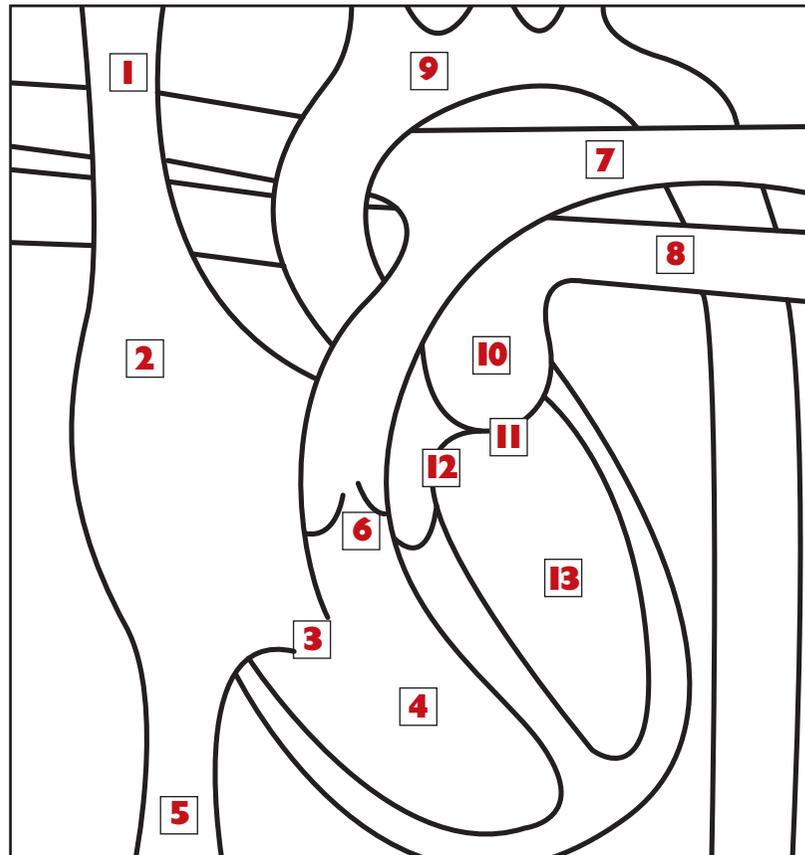
Discuss why these animals need these abilities and how they use them.



Your Heart and How it Works

Trace the blood's path through the heart. Use a blue pencil or crayon to show the bluish-red blood that is loaded with carbon dioxide. Use a red pencil or crayon to show the bright red blood that is loaded with oxygen.

Next, write the name of each part on the correct line.



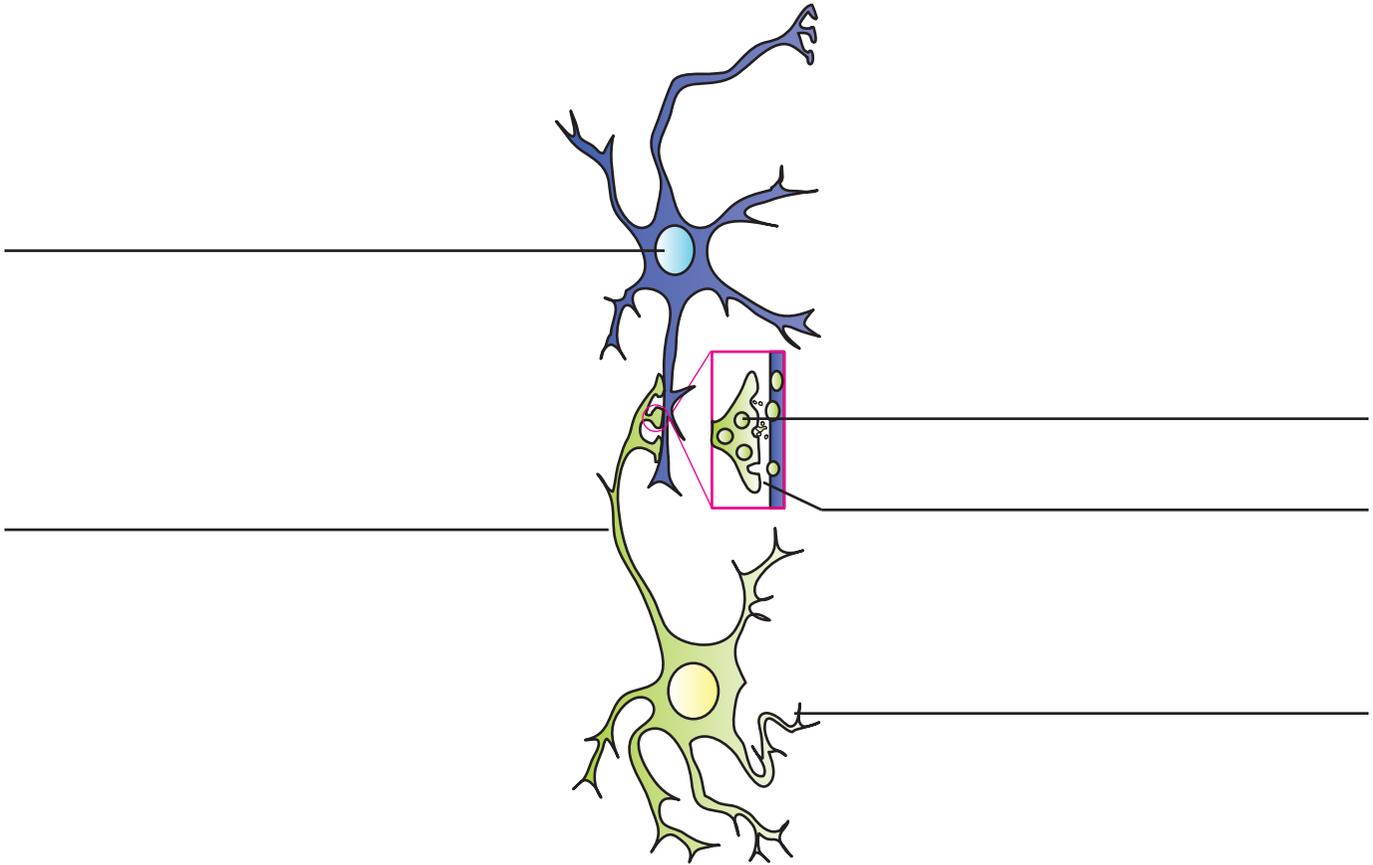
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

8. _____
9. _____
10. _____
11. _____
12. _____
13. _____

Nerve Cells

Complete this activity.

1. What are the parts of a nerve cell?



2. What is a nerve cell called? _____

3. How is a message carried from one nerve cell to another? _____

Dear First Aid Expert...

YOU are the First Aid Expert (F.A.E). On a separate sheet of paper answer these letters with the correct first-aid information.

Dear F.A.E.,

Sometimes my grandmother has nosebleeds. If I'm home alone with her and she has a nosebleed, what should I do?

No Experience

Dear F.A.E.,

I burned my hand yesterday. I got too close to the kettle, and some hot steam touched my hand. I put some butter on it. My sister is in grade 5, and she says that I shouldn't have put butter on it. She says that she's right and I'm wrong. Who is right? And please tell me exactly what first aid steps to follow.

Likes to Be Right

Dear F.A.E.,

My question is about teeth. I've always thought that if my tooth got knocked out, I'd just have one less tooth. But my friend Victor said that's not true. He said there are special first aid steps to follow if your tooth gets knocked out. I'd like to know because I'd like to keep all of my teeth.

Tooth Saver

Dear F.A.E.,

The other day my older sister started to choke on a piece of meat. It was scary. But then she coughed hard, and the piece came loose. I've heard that if someone can't cough, talk, or breathe, it's important to give first aid right away. What is the right way to help someone who is choking?

Ready for Next Time

Dear F.A.E.,

What should I do if my little brother cuts himself? I'm talking about cuts that aren't all that serious. They bleed a little, though.

Old Enough to Babysit

Dear F.A.E.,

I know what to do for little cuts and scrapes and things like that, but I'm wondering what I should do in a serious emergency. What if my best friend cut her hand on a piece of glass? What if it was a deep cut, and blood was spurting out? Help! Tell me what to do!

Afraid of Blood

Dear F.A.E.,

I know that a lot of bottles of household cleaners are poisonous. And I read the other day that hundreds and hundreds of people are accidentally poisoned every year. Most of those poisoned are little children. We always have lots and lots of children at our house. Our family has four sets of twins and they each have tons of friends. I need to know right away what to do in case of poisoning.

Oldest of Many

Dear F.A.E.,

Can you tell me what to do if I get a speck of dirt in my eye? It's really windy where I live. We have a lot of dirt and sand flying around.

Eye Wonder

Dear F.A.E.,

I'm part of a hiking club. We're planning a long hike in rough country. We want to know what first aid to give if one of us sprains an ankle or breaks a bone. Thanks for helping.

Wants to Be Prepared

Are You Ready to Give Artificial Respiration?

Review what to do if you think a person has stopped breathing.

1. Check the person by _____
_____.
2. If the person is unconscious, _____
_____.
3. Next, _____ for, _____.
4. If the victim is not breathing, _____.
5. Now check _____.
6. If the person is still not breathing, _____.
7. How many times a minute should you breathe when you give mouth-to-mouth breathing?
 - a. For an adult _____
 - b. For a child _____
 - c. For an infant _____

How long should the mouth-to-mouth breathing be continued?

- a. _____
- b. _____

