

HEALTHY CHOICES SUPERHERO MISSION!

K-2

3 Missions • 3 Shield Pieces • 1 Final Unlock

POWER UP YOUR BODY

Food • Water • Sleep
Exercise • Safety

Superpower
METER

Which choice gives
your body superpower?



Mission 1
MAKE HEALTHY
CHOICES

USE YOUR SUPERHERO VOICE

Say NO • Move Away
Tell a Trusted Adult



A friend wants you
to keep a secret about
something that feels
wrong. What do you do?

Okay,
I won't
tell anyone.

Say NO,
move away,
and tell a
trusted adult.

Maybe.
It's probably
okay.

Mission 2
DEFEAT
DR. TRICKY



HEROES HELP HEROES

Kind • Helpful
Safe Choices

A student is being called
mean names. What could you do?



Join in.



Be kind to the
student and get
help if it continues.



Walk away
and pretend
you didn't
see it.

Mission 3
HELP OTHER
HEROES

STUDENTS DON'T JUST WATCH... THEY COMPLETE THE MISSIONS!

WHOLE CLASS
INTERACTIVE
POWERPOINT!

POWER UP
YOUR BODY

DEFEAT
DR. TRICKY

HEROES HELP
HEROES

MISSION 1
Power up
your body!

Superheroes make healthy choices to keep their bodies and brains strong!
Click the choice that gives your body

★ **SUPERPOWER!** ★

Which choice gives your body superpower?

SUPERPOWER METER

- Safe Choices
- Water
- Sleep
- Exercise
- Healthy Foods

HEROES CHOOSE HEALTHY HABITS

Hey! Try this!
It will be fun!
Don't tell anyone!

PEER PRESSURE SECRETS UNSAFE CHOICES CONFUSION

WHAT SHOULD OUR HERO DO?

A friend wants you to do something you know isn't safe. They say, "Come on! Everybody is doing it!" What should you do?

SUPERHEROES MAKE SAFE CHOICES!

What?!
My power is disappearing!

PEER PRESSURE SECRETS UNSAFE CHOICES CONFUSION

"I'll do it if you do it first."
"Okay, maybe just this once."
"No! I'm not doing that."

MISSION 2
Heroes help
heroes!

Good choices don't just help **YOU**.
They help **OTHERS** too!

Click the best choice!

You see a student sitting alone at recess.
What could you do?

Ask them to play with you. Ignore them. Go play somewhere else.

THAT'S RIGHT!
You made a safe and healthy choice!

HERO SIGNAL
SHINING BRIGHTER TOGETHER!

Real heroes look out for themselves AND others!

MAKES A DIFFERENCE BE A HERO

NEXT

CLICK • CHOOSE • EARN SHIELD PIECES • FINAL UNLOCK

EVERY MISSION MOVES THEM CLOSER!

Solve the challenge. Earn a shield piece. Power up the Healthy Hero Shield!

START



The shield is
missing its pieces!

MISSION 1



Power Up
Your Body

MISSION 2



Defeat
Dr. Tricky

MISSION 3



Heroes Help
Heroes

WHAT MAKES A HEALTHY HERO?

Choose the three hero powers to power up the shield!

**FINAL
CHALLENGE!**



Make healthy
choices.



Make safe
choices.



Help
others.



BIG SKILLS

K-2 FRIENDLY PRACTICE

Healthy Choices

MISSION 1: Power up your body!

Superheroes make healthy choices to keep their bodies and brains strong!
Click the choice that gives your body **SUPERPOWER!**

Which choice gives your body superpower?

SUPERPOWER METER

- Safe Choices
- Water
- Sleep
- Exercise
- Healthy Foods

HEROES CHOOSE HEALTHY HABITS!

SMALL CHOICES MAKE A BIG DIFFERENCE

NEXT

MISSION 1: Power up your body!

Superheroes make healthy choices to keep their bodies and brains strong!
Click the choice that gives your body **SUPERPOWER!**

Which choice gives your body superpower?

SUPERPOWER METER

- Safe Choices
- Water
- Sleep
- Exercise
- Healthy Foods

HEROES CHOOSE HEALTHY HABITS!

SMALL CHOICES MAKE A BIG DIFFERENCE

NEXT

Safe Choices

Hey! Try this! It will be fun! Don't tell anyone!

PEER PRESSURE SECRETS UNSAFE CHOICES CONFUSION

WHAT SHOULD OUR HERO DO?

Someone gives you something and says, "Try this—but don't tell your grown-up." What should you do?

SUPERHEROES MAKE SAFE CHOICES!

What?! My power is disappearing!

PEER PRESSURE SECRETS UNSAFE CHOICES CONFUSION

Say "No" and tell a trusted grown-up. Take it and keep the secret. Try it just one time.

ONE STEP CLOSER TO DEFEATING DR. TRICKY!

NEXT

Hey! Try this! It will be fun! Don't tell anyone!

PEER PRESSURE SECRETS UNSAFE CHOICES CONFUSION

WHAT SHOULD OUR HERO DO?

You find some pills that look a little like candy. What should you do?

SUPERHEROES MAKE SAFE CHOICES!

What?! My power is disappearing!

PEER PRESSURE SECRETS UNSAFE CHOICES CONFUSION

Taste one to see if it is candy. Leave them alone and tell a grown-up. Pick them up and put them in your pocket.

ONE STEP CLOSER TO DEFEATING DR. TRICKY!

NEXT

Helping Others

MISSION 2: Heroes help heroes!

Good choices don't just help **YOU**. They help **OTHERS** too!

Click the best choice!

A friend tells you someone is trying to get them to do something unsafe. What could you do?

HERO SIGNAL SHINING BRIGHTER TOGETHER!

Promise to keep it secret. Tell them to just do it. Go with your friend to tell a trusted adult.

THAT'S RIGHT! You made a safe and healthy choice!

HELPING OTHERS MAKE A BIG DIFFERENCE!

NEXT

MISSION 2: Heroes help heroes!

Good choices don't just help **YOU**. They help **OTHERS** too!

Click the best choice!

A student is being called mean names. What could you do?

HERO SIGNAL SHINING BRIGHTER TOGETHER!

Join in. Be kind to the student and help if it continues. Walk away and pretend you didn't see it.

THAT'S RIGHT! You made a safe and healthy choice!

HELPING OTHERS MAKE A BIG DIFFERENCE!

NEXT

POWER POINT MUST BE USED IN PRESENT MODE FOR ANIMATIONS TO WORK

OPEN, PRESENT, PLAY!

LESSON PLAN

**Step by step
lesson plan**

**INTERACTIVE
POWERPOINT SLIDESHOW**

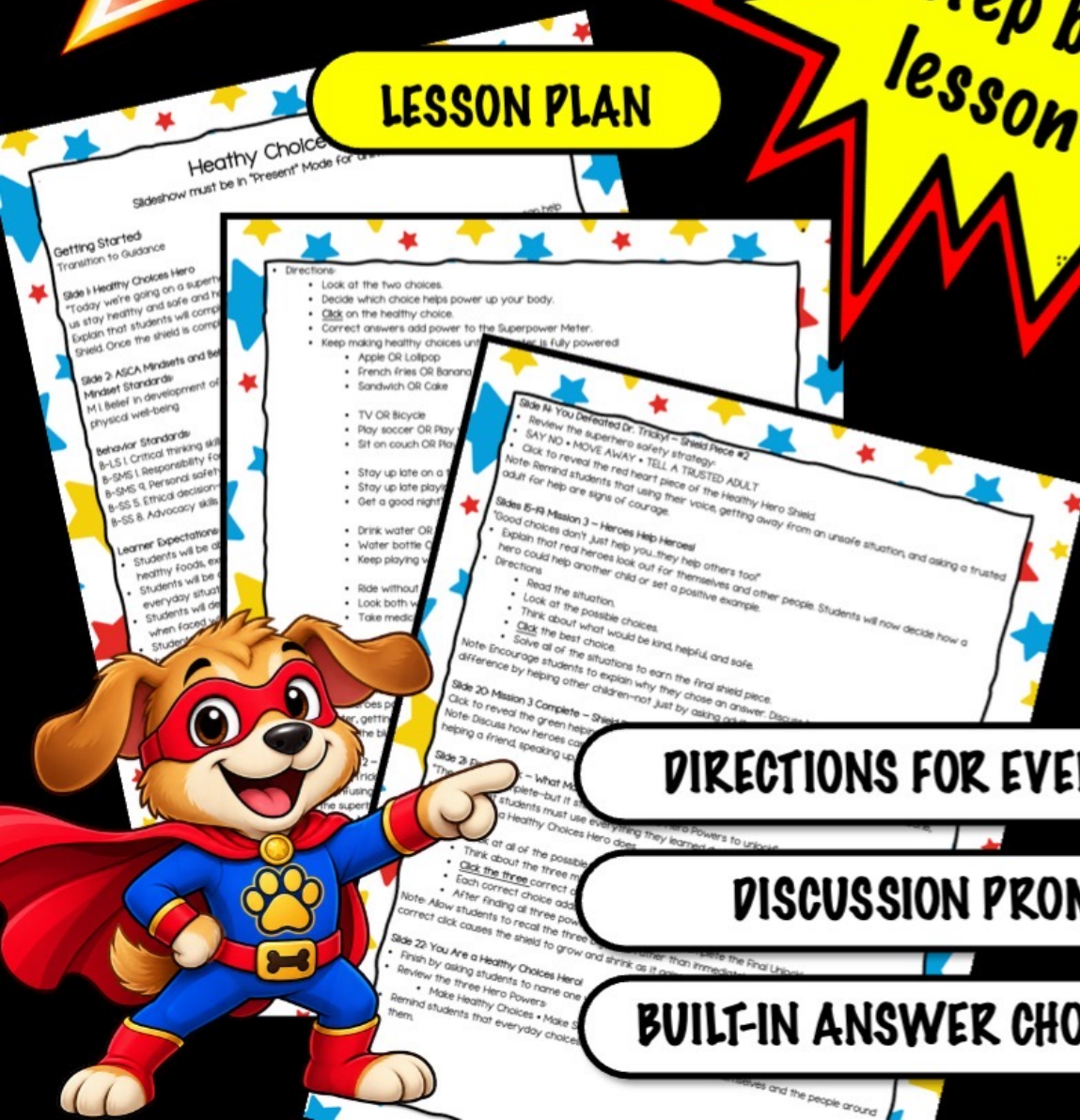


**READY TO
USE LESSON!**

DIRECTIONS FOR EVERY SLIDE

DISCUSSION PROMPTS

BUILT-IN ANSWER CHOICES AND FEEDBACK



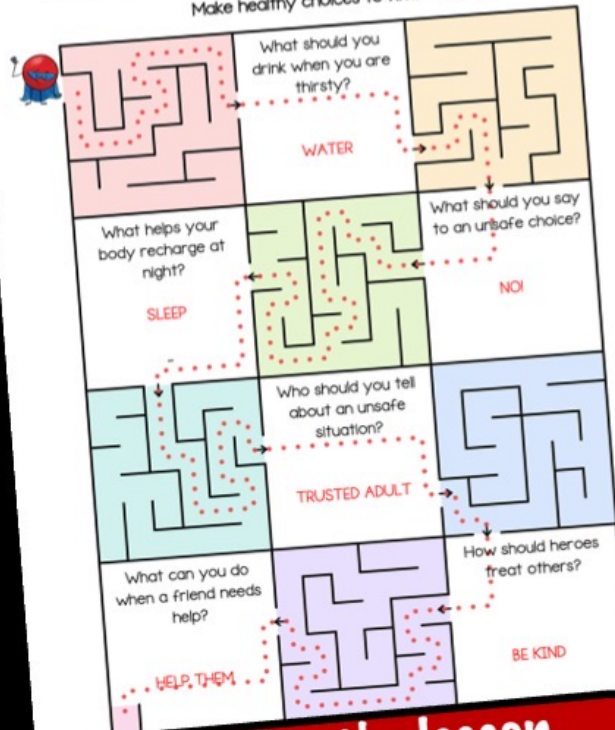
KEEP THE HERO LEARNING GOING!

3 PRINTABLE EXTENSION ACTIVITIES

HEALTHY CHOICES HERO MAZE

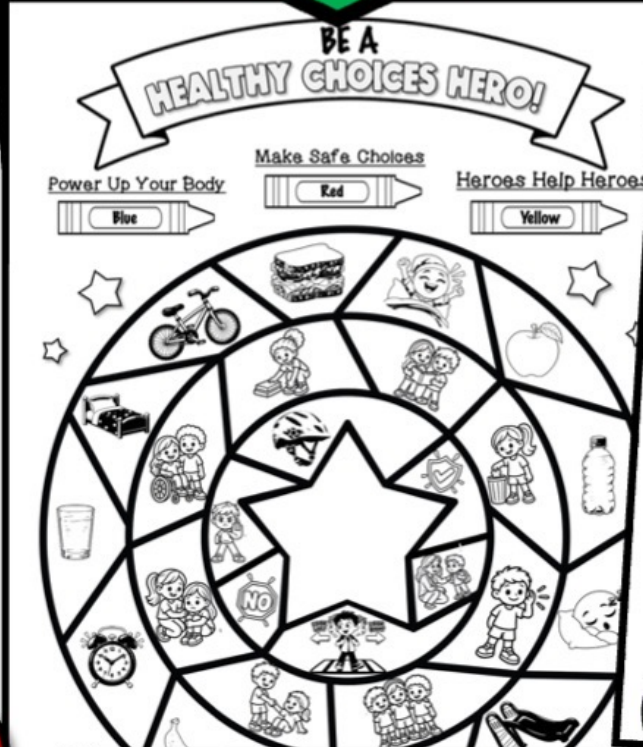
HEALTHY CHOICES HERO MAZE

Make healthy choices to find the way!



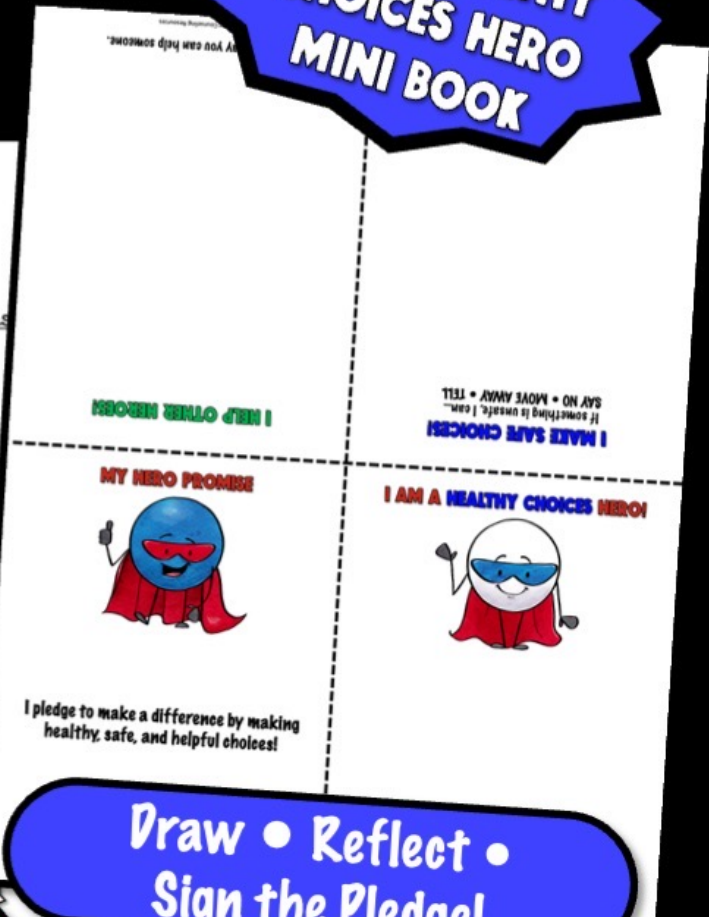
Review the lesson
in a fun way!

HEALTHY CHOICES HERO COLOR BY CODE



Sort the 3 Hero Powers
with a fun color by code!

I'M A HEALTHY CHOICES HERO MINI BOOK



Draw • Reflect •
Sign the Pledge!

K-2

YOUR RED RIBBON WEEK LESSON IS READY!

**ASCA
ALIGNED**

TEACH IT

PLAY IT

EXTEND IT



**STEP-BY-STEP
LESSON PLAN**

**INTERACTIVE
POWERPOINT SLIDESHOW**

**PRINTABLE EXTENSION
ACTIVITIES**

One superhero themed lesson. Three important skills. One memorable mission!