

# Materials

The materials used in the *Michigan Model for Health™* are categorized into three types:

- **Health Education Resources:** Materials obtained from your Regional Health Coordinator, regional materials center, or ordered from the vendor\*
- **Teacher Manual Resources:** Materials found in the manual, such as student worksheets, teacher references, and so on
- **Supplied by the Teacher:** Materials typically found in the classroom or school, such as pencils, writing paper, art supplies, and so on

\* If you have questions about any of the materials used in the *Michigan Model for Health™* or how to obtain them, phone the Michigan Model for Health Clearinghouse. They will help you locate what you need.

Phone: 888-517-6195

This list includes all of the materials needed for this unit on social and emotional education. Following each item listed, the number of the lesson(s) where the item is used is indicated for your reference.

MATERIALS	LESSON NUMBERS							
	1	2	3	4	5	6	7	8
<b>Health Education Materials</b>								
• CD: <i>Kids in Action</i> , Greg and Steve (Extension Activity)	X							
• One sock puppet, Michigan Model for Health Clearinghouse	X							
• Courtesy Cards, one set of four per student, Michigan Model for Health Clearinghouse	X							
• Bulletin Board Set: "Courtesy Words," Michigan Model for Health Clearinghouse	X						X	
• Book: <i>Manners</i> , by Aliki (Extension Activity)	X							
• Book: <i>I'm Sorry</i> , by Sam McBratney (Extension Activity)	X							
• Poster: "Friends," Michigan Model for Health Clearinghouse		X	X					
• Book: <i>Making Friends</i> , by Fred Rogers (Extension Activity)		X						
• Video [DVD:] <i>It's Mine</i> , from the "Getting Along" series, SVE and Churchill (15 minutes; Extension Activity)		X						
• Book: <i>The Berenstain Bears and the Trouble with Friends</i> , by Stan and Jan Berenstain (Extension Activity)		X						
• Book: <i>Loving Touches</i> , by Lory Freeman			X					
• Book: <i>I Like Me</i> , by Nancy Carlson (Extension Activity)			X					
• Set of Pictures: "Black and White vs. Color," Michigan Model for Health Clearinghouse				X				

MATERIALS	LESSON NUMBERS							
	1	2	3	4	5	6	7	8
• Poster Set: "Feeling Faces—Happy, Upset, Surprised, and Calm," Michigan Model for Health Clearinghouse				X	X	X		
• Book: <i>The Way I Feel</i> , by Janan Cain				X				
• Video [DVD]: <i>Left Out</i> , from the "Getting Along" series, SVE and Churchill (15 minutes; Extension Activity)				X				
• Book: <i>Today I Feel Silly: and Other Moods That Make My Day</i> , by Jamie Lee Curtis and Laura Cornell (Extension Activity)				X				
• Book: <i>On Monday When It Rained</i> , by Cherryl Kachenmeister (Extension Activity)				X				
• Poster: "Ways to Settle Down," Michigan Model for Health Clearinghouse					X	X	X	
• Video [DVD]: <i>How Does It Feel</i> , from the "Getting Along" series, SVE and Churchill (15 minutes; Extension Activity)					X			
• Book: <i>It's Hard to Be Five: Learning How to Work My Control Panel</i> , by Jamie Lee Curtis and Laura Cornell (Extension Activity)					X			
• Book: <i>Growing Up Is Hard</i> , by Dr. Laura Schlessinger (Extension Activity)						X		
• Feelings Trading Cards, Michigan Model for Health Clearinghouse						X		
• Book: <i>Families Are Different</i> , by Nina Pellegrini (Extension Activity)								X
• Book: <i>Why Am I Different?</i> by Norma Simon (Extension Activity)								X
• Book: <i>Helping Hands</i> , by Eric Christopher Meyer (Extension Activity)								X
• Book: <i>The New Baby</i> , by Mercer Mayer (Extension Activity)								X
<b>Teacher Manual Resources</b>								
<b>Materials to Duplicate</b>								
• Teacher Master: "I Can Be a Good Friend"		X						
• Family Resource Sheet: "Making Friends"		X						
• Family Resource Sheet: "Expressing Feelings and Showing Respect"						X		
• Teacher Master: "Family Helper Coupons" (Extension Activity)								X
• Family Resource Sheet: "Being Responsible"								X
<b>Teacher Keys and References</b>								
• Teacher Reference: "Vocabulary Words for the Poster Set, 'Feeling Faces'"				X		X		
• Teacher Reference: "If You Are Happy and You Know It..." (Extension Activity)				X				

MATERIALS	LESSON NUMBERS							
	1	2	3	4	5	6	7	8
<b>Supplied by the Teacher</b>								
<b>Equipment</b>								
• CD (Extension Activity)	X					X		
• AV equipment (Extension Activity)		X		X	X			
• Digital camera (Extension Activity)								X
• Computer (Extension Activity)								X
• LCD projector (Extension Activity)								X
<b>Miscellaneous</b>								
• A sock or lunch sack, one per student (Extension Activity)	X							
• Art supplies	X	X	X	X	X	X	X	X
• A ball	X							
• Chart paper (Suggestion)	X		X					
• Marker (Suggestion)	X	X	X					
• Construction paper (Extension Activity)		X						
• Paper for signs, 8" x 11" (Suggestion)		X						
• Pens or pencils (Extension Activity)		X		X	X			
• Nonpermanent marker for writing on posters				X	X	X		
• Paper (Extension Activity)				X				
• Card stock (Extension Activity)				X				
• A book or large object to drop and make noise					X			
• Crayons or markers: yellow, orange, red, and blue (Extension Activity)					X	X		
• Writing paper (Extension Activity)					X			
• Magazines (Extension Activity)					X			
• Paper plates, four per student (Extension Activity)					X			
• Popsicle sticks, four per student (Extension Activity)					X			
• Glue (Extension Activity)					X			
• CDs of music that evoke different feelings, such as <i>The Classical Kids Collection</i> (four-CD set) or <i>Peter and the Wolf</i> (Extension Activity)						X		
• A hat, basket, or similar container						X		
• Photography paper (Extension Activity)								X

