

Pebble by capstone™
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PebbleGo Health now available!

Introduce K-3 students to
fundamental health, safety, and
social-emotional concepts



With over 150 age-appropriate articles connected to state and national health standards—from body systems and safety to self-awareness and relationships and more—your students will never run out of new topics to spark curiosity about health, wellness, and safety. With PebbleGo Health, you'll always have a safe and comprehensive health resource you can rely on to boost learning and engagement with all your students on cross-curricular subjects they want and need to know.

Special features include:

- Activities that provide students an opportunity to develop foundational health skills required to adopt, practice and maintain health-enhancing behaviors
- Articles aligned to state and national health standards to help students learn functional health information and develop foundational health skills
- Content promotes personal, family and community health
- Content includes a wide range of topics, to help build positive social emotional skills, that support Collaborative for Academic, Social, and Emotional Learning (CASEL) framework.

See reverse side for list of articles included
in PebbleGo Health.*

Screen shots shown may differ from final version.

www.pebblego.com

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Learn more at pebblego.com/health



PebbleGo Health

Article List



FEELINGS AND EMOTIONS

- I Feel Angry
- I Feel Calm
- I Feel Excited
- I Feel Happy
- I Feel Sad
- I Feel Scared
- I Feel Worried
- What Are Feelings and Emotions?

HEALTH CARE VISITS

- Getting a Cavity Filled
- Getting a Checkup
- Getting a Shot
- Getting a Tooth Pulled
- Getting an X-Ray
- Having Surgery

HEALTH CARE WORKERS

- Dental Hygienists
- Dentists
- Doctors
- EMTs
- Eye Doctors
- Nurses
- Occupational Therapists
- Physical Therapists
- School Counselors
- Speech Therapists

HEALTHY HABITS

- Being Mindful
- Dressing for the Weather
- Exercise
- Focus Your Attention
- How to Be Organized
- How to Handle Stress
- Hygiene
- Posture
- Setting Goals
- Setting Routines
- Sleep Habits

IF YOU NEED HELP

Abuse

- What Is Emotional Abuse?
- What Is Physical Abuse?
- What Is Substance Abuse?
- What Is Verbal Abuse?

In an Emergency

- Calling 911
- First Aid
- Poison Control
- What to Do If You Get Lost

ILLNESSES AND CONDITIONS

Conditions

- ADHD
- Allergies
- Anxiety
- Asthma
- Autism
- Blindness
- Cerebral Palsy
- Cystic Fibrosis
- Deafness
- Depression
- Diabetes
- Down Syndrome
- Dyslexia
- Obesity
- Scoliosis
- Using Leg Braces
- Using Wheelchairs

Feeling Sick

- Bacteria
- Medicine
- Immune System
- Vaccines
- Viruses
- What Are Germs?
- When You Cough or Sneeze

Illnesses

- Bronchitis
- Common Cold
- COVID-19
- Dehydration
- Earaches
- Food Poisoning
- Headaches
- Head Lice
- Influenza
- Pink Eye
- Sunburn

MY WORLD AND MY HEALTH SELF-AWARENESS

- Media and My Health
- Pollution and My Health
- Relationships and My Health
- Technology and My Health
- Weather and My Health

NUTRITION

- Eating Healthy
- Fats
- Fiber
- Healthy Snacks
- Junk Food
- Planning Meals
- Water and My Health

Food Groups

- Dairy
- Fruits
- Grains
- Protein
- Vegetables

RELATIONSHIPS AND FRIENDSHIPS

- Acceptance
- Communication
- Cooperation
- Empathy
- Making New Friends
- Peer Pressure
- Standing Up for a Friend
- Teamwork
- Types of Bullying
- What Is Bullying?

SAFETY

- Bike Safety
- Car Safety
- Fire Safety
- Food Safety
- Hazards at Home
- Hazards at School
- Hazards on the Playground
- Pedestrian Safety
- School Bus Safety
- Severe Weather Safety
- Stranger Safety
- Sun Safety
- Water Safety

Preventing Injuries

- Broken Bones
- Bruises
- Concussions
- Scrapes and Scratches
- Sprains and Strains

THE HUMAN BODY

Body Systems

- Circulatory System
- Digestive System
- Endocrine System
- Muscular System
- Nervous System
- Respiratory System
- Skeletal System

Organs

- Bladder
- Brain
- Heart
- Intestines
- Kidneys
- Liver
- Lungs
- Skin
- Stomach

Senses

- Hearing
- Seeing
- Smelling
- Tasting
- Touching

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