



Educator Guide: Train Track Builder Game

Recommended for Grades:

1st grade

Time:

14 minutes

Prerequisites:

In order for students to be successful in the game, students would benefit from participating in the following lessons and activities:

- Healthy Relationships Lesson (1st grade)
- Friendly Behaviors Lesson (1st grade)
- Making Decisions Lesson (1st grade)
- Physical Health and Healthy Minds Lesson (1st grade)
- Goal-Setting Lesson (1st grade)

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 4: Use interpersonal communication skills to support health and well-being of self and others.
- Standard 6: Use a goal-setting process to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.



Learning Objectives:

After completing this activity students will be able to:

1. Identify attributes of a healthy relationship.
2. Describe a trusted adult.
3. Recognize healthy habits for the body and mind.
4. Practice steps to achieving a mental and emotional health goal.
5. Recognize the three steps to setting a goal.
6. Identify one trusted adult who could help them with setting goals.

Activity Description:

In this game students answer questions about having a healthy mind in order to build a train track around a series of obstacles. The game is complete once the students complete the track at each location.

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Train Track Builder Game. You may choose to use this list in any way that fits your needs.

- Goal – something you decide to work towards achieving
- Trusted adult – a grownup that you are close to and who cares about you, such as a parent, family member, teacher, school counselor, etc.

Transcripts

Questions are generated randomly as the game is played.

Title

Train track builder

Menu instructions

Choose which train track you would like to build.

Country

Help us build a train track that will take the train through the country. You'll be asked a question about mental health each time the train reaches the end of the track. When you answer correctly you'll be given pieces to add to the track. When you're ready, click the green button to start the train.

City

Help us build a train track so the train can travel through the city. You'll be asked a question about mental health each time the train reaches the end of the track. When you answer correctly you'll be given pieces to add to the track. When you're ready, click the green button to start the train.

Mountain

Help us build a train track that will guide the train through the mountains. You'll be asked a question about mental health each time the train reaches the end of the track. When you answer correctly you'll be given pieces to add to the track. When you're ready, click the green button to start the train.

It looks like the train needs more track. Answer this question to add on to the train track.

Questions (correct answers are bolded)

- Zoe's dad listens to her and is very patient. Zoe and her dad have a healthy relationship. Is this **True** or False?
- Respect means showing you care. Is this **True** or False?
- Sharing thoughts and feelings will help a relationship be healthy. Is this **True** or False?



- Zoe does her best to say nice things to Miguel, even when she is upset. Is this an example of Zoe being kind? **Yes** or no?
- Honesty means telling someone what they want to hear, even if it isn't true. Is this **True** or False?
- If you feel like you can't talk to a person about your feelings, your relationship with them is unhealthy. Is this **True** or False?
- A trusted adult is someone you can talk to about anything. Is a trusted adult someone you have a healthy relationship with? **Yes** or no?
- Quinn always tries to share with her classmates. Is Quinn using a **friendly behavior** or an unfriendly behavior?
- Devonte always tries to include his classmates, even if he doesn't know them very well. Is Devonte using a **friendly behavior** or an unfriendly behavior?
- Active listening means moving around a lot when someone is trying to talk to you. Is this True or **False**?
- Friendly behaviors are important to keeping relationships healthy. Is this **True** or False?
- Getting enough sleep, 10-11 hours at night, will help you have a healthy mind. Is this **True** or False?
- Drinking soda and juice instead of water will help you feel happier and be more focused. Is this True or **False**?
- Zoe made a choice to watch TV all day instead of going outside. Did Zoe make a healthy choice or an **unhealthy choice** for her mind and body?
- The first step in making a healthy decision is to define the situation. Is this **True** or False?
- If you are having a hard time deciding what to do, a trusted adult can help you make a healthy decision. Is this **True** or false?

- After making a decision, Miguel asks himself if his choice was a healthy one. Evaluating the results is the last step of making a healthy decision. Is this **True** or False?
- Miguel wants to set a goal to learn to play soccer, but he doesn't write it down or talk about it. Should Miguel write his goal down? **Yes** or no?
- Making a plan will help you reach your goal. Is this **True** or false?
- Devonte writes down every time he studies on a calendar to help him achieve his goal of getting a good grade on his math test. Tracking his progress will help Devonte reach his goal. Is this **True** or False?

Correct messages

That's correct! Drag these pieces to add them to the end of the track.

That's right!

Incorrect

Not quite. Let's try another question.

Green button

Click the green button to start the train.

Question cue intro 1

Uh oh! The train has run out of track.

Question cue intro 2

Uh oh! The train can't go any further.

Win-country

Great job! You built a track for the train to travel through the country. Click here to go back to the menu and build another track.

Win-city

Great job! You built a track for the train to travel through the city. Click here to go back to the menu and build another track.

Win-mountains

Great job! You build a track for the train to travel through the mountains. Click here to go back to the menu and build another track.



Play again

Choose the train track you would like to build next.



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