

Safety:

Together we make the impossible, possible: Because moving forward together as one industry is better than moving forward alone.

At Skills Canada New Brunswick we recognize the importance of safety in the workplace or school settings. This can be anything from having the proper First Aid & CPR requirements, understanding the breakdown of healthy living, and eating or mental health. Our hope is that every citizen takes the proper precautions to stay safe, and we are here to support and help you do so.

We want to focus on safety and healthy living for students across New Brunswick. We have put together a list of activities and resources that may be useful for your classroom. If you are interested in any materials for the STEM activities, please reach out to annap@skillscanada.com.

STEM Activities:

1. Build a Functioning Heart Model:
<https://www.steampoweredfamily.com/activities/heart-model-heart-stem/>
2. Saving a Life: Heart Valve Replacement:
<https://www.steampoweredfamily.com/activities/heart-model-heart-stem/>

TedEd Videos:

1. How playing sports benefits your body and your brain:
https://www.youtube.com/watch?v=hmFQqjMF_f0
2. How your muscular system works: <https://www.youtube.com/watch?v=VVL-8zr2hk4&t=1s>
3. What causes seizures, and how can we treat them:
<https://www.youtube.com/watch?v=LcO9YU-Pdws&t=1s>
4. How do carbohydrates impact your health:
https://www.youtube.com/watch?v=wxzc_2c6GMg
5. What would happen if you didn't drink water:
<https://www.youtube.com/watch?v=9iMGFqMmUFs>
6. What happens during a heart attack:
https://www.youtube.com/watch?v=3_PYnWVoUzM

Resources:

- <https://www.redcross.ca/in-your-community/new-brunswick/first-aid-and-cpr/moncton-branch-first-aid-and-cpr>
- <https://www.lifestartraining.com/>
- <https://www.lifestartraining.com/blog/break-the-stigma-would-you-know-part-2>

Other Lessons:

1. What happens during a Heart Attack – Critical Thinking Activity