



PebbleGo Health

Article List



FEELINGS AND EMOTIONS

- I Feel Angry
- I Feel Calm
- I Feel Excited
- I Feel Happy
- I Feel Sad
- I Feel Scared
- I Feel Worried
- What Are Feelings and Emotions?

HEALTH CARE VISITS

- Getting a Cavity Filled
- Getting a Checkup
- Getting a Shot
- Getting a Tooth Pulled
- Getting an X-Ray
- Having Surgery

HEALTH CARE WORKERS

- Dental Hygienists
- Dentists
- Doctors
- EMTs
- Eye Doctors
- Nurses
- Occupational Therapists
- Physical Therapists
- School Counselors
- Speech Therapists

HEALTHY HABITS

- Being Mindful
- Dressing for the Weather
- Exercise
- Face Coverings and Your Health
- Focus Your Attention
- How to Be Organized
- How to Handle Stress
- Hygiene
- Physical Distancing
- Posture
- Setting Goals
- Setting Routines
- Sleep Habits

IF YOU NEED HELP

Abuse

- What Is Emotional Abuse?
- What Is Physical Abuse?
- What Is Substance Abuse?
- What Is Verbal Abuse?

In an Emergency

- Calling 911
- First Aid
- Poison Control
- What to Do If You Get Lost

ILLNESSES AND CONDITIONS

Conditions

- ADHD
- Allergies
- Anxiety
- Asthma
- Autism
- Blindness
- Cerebral Palsy
- Cystic Fibrosis
- Deafness
- Depression
- Diabetes
- Down Syndrome
- Dyslexia
- Obesity
- Scoliosis
- Using Leg Braces
- Using Wheelchairs

Feeling Sick

- Bacteria
- Medicine
- Immune System
- Vaccines
- Viruses
- What Are Germs?
- When You Cough or Sneeze

Illnesses

- Bronchitis
- Common Cold
- COVID-19
- Dehydration
- Earaches
- Food Poisoning
- Headaches
- Head Lice
- Influenza
- Pink Eye
- Sunburn

MY WORLD AND MY HEALTH SELF-AWARENESS

- Media and My Health
- Pollution and My Health
- Relationships and My Health
- Technology and My Health
- Weather and My Health

NUTRITION

- Eating Healthy
- Fats
- Fiber
- Healthy Snacks
- Junk Food
- Planning Meals
- Water and My Health

Food Groups

- Dairy
- Fruits
- Grains
- Protein
- Vegetables

RELATIONSHIPS AND FRIENDSHIPS

- Acceptance
- Communication
- Cooperation
- Empathy
- Making New Friends
- Peer Pressure
- Standing Up for a Friend
- Teamwork
- Types of Bullying
- What Is Bullying?

SAFETY

- Bike Safety
- Car Safety
- Fire Safety
- Food Safety
- Hazards at Home
- Hazards at School
- Hazards on the Playground
- Pedestrian Safety
- School Bus Safety
- Severe Weather Safety
- Stranger Safety
- Sun Safety
- Water Safety

Preventing Injuries

- Broken Bones
- Bruises
- Concussions
- Scrapes and Scratches
- Sprains and Strains

THE HUMAN BODY

Body Systems

- Circulatory System
- Digestive System
- Endocrine System
- Muscular System
- Nervous System
- Respiratory System
- Skeletal System

Organs

- Bladder
- Brain
- Heart
- Intestines
- Kidneys
- Liver
- Lungs
- Skin
- Stomach

Senses

- Hearing
- Seeing
- Smelling
- Tasting
- Touching