6 Fit Kids’ Workouts
74266 DVD
40 min P  2001 Engange Communications Inc.
A Daily Physical Workout for kids 8 - 13 years. Teachers
across North America have used this DVD to re-energize,
invigorate and motivate their students. They've found
students are happier, smiling and more able to concentrate
on their studies after a workout. Each workout is followed
by a brief health message delivered by Judy Notte Howard
and her kids.
No Other Versions Available

65 Energy Blasts
613.7/1  74267 DVD
80 min P  2005 Engange Communications Inc.
Daily Physical Activity (DPA) for ages 5-11. Energy Blasts
are 65 easy hip-hop moves kids love doing in front of the
TV. They're easy to learn and fun to do! Beat obesity
with smiles and sweat! Each Blast is one minute, fifteen
seconds long. Play them one at a time or continuously for
a great workout!
No Other Versions Available

Break the Chain of Infection
74564 DVD
PJS  2006
This DVD, produced by the DDSB and Durham Regional
Health Department demonstrates ways to protect yourself
from infection and disease using proper hand washing.
No Other Versions Available

Everybody Move
74268 DVD
55 min P  2003
This resource was initiated by teachers who were commit-
ted to getting students active and were concerned about the
health of children in their schools. These teachers
experienced success with various daily fitness breaks
throughout their school and also with seniors and wanted to
share their ideas with you. This resource has three
components: a music CD, and a DVD demonstrating the
choreography for some of the activity breaks and funky
moves described in the resource. Regardless of your ex-
pertise, this entire turn-key resource is designed to help
you being a program of daily physical activity breaks. Daily
Physical Activity (DPA) for grades 1-6.
No Other Versions Available

Fruit
75315 DVD
12 min KP  2009 Film Ideas Inc.
This series delivers a focused approach to enjoying health-
ful foods, the benefits of vitamins and minerals and the
importance of exercise in age appropriate vignettes.
Young Victor and Sophie engage children as to the "what",
"why" and "benefits" of smart eating that lead to a healthy
lifestyle. Learning about their own choices now allows
youngsters to build a solid foundation on nutrition, healthy
eating and exercise; plus, provides a path for a lifetime of
better health.
No Other Versions Available

Getting to School Safely
74486 DVD
17 min KP  2006 McIntyre Films
There are all kinds of ways that children get to school.
Some take a school bus, some walk, ride their bikes, or
skateboard and some get a drive. No matter how students
manage to arrive and leave school, there are a set of rules
they should learn and obey. This DVD shows kids both the
wrong way, and then the RIGHT and SAFE way.
No Other Versions Available

Goofy’s Health Hits
74635 DVD
23 min KP  2005 Distribution Access
How to Catch a Cold: Goofy takes on cold viruses, show-
ing youngsters how to keep their immune system strong
and how to avoid spreading germs. Goofy Over Dental
Health: With the help of Dr. Molars, Goofy teaches stu-
dents that you must brush, floss, eat healthy snacks, and
visit a dentist regularly. Live action and classic cartoon
clips.
No Other Versions Available

Growth
76687 DVD
24 min KP  2012 McNabb/Connolly Films
“What would happen if you never cut your fingernails?
Would they grow forever?” Every living creature that is
born grows up. But HOW do they grow, and WHY do they
stop growing? Harrison finds out if girls grow faster than
boys and if you can make yourself grow taller. He also
uncovers the real difference between humans and other
creatures, and how scientists are working to make us
more like salamanders. Are you my Mommy? Challenger
race to match up photos of baby animals to their grown-up
parents.
No Other Versions Available

Long Live Kids - TV and Me
75097 DVD
20 min KPI  2008
Long Live Kids - TV&ME is a resource for K-8 teachers
to use with their students. Wrapped around a series of
“Teachable Television Moments,” Long Live Kids -
TV&ME provides comprehensive lesson plans which
address media literacy and healthy life coping skills. This
kit includes a video containing a series of public service
announcements (PSAs) created by Concerned Childrens
Advertisers (CCA), on a wide variety of media-related
topics as well as supporting lesson plans to accompany
the video. Lessons cover areas such as media literacy,
substance abuse, self-esteem, peer pressure, active living,
critical thinking and bullying.
No Other Versions Available

Milk, Grains, Oils
75313 DVD
12 min KP  2009 Film Ideas Inc.
This series delivers a focused approach to enjoying health-
ful foods, the benefits of vitamins and minerals and the
importance of exercise in age appropriate vignettes.
Young Victor and Sophie engage children as to the "what",
"why" and "benefits" of smart eating that lead to a healthy
lifestyle. Learning about their own choices now allows
youngsters to build a solid foundation on nutrition, healthy
eating and exercise; plus, provides a path for a lifetime of
better health.
No Other Versions Available

Minerals 1
75320 DVD
12 min KP  2009 Film Ideas Inc.
This series delivers a focused approach to enjoying health-
ful foods, the benefits of vitamins and minerals and the
importance of exercise in age appropriate vignettes.
Young Victor and Sophie engage children as to the "what",
"why" and "benefits" of smart eating that lead to a healthy
lifestyle. Learning about their own choices now allows
youngsters to build a solid foundation on nutrition, healthy
eating and exercise; plus, provides a path for a lifetime of
better health.
No Other Versions Available

Minerals II
75321 DVD
12 min KP  2009 Film Ideas Inc.
This series delivers a focused approach to enjoying health-
ful foods, the benefits of vitamins and minerals and the
importance of exercise in age appropriate vignettes.
Young Victor and Sophie engage children as to the "what",
"why" and "benefits" of smart eating that lead to a healthy
lifestyle. Learning about their own choices now allows
youngsters to build a solid foundation on nutrition, healthy
eating and exercise; plus, provides a path for a lifetime of
better health.
No Other Versions Available
Minerals III
75322 DVD
12 min  KP  2009  Film Ideas Inc.
This series delivers a focused approach to enjoying healthy foods, the benefits of vitamins and minerals and the importance of exercise in age appropriate vignettes. Young Victor and Sophie engage children as to the "what", "why" and "benefits" of smart eating that lead to a healthy lifestyle. Learning about their own choices now allows youngsters to build a solid foundation on nutrition, healthy eating and exercise; plus, provides a path for a lifetime of better health.

No Other Versions Available

Sickness
76675 DVD
24 min  KP  2011  Mcnabb/Connolly Films
"How does your nose get runny?" Harrison is vested by a microbiologist who helps him take a close look at an invisible world and figure out how to stop viruses from hurting us. In the name of science, Harrison performs a top secret experiment at an elementary school to find out how quickly germs can spread. Viewers at home learn how to grow their own fungus. Harrison tests school kids by seeing who among them can get their hands the cleanest.

No Other Versions Available

Teeth
76694 DVD
24 min  KP  2012  Mcnabb/Connolly Films
Why are human teeth and animal teeth different?" Humans and animals have all different kinds of teeth because they eat all different kinds of things. Harrison finds out lots of new stuff about teeth, including why some are sharp and some are flat, why birds have beaks instead of teeth, and how overworked the poor Tooth Fairy is! Herbivore, carnivore or omnivore? Challengers guess if an animal is a meat eater, a plant eater or both based on their teeth. Harrison visits his dentist, Dr. Cooperberg, to find out why taking care of his teeth is so important.

No Other Versions Available

Timon and Pumbaa - Safety Smart
75604 DVD
12 min  KP  2011  Distribution Access
Timon and Pumbaa show students how to be healthy and fit with their germ-free philosophy. From the importance of hand-washing to making healthy food choices, Timon and Pumbaa’s Safety Smartfi Checklist is brimming with valuable kid-friendly lessons on how to prevent the spread of germs and maintain overall well-being.

No Other Versions Available

Vegetables
75318 DVD
12 min  KP  2009  Film Ideas Inc.
This series delivers a focused approach to enjoying healthy foods, the benefits of vitamins and minerals and the importance of exercise in age appropriate vignettes. Young Victor and Sophie engage children as to the "what", "why" and "benefits" of smart eating that lead to a healthy lifestyle. Learning about their own choices now allows youngsters to build a solid foundation on nutrition, healthy eating and exercise; plus, provides a path for a lifetime of better health.

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No Other Versions Available

Vitamins
75316 DVD
12 min  KP  2009  Film Ideas Inc.
This series delivers a focused approach to enjoying healthy foods, the benefits of vitamins and minerals and the importance of exercise in age appropriate vignettes. Young Victor and Sophie engage children as to the "what", "why" and "benefits" of smart eating that lead to a healthy lifestyle. Learning about their own choices now allows youngsters to build a solid foundation on nutrition, healthy eating and exercise; plus, provides a path for a lifetime of better health.

No Other Versions Available

Vitamins 1
75317 DVD
12 min  KP  2009  Film Ideas Inc.
This series delivers a focused approach to enjoying healthy foods, the benefits of vitamins and minerals and the importance of exercise in age appropriate vignettes. Young Victor and Sophie engage children as to the "what", "why" and "benefits" of smart eating that lead to a healthy lifestyle. Learning about their own choices now allows youngsters to build a solid foundation on nutrition, healthy eating and exercise; plus, provides a path for a lifetime of better health.

No Other Versions Available

When You See a Bully
74104 DVD
14 min  KP  2005  Kinetic Video Inc.
Show even the youngest children that it is possible to stand-up for themselves and others when they see bullying happen. Uses three age-appropriate vignettes to demonstrate precisely what youngsters can do when they see bullying and be able to say "It's NOT OKAY with me!" Segments include: Be a Friend; Stop Bullies Together; and Tell a Grown-Up.

No Other Versions Available