

## Getting Started with QuaverHealth

1. Visit **QuaverEd.com**.
2. Click **Log In**, located in the upper-right corner.
3. Enter your **Username** and **Password**.

## Navigating the QuaverHealth Dashboard

**Support Tools**  
 The top section includes resources and tools for educators. Teachers can create and customize lessons, assign work, and more. You'll also find troubleshooting tips and technical support.

**Instructional Resources**  
 The bottom section of the dashboard includes all Health lessons. You'll also find additional resources for instruction and engaging families.

## Supporting English Language Learners

QuaverHealth includes extensive resources in both **English and Spanish**. Many are viewable with side-by-side English and Spanish displays, allowing students to access information in both languages.



## Dashboard

Once logged in, you'll be taken to your dashboard. Below, you will find a brief description of the most-used resources and tools.



Access our professional learning series for educators, "Creating a Culture for Success."



Find standards, scope and sequences, and other important instructional materials in this easy-to-use application.



Customize lessons by adding, deleting, and rearranging activities and by editing lesson plans.



Share resources from QuaverHealth to reinforce health concepts at home.



Create new resources or bring your own resources into a lesson.



Explore guides created for each module with informative resources, community visitor ideas, and community challenge activities.



Manage student accounts, take attendance, give assignments, and monitor students' progress.



Evaluate students' mastery of health skills through summative unit quizzes.



Troubleshoot device or account issues and obtain curriculum news, features, and updates.



Find grade-aligned printables to extend learning opportunities.



Explore standards-aligned, ready-made health lessons organized by module.



This icon contains standards-based lessons that some districts may consider sensitive. Please consult with your administration before using the lessons in this toolbox.




Create, edit, and share custom curriculum and resources.



Get students moving with catchy, original songs and choreography that reinforce health concepts.

### Share with Students



Show QR code or copy and share the link below.  
<https://users.quavered.com/QR/YMM4RW>

Copy Resource Link

Access to this activity is only permitted for licensed teachers and their students.

## How to Share Resources with Families at Home

**Sharing resources** with families at home has never been easier! Select QR Code from the Settings menu to get a shareable QR code and URL. Families can use those links to access the resource — no login required!



## Health Lessons

Health Lessons are organized into nine module themes, as listed below. Each module provides four weekly lessons and is designed to be taught in one month. Modules offer additional Community Resources to support community and family engagement.


### Health Module Themes

- General Health
- Social Behavior
- Responsible Decision-Making
- Healthy Practices and Hygiene
- Mental Health and Wellness
- Healthy Eating and Nutrition
- Disease and Illness Prevention
- Safety and Accident Prevention
- Substance Abuse Prevention



Module	Kindergarten - Lessons				Community Resources
1. General Health	Exploring My Health	What Is a Healthy Behavior?	What Is Healthy Help?	What Is an Emergency?	3 icons
2. Social Behavior	Learning to Listen	Making New Friends	What are Healthy Relationships?	Using Kind Words	3 icons
3. Responsible Decision Making	What Is a Problem?	I Can Make It Better	My Values and My Health Goals	Basic Online Safety	3 icons
4. Healthy Practices and Hygiene	Hygiene Skills	My Teeth and Mouth	What Is Ex...		
5. Mental Health and Wellness	What Are Emotions?	When I Feel Worried	Controlling		
6. Healthy Eating and Nutrition	Food and My Body	Can I Eat Anything I Want?	Eating H		
7. Disease and Illness Prevention	What Is a Checkup?	Cold and Flu	What Is M		
8. Safety and Accident Prevention	Helmets and Seatbelts	What Is Personal Safety?	Safe P		
9. Substance Abuse Prevention	My Personal Strengths and Safe Choices	Safety at Home: Medicines and Household Products	Safe Choices a Adul		

Lesson View
Daily Dose




**Exploring My Health** 🕒 3-5 min

- Select the Play button to activate music as students enter the room.
- Select the Overview button to display and read the "I Can" statements for this lesson.
- Select the Start button to begin the lesson.

Purpose: Introduce students to the four dimensions of health using a chant and movement.

- Select the Health Ask A Pro to learn how balancing the dimensions is important.

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**Unlocking the Dimensions** 🕒 3-5 min

Purpose: Introduce students to the four dimensions of health using a chant and movement.

- Ask students to look at the screen and decide which one of the dimensions they would like to unlock first.
- Select the lock.
- Students will have to complete specific moves to unlock the definitions.
- Once students have completed the moves, select Unlock.



# What's in a Health Lesson?



## Body and Brain Warm-Up

Engage students with a daily activity that combines essential questions and movements.

## Direct Instruction

Engage in interactive instruction on the lesson standards.



## Reinforcement and Application

Apply the skills students have learned through a song or movement-based activity and discussion.

## Assessment

Check for understanding through our wide variety of Editable Assessments.

