



Health Education Lesson Plan (HELP) Kits

HELP Kits are “lessons in a box” for students and community groups with up-to-date information that has been reviewed and assembled by Akron Children’s Hospital.

These creative, hands-on, kits contain multiple activities, children’s books, DVDs, realia and more to teach kids about a variety of common diseases, conditions and general health topics.



HELP Kits are for children from preschool to grade 12. They are available free of charge and can be checked out for two weeks or more.

Topic	Grade	Topic	Grade
Asthma	K-12	Hygiene	Pre K-8
Dentist/Dental Care	Pre K, PreK-2, K-4	Nutrition	Pre K and 2-3
Diabetes	K-12	Safety	K-6
Doctor/Anatomy	K-6	Skin/Sun Safety	K-12
Fast Facts About Fat, Salt, & Sugar	3-12	Smoking	2-12
Fire Safety/Burn Prevention	K-6	Spike's Poison Prevention Adventure	Preschool
Hand Washing	K-12	Tattoo & Body Piercing	6-12
Head Lice	Pre K-6	Teaching Tolerance: Bully Prevention	K-4, 5-8, 9-12

Other resources available:

- Board games to teach fire safety for ages 5-12
- 3-D magnetic demonstration skeleton
- Adult, child and baby CPR Kits – includes manikin and DVD

HELP Kits can be picked up (free parking) and returned to the Akron Children’s Hospital Family Resource Center at your convenience. Call us at **330-543-8180** to reserve a kit.

Family Resource Center – 3rd floor main hospital
 Akron Children’s Hospital
 One Perkins Square
 Akron, OH 44308