

# Horizons

# Health

Grade 4


Student Book





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## Feeling Good About Myself

Sometimes our thoughts about ourselves are not helpful. We get down on ourselves. Do you think Nikki, Ben, Thea, and Mario have thoughts about themselves that are helpful?


### Nikki Takes a Swim

Nikki learned how to swim when she camped near a lake with her family. She learned by herself. Well, not exactly by herself. Her older sister showed her how to kick and how to move her arms. And then—all of a sudden she could swim. She didn't swim very gracefully, of course. And she couldn't move very fast through the water. But she had a lot of fun.

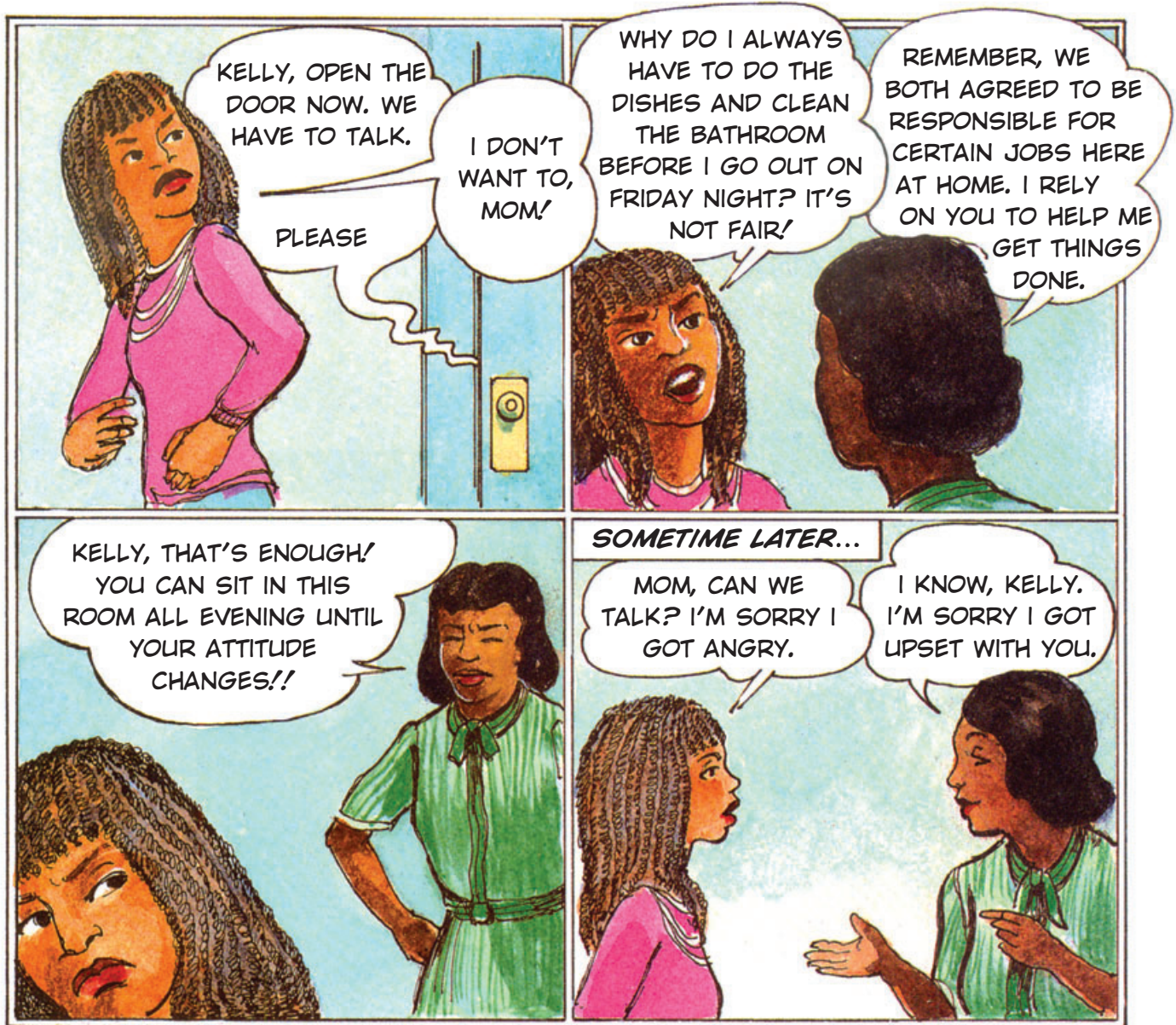
Last week Nikki went swimming with some friends. She found out that they could swim much better than she could. In fact, she was the slowest swimmer of the group. Now Nikki thinks, "I'm no good at sports."



#### THINK IT OVER

- How does Nikki feel about herself and why?
  - Suppose you were Nikki's friend. What could you say to Nikki to help her feel better about herself?
- 

## Why Should I?



### THINK IT OVER

- What do you think is Kelly's big problem here?
- Do you think that Kelly and her mother solved their disagreement in a good way? Why or why not?
- What do you think might have happened if Kelly and her mother hadn't resolved their problem?



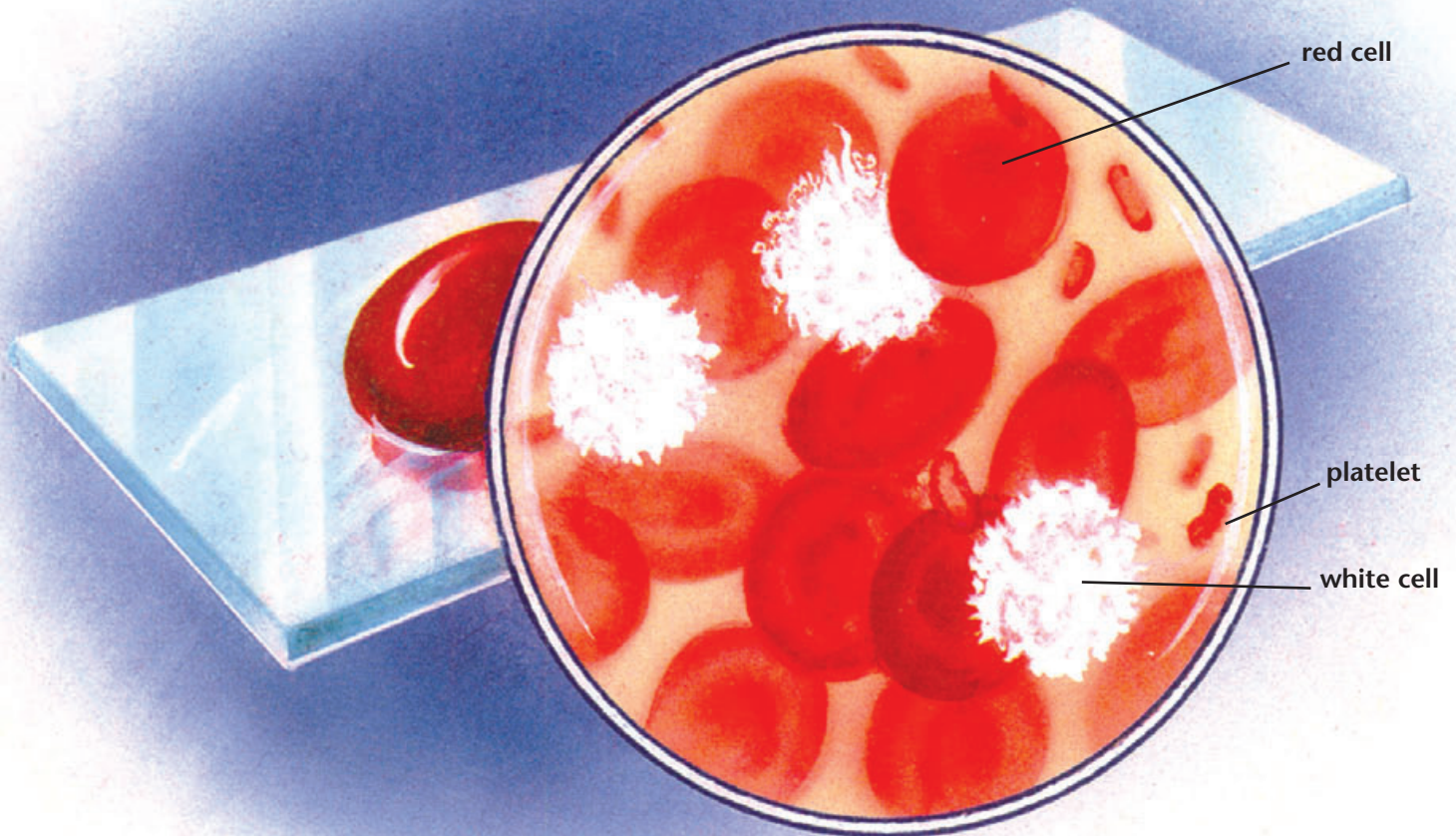
## Your Blood

The inside of your body is a busy place. There's always something going on—even when you're sleeping. For one thing, your blood is always on the move. Because it's your body's delivery system, it has to keep moving. Your blood delivers oxygen from your lungs to cells all over your body. It carries carbon dioxide, a waste product, from the cells to the lungs for you to breathe out. It also carries digested food to parts of your body that need it. Your blood-moving machine—the heart—keeps pumping your blood around and around your body.

The inside of your blood is a busy place, too. All kinds of important things are happening.

### What's Going on in Your Blood?

Blood is a mixture of liquid and solid matter. The liquid is called plasma. Floating in the liquid are tiny cells, millions of them.



## Reach or Throw, Don't Go!

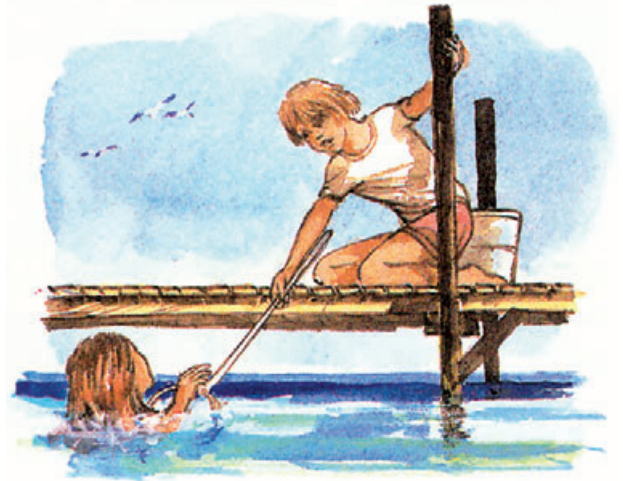
Imagine that you and a friend are playing by the shore of a lake. You hear someone calling for help. You look and see it's a girl in the water, and she's in trouble. She's not too far from the shore. What could you do to help her?

The first thing to do is to get the help of a grownup. If people are near, shout for help. If no one is around, you or your friend should quickly go to get help. But how could the person waiting at the lake safely help the girl?

"Reach or throw—don't go" is the rule to remember. So don't enter the water. Use one of the assists shown in these pictures. In these pictures children are learning ways to safely make a rescue.

**Throwing assist.** Stay out of the water. If possible, use a lifesaving ring with a rope. Stand with one foot forward and one foot back. Keep your weight low. Throw the ring (underhand) to the person in the water. Be sure to hold onto the line. Slowly pull the person to safety. If no ring is available, throw or shove out anything that will float. Even a piece of wood can help keep someone afloat until help comes.

**Reaching assist.** Stay out of the water. Firmly brace yourself and hold onto something. Then reach out to the person with a long object. Use a tree branch, fishing pole, towel, belt, or even your own shirt or jacket. Slowly pull the person in to safety.



### THINK IT OVER

- What do you think are three of the most important rules to remember about water safety?
- What is the meaning of this water safety rule: "Reach or throw—don't go"?