

WORLD OF WELLNESS Health Education Series

WOW!

Cody Investigates the World of Wellness

Student Book • Green Level



Bonnie K. Nygard • Tammy L. Green • Susan C. Koonce

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Health Education Series



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Cody Investigates

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首都体育学院图书馆



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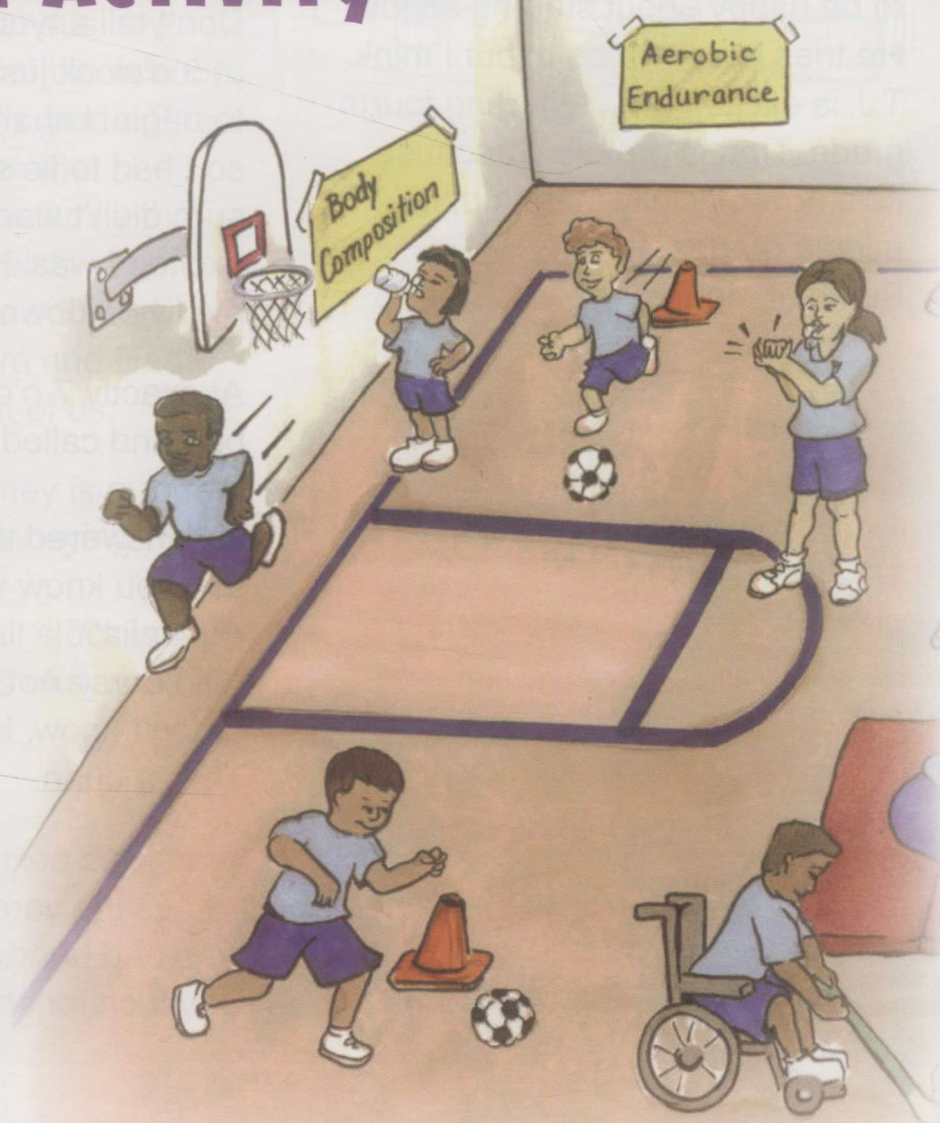
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UNIT 1

Safety, Injury Prevention, Personal Health, and Physical Activity



1

The Big Day

I can't believe today is finally here.
The first day of school!

I'm Cody. I'm starting third grade today.

My brother T.J. says I must be crazy to be happy about starting school. He tries hard to hide it, but I think T.J. is excited about starting fourth grade. That is probably because he's now officially in the upper middle grades.
Big deal, right?

Friendship

Michelle and Juan are two of Cody's friends.

Are they just like Cody?

Friends share some of the same interests as you.

Friends can have different interests, too.

Best of all, friends are people you can share things with.

Who do you share your thoughts, activities, and feelings with?

As weird as it sounds, I'm ready for summer to be over.

My best friend Michelle says, "It's time to hit the books!"

Michelle has more facts stuffed into her head than anyone I know.

Don't tell anyone, but I was awake at 5 o'clock just waiting for the day to begin. I share a room with T.J., so I had to lie super-still in bed. I sure didn't want him to know how excited I was. He would never let me live it down if he knew.

At exactly 7 o'clock, I jumped out of bed and called Juan, my other best friend.

He answered the phone and said, "Do you know what time it is in Australia?"

"Of course not, why?" I replied.

"I don't know, I was just wondering." That is Juan.

Juan lives next door, so I looked across the yard, made a face at him, and hung up.

So much for shared excitement.

After breakfast, Mom had to take the “first day of school” picture of me and my brother and sisters. That is T.J., Ruby, and Sydney. I’m sure this year’s picture will be another winner.

T.J. will be sticking out his tongue. Ruby will be hamming it up. And Sydney will look bored. Ruby starts first grade today and pretty much lives in the land of make-believe. I call it Pluto.

Sydney is the oldest and is now officially near the top of the school food chain. That is fifth grade. She reminds us all the time that she was the only kid in our family that Mom and Dad got to pick. That is because she’s adopted. Sydney says that Mom and Dad got stuck with the rest of us.

All I know is that Sydney is a regular, sometimes annoying, sister.

Mainly, I think we’re all stuck with each other and that is okay with me—most of the time.

On average, elephants sleep 2 hours per day, koalas sleep 18 hours per day, and male lions sleep 20 hours per day.



You Are Unique and So Is Your Family

Every person in your class is unique. So are families. Cody’s family is made up of a mom, dad, brother, and two sisters.

Who do you call family?

Cody’s sister, Sydney, is adopted. What does being adopted mean?

Do you know anyone who is adopted?

Cody’s mom takes a picture of Cody and his brother and sisters on the first day of school. That is a family tradition.

What is a family tradition at your house?

2

Looking Cool

Off we went!
Our school is in our neighborhood
so we all walk together.
But first we had to wait for Juan
to finish spiking his hair. He never
goes anywhere unless he looks
cool.
Juan did a little spin on his front
steps. "Groovy boovy," he said.

I don't know where he comes up
with this stuff.

All I know is that I like my hair to
be flat—nothing fancy for me.

Just then Sydney ran up to us.
She shouted, "Let's go or we'll
be late for the first day of school!
Where is Anita?"



Anita is Juan's sister. Sydney and Anita are best friends just like Juan and me. They walk with us to school every day. But they don't call it walking. They call it herding cats.

I've never asked them what that means, but I figure it has something to do with Ruby and her friend Neka. I don't think they know how to walk.

Instead, they gallop, skip, slide, and hop all the way to school.

The worst part is that they are hardly ever facing forward.

Get it?

They gallop and even skip backward.

Pretty crazy, huh?

Can you gallop, skip, or hop backward? Give it a try!

Good Grooming . . .

- ▶ Is good for your health.
- ▶ Reduces the spread of germs.
- ▶ Helps you feel better about yourself.

Good Grooming: Easy As 1, 2, 3!

1. Clean your hair, skin, and nails.
2. Brush and floss your teeth.
3. Wear clean clothes.

Accepting Others

Juan likes to spike his hair. Cody likes his hair flat.

Every person has unique characteristics, like hair, eyes, size, and color of their skin.

How are you unique?



Do rabbits use combs?



3

Quadriceps?

The next stop on the way to school was to pick up Michelle.

Of course, she was waiting for us with her backpack stuffed with every school supply ever invented.

Michelle went right into boss mode and said, “If we walk at a **brisk pace**, we’ll beat the bus to school

and give our **quadriceps** [KWA-dra-seps] a great workout.”

Ruby asked, “What are treeceps?”

“They’re called quadriceps,”

Michelle said. “They’re the muscles on the front side of your legs. Let’s go.” She marched in the direction of school.



By this time, the “herd of cats” had grown. Isaac, T.J.’s friend, was walking with us.

The thing about Isaac is he loves insects. He was already talking about cockroaches, and it wasn’t even 9 o’clock in the morning yet. Eew.

Isaac said that tropical cockroaches can move 50 body lengths in a second. If I could run that fast, I’d be able to run the 100-yard dash in just one second! I have to admit, Juan and I were pretty impressed. I guess cockroaches aren’t so gross after all.

Making Physical Activity Part of Your Daily Life

1. Walk to school if it is close by and you can be safe from traffic and strangers.
2. Walk your dog every day with a friend.
3. Walk with your family after dinner.
4. Take the stairs instead of using the elevator.
5. Ride bikes with your friends.

Being Active . . .

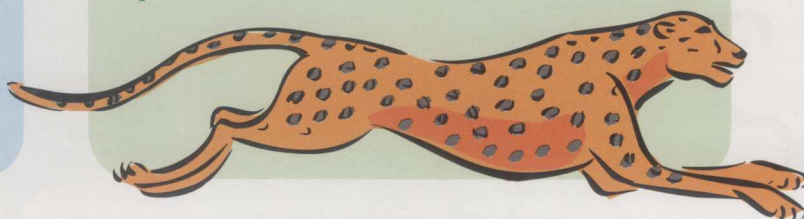
1. Improves your health and fitness.
2. Reduces the effects of **stress**.
3. Boosts your immune system so you won’t get sick.
4. Helps you stay at a healthy weight.
5. Makes your heart and lungs stronger.
6. Helps you sleep better.
7. Is loads of fun!

Lifetime physical activities are activities you can do alone or with someone else for the rest of your life. Here are some examples:

1. Walking or jogging
2. Biking
3. Swimming
4. Skating
5. Martial arts (e.g., taekwondo, karate)

Pretend you are doing your favorite lifetime physical activity!

A cheetah can go from 0 to 45 miles per hour in two seconds.



4

That Is Gonna Leave a Mark

We were almost to school when Juan stopped and pointed to a spot on the sidewalk. “Hey, isn’t that where Jacob crashed on his skateboard and cracked his head open?” We all stopped and looked at the spot.

I bent over and took a closer look. “That is just a hunk of dirt,” I said. Ruby pointed to the curb. She said, “I bet he hit that bump and flew off his skateboard. Those bumps can be big trouble.”



"I heard he was trying to act cool and wasn't wearing a **helmet**," Sydney said. Her voice reminded me of Mom. Michelle put her hands on her hips, shook her head, and announced, "Well, Jacob wouldn't have cracked his head open if he had been wearing a helmet. My mom said he had to get 10 whole **stitches**. That had to hurt." No one argued with that. Not even T.J.

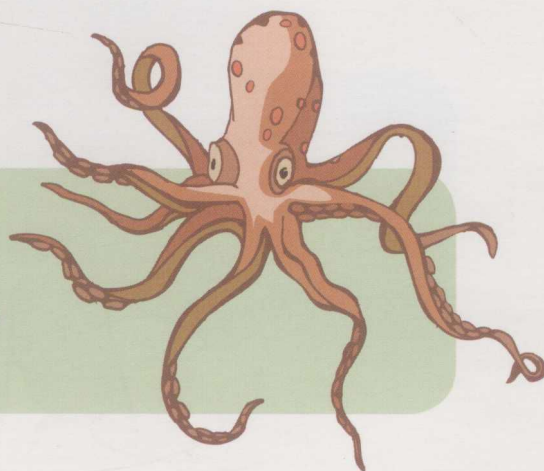
Why is riding a bike a lifetime physical activity?
What lifetime physical activity have you done this week?

An octopus protects itself by sending out a cloud of inky black fluid. Sometimes the cloud is the same shape as the octopus. This may fool a predator into chasing the cloud.

Safety on Wheels

1. Be aware of traffic and always ride your bike or skateboard with traffic.
2. Wear safety equipment (helmets, knee, wrist, and elbow pads).
3. Be seen—put lights and reflectors on bikes or skateboards.
4. Use proper hand signals while riding bikes.
5. Walk, don't ride, your bike or skateboard across the street.
6. Obey traffic rules for cars.
7. Use crosswalks to walk bicycles and skateboards across intersections.

Always buckle up when riding in a car.



5

Billy the Bully

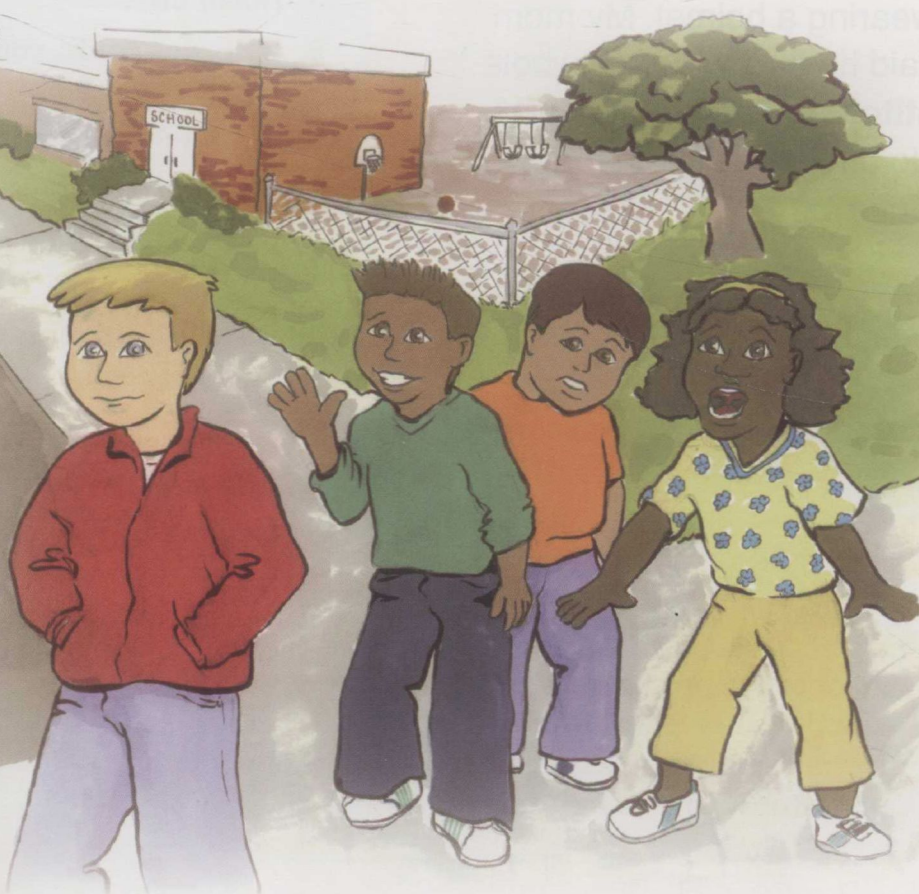
We almost made it into school.
Almost.
That is when we ran into Billy.
He's the biggest kid in our class.
All of a sudden my hands felt
sticky wet.
That is what happens when
I'm nervous.

Then, Juan did the
unthinkable.
He walked right up
to Billy and said,
"Hey, dude, how
was your summer
vacation?"

You won't believe what happened next!

Billy said, "O-Okay, I guess."
Then Billy turned and walked away.
Yes, you heard me—he just walked
away!

Michelle's mouth was open wide.
I could see the dangly thing hanging
in the back.



Juan smiled proudly and said, "Sometimes if you're nice to people first, they aren't all that bad."

Michelle was still trying to figure out what had just happened—and why Juan was still standing. Finally, she said, "Maybe we've been wrong about Billy." Then Michelle said, "If Billy had tried to pick on you, you could have told him to stop. If that didn't work, you could have walked away or told an adult." She was still having a hard time accepting what had just happened—nothing.

Sydney walked over to us and said, "Last year I learned about how to WOW 'em if I ever have a disagreement with someone. The first W stands for Wait before reacting. The O stands for Organize a plan. The other W stands for Walk away."

"What kind of plan are you supposed to make?" asked Juan. "My teacher said it means you're supposed to think of different ways to handle the problem. She said we should take time to think about which choice would be best. That is why it's sort of like organizing a plan," Sydney explained. It sounded good to us.

Avoiding Trouble

1. Stay away from **gangs** and **bullies**.
2. Don't be a bully.
3. Don't talk to or go with **strangers**.
4. Don't go to places that your family or teachers have told you are off limits!

Walk three steps backward.

The WOW! Solution

W = Wait before reacting.

O = Organize a plan (think of different ways to handle the problem).

W = Walk away if you can't agree on a solution without losing your temper.

6

Mr. G Plays It Safe

Mr. Gonzales is my new teacher. Everyone calls him Mr. G.

T.J. told me to keep an eye on Mr. G's mustache. He said that if it's smiling, Mr. G is in a good mood.

Mr. G is sort of strict, so he started right off with the school rules.

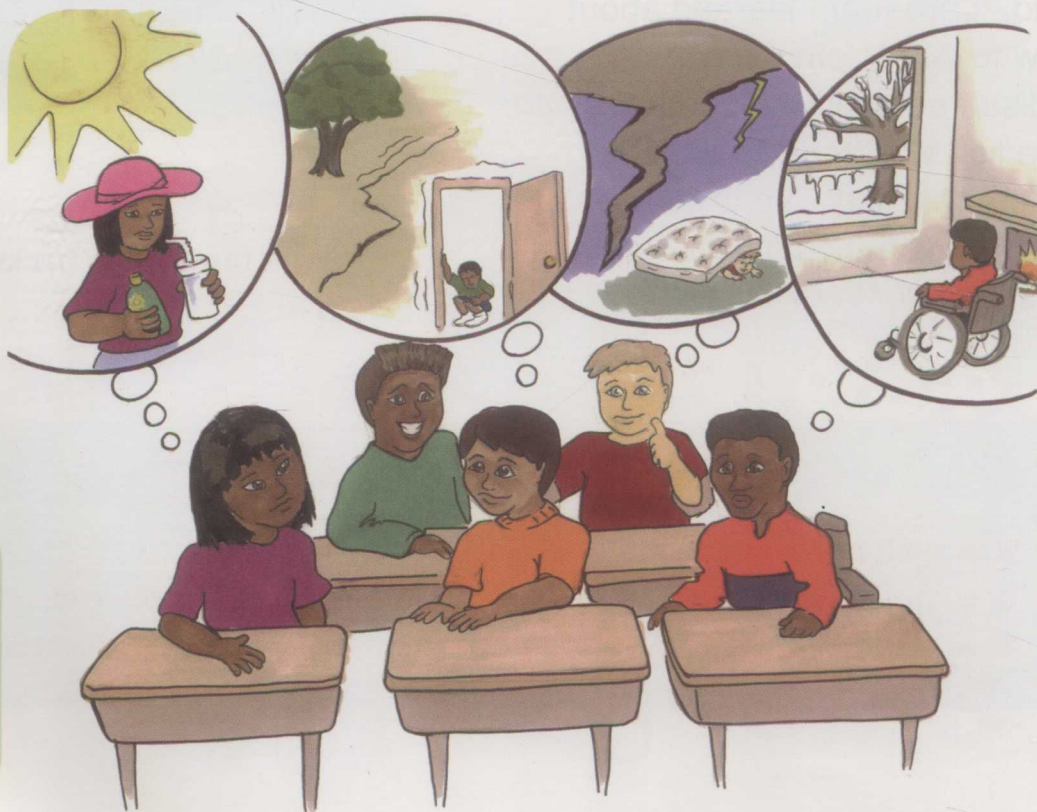
He said, "Safety is the most important rule. If you don't feel safe, you can't learn." That made sense to me.

Mr. G told us what to do if there was an **earthquake, tornado, or hurricane.**

Of course, Michelle said, "But we don't get earthquakes, tornadoes, *and* hurricanes here." Mr. G nodded and said, "You may travel to other parts of the world that have different types of weather. You should be prepared."

Juan raised his hand and asked, "Does anyone know what you get when you cross an earthquake with a forest fire?" No one knew the answer, not even Michelle.

"Shake and bake," said Juan with a smile.



Sixty-five percent of your body is made up of water.