

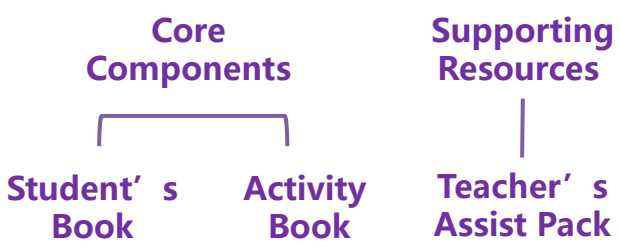


# Health Education

**Grade 1-6 | Age 7-12**

My Pals are Here! 健康教育力求讓每個孩子儘早養成良好的終身健康習慣的重要性。研究表明，以行為為中心的信息在教導兒童健康習慣方面是有效的。考慮到這一點，本系列避免使用對兒童來說可能是抽象的一般性陳述。同時，在健康教育教學中採取積極的態度。引入了對社交和情感學習 (SEL) 的關注，以培養信心和情感彈性。最終，本系列旨在為學生提供堅實的知識基礎，從中他們可以分析自己的健康習慣，並使他們能夠為健康的生活方式做出明智的選擇。

My Pals are Here! Health Education strive to Install in every child the importance of adopting good lifelong health habits early. Research has shown that behavior-focused messages are effective in teaching children health habits. With that in mind, this series has avoided the use of general statements which may be abstract to children. At the same time, it adopts a positive approach in the teaching of Health Education. A focus on Social and Emotional Learning (SEL) is introduced to develop confidence and emotional resilience. Ultimately, this series aims to give students a firm knowledge base from which they can analyze their own health habits and enable them to make informed choices for a healthy lifestyle.



Grade 1 (Age 7)	Pupil's Book 9789814684071	Activity Book 1 9789814684132	Teacher's Assist Pack 1 9789813168220
Grade 2 (Age 8)	Pupil's Book 9789814684088	Activity Book 2 9789814684149	Teacher's Assist Pack 2 9789813168237
Grade 3 (Age 9)	Pupil's Book 9789814684095	Activity Book 3 9789814684156	Teacher's Assist Pack 3 9789813168244
Grade 4 (Age 10)	Pupil's Book 9789814684101	Activity Book 4 9789814684163	Teacher's Assist Pack 4 9789813168251
Grade 5 (Age 11)	Pupil's Book 9789814684118	Activity Book 5 9789814684170	Teacher's Assist Pack 5 9789813168268
Grade 6 (Age 12)	Pupil's Book 9789814684125	Activity Book 6 9789814684187	Teacher's Assist Pack 6 9789813168275

## Learning through Lively and Interesting Themes



Diverse themes are relevant and compelling to learners, inspiring positive change.



## Examines Crucial Contemporary Health Issues

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Features up-to-date material on contemporary health issues such as dengue, SARS, MERS, and HFMD.

# 強調社會和情感學習

## Emphasis on Social and Emotional Learning (SEL)

社會和情感學習是兒童學習認識和處理感覺、培養對他人的關心、做出負責任的決定、建立良好關係和處理困難環境的過程。Social and Emotional Learning is the process through which children learn to recognize and deal with feelings, developing care for others, making responsible decisions, build good relationships and handle difficult circumstances.



活動頁面通過提供決策、創造性解決問題、比較、擴展和提煉知識的機會來培養高階思維 (HOT) 技能。Activity pages develop higher order thinking (HOT) skills by providing opportunities for decision-making, creative problem solving, comparing, extending, and refining of knowledge.

教學和評估策略在教師輔助包中討論

