



# **Growing, Growing Strong: A Whole Health Curriculum for Young Children, 2nd Edition**

*Connie Jo Smith, Charlotte M. Hendricks, Becky S. Bennett*

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Packed with practical ideas and information, this revised health curriculum includes open-ended lesson plans and interactive activities for teaching young children about their bodies and how to care for their health. Topics include body parts and the five senses, self-care activities, eating healthy foods and preventing illness and disease, and emotions and friendships.

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