

Educators, did you know...

Lakelands Public Health
has teaching kits that you can
borrow for your classroom?

Please Note: For the 2026/2027 school year, these resources
are specific to schools within Peterborough City and County.



TOPICS INCLUDE:

- ➔ Mindfulness (All Ages)
- ➔ Physical Activity (Varying Ages)
- ➔ Oral Health (JK - Gr. 3)
- ➔ Handwashing & Germs (JK - Gr. 3)
- ➔ Nutrition & Food Literacy (JK - Gr. 6)
- ➔ Packing School Lunches (JK - Gr. 8)
- ➔ Vaping (Gr. 4-9)
- ➔ Drug Literacy & Decision Making (Gr. 7-12)
- ➔ Sexual Health (Gr. 8-12)
- ➔ Pregnancy & Parenting (Gr. 9-12)

Interested in borrowing a kit?

Contact us at schoolhealth@lakelandsph.ca or 1-844-575-4567

Find more information at LakelandsPH.ca/Educators



Lakelands
Public Health

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Mindfulness Activities Set | All

- 55 fun ways to share mindfulness
- Build skills in: focusing, quieting, seeing, reframing, caring, and reconnecting
- Art and meditation activities
- Mindful eating resources

Fitness Activity Cards | All

- Cards of on-the-spot fitness moves
- Great for limited space

Yoga Alphabet Workshop | JK-8

- Yoga themed lesson plans and activities to stretch bodies & minds

Oral Health Education | JK-3

- Activity handouts, videos, and variety of books
- Stuff to demonstrate flossing & brushing technique

Glo Germ Handwashing Demo | JK-3

- Demonstrate handwashing, surface cleaning, and food cross-contamination using glo germs and blacklight

Daily Physical Activity - Primary | JK-3

- Ideas for daily physical activities
- Includes activity cards, CDs, and DVDs

You're the Chef | JK-6

- Recipes and equipment to support hands-on food literacy

School Lunch Your Kids Will Munch | JK-8

- Support for packing school lunches
- Great for kindergarten orientation nights!

Daily Physical Activity - Junior | 4-6

- Ideas for daily physical activities
- Includes activity cards, CDs, and DVDs

Vaping Education (NAE) | 4-9

- Interactive escape room activity to educate on dangers of vaping

Daily Physical Activity - Intermediate | 7-8

- Ideas for daily physical activities
- Includes activity cards, CDs, and DVDs

Drug Literacy & Decision Making | 7-12

- Instead of using a 'don't use drugs' approach, this activity set can help create a non-judgemental atmosphere for students to learn the facts, bust myths, build informed decision-making skills, and discuss their opinions and challenges related to drug use.

Sexual Health Education | 8-12

- Info on the body, periods, birth control, STIs, sexuality, LGBTQ+, pregnancy, abortion, and consent
- Sample products of birth control and condom demonstration kit

Pregnancy & Parenting | 9-12

- Info and props to understand pregnancy & parenting
- Empathy Belly Pregnancy Simulator garment allows individuals to feel > 20 typical symptoms of pregnancy
- Links to local parenting resources, how adversity & trauma affect growing brains and child development.

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