

Unit: Mental and Emotional Health	Topic	Indicator
	Emotions	<p>Identify appropriate ways to express emotions. 1a.K.1</p> <p>Identify big or strong emotions and safe and unsafe ways of expressing one's emotions. 1a.K.2</p>
	Self and social awareness	<p>Demonstrate awareness of personal emotions and how they may be the same or different from others. 1a.K.3</p> <p>Recognize the feelings of another child and how to respond in a healthy way. 1a.K.4</p> <p>Identify personal strengths. 1a.K.5</p>
	Relationships	Identify a variety of relationships. 1a.K.6
	Teasing, bullying, and harassment	Identify the benefits of people's uniqueness. 1a.K.7
	Trusted adult	Identify the importance of talking with parents and other trusted adults about emotions. 1a.K.8
Substance Use Prevention	Topic	Indicator
	Medicine	<p>Define medicine. 1b.K.1</p> <p>Identify school rules about use of medicine. 1b.K.2</p> <p>Recognize that medicine can be harmful if used incorrectly. 1b.K.3</p>

	Household Products	Identify products that can be harmful if inhaled, absorbed, or ingested. 1b.K.4
Safety and Violence Prevention	Topic	Indicator
	Physical Safety	<p>Explain what to do if someone is injured or suddenly ill and how to call 911. 1d.K.1</p> <p>Identify proper safety for activities including biking, skateboarding, and riding in a car. 1d.K.2</p> <p>Identify escape routes at home and school. 1d.K.3</p> <p>Identify ways to stay safe when riding in a vehicle or bus. 1d.K.4</p>
	Relationships	Identify appropriate displays of affection between people and in a variety of situations, including physical touch and verbal interactions. 1d.K.5
	Safety Around People	<p>Explain actions that help one to stay safe around strangers. 1d.K.6</p> <p>Identify how to respond when asked to keep an uncomfortable secret. 1d.K.7</p>

	Trusted Adults	<p>Demonstrate the ability to seek help from trusted adults. 1d.K.8</p> <p>Practice talking to adults about personal safety and feelings. 1d.K.9</p>
	Technology Safety	Identify personal information and when to share it with other people. 1d.K.10
	Boundaries and Consent	Identify age appropriate privacy as well as setting and respecting healthy boundaries. 1d.K.11
	Bodily Autonomy	Identify parts of the body that are private to self or others. 1d.P.12
Nutrition	Topic	Indicator
	Nutritious foods and beverages	<p>Identify the benefits of drinking water. 1e.K.1</p> <p>Identify the benefits of trying new foods. 1e.K.2</p> <p>Identify a variety of nutritious foods and beverages and recognize that foods are categorized into groups. 1e.K.3</p>
	Eating Patterns	Describe body signals that a person is hungry and full. 1e.K.4
	Moderation and all foods fit	<p>Explain how food affects the body. 1e.K.5</p> <p>Recognize that eating in regular increments helps a person's body. 1e.K.6</p>

Disease Prevention and Control	Topic	Indicator
	Disease Prevention	Identify potential food and non-food triggers that are common causes of allergic reactions. 1f.K.1  Identify the steps for proper handwashing. 1f.K.2
	Hygiene	Identify personal health care practices. 1f.K.3
	Food and Illness	Identify food can contain germs that can cause illness. 1f.K.4
	Teeth	Identify the proper steps for daily brushing and flossing teeth. 1f.K.5
	Sleep	Identify why sleep and rest are important for proper growth and good health. 1f.K.6
Analyzing Influences		Indicator
		Identify how the family influences personal health practices and behaviors. 2.E1.a  Identify what the school can do to support personal health practices and behaviors. 2.E1.b  Describe how the media can influence health behaviors. 2.E1.c
Accessing Information		Indicator
		Identify trusted adults and professionals who can help promote health. 3.E1.a  Identify ways to locate school and community health helpers. 3.E1.b

Interpersonal Communication		Indicator
		<p>Demonstrate healthy ways to express needs, wants and feelings. 4.E1.a</p> <p>Demonstrate listening skills to enhance health. 4.E1.b</p> <p>Demonstrate ways to respond when in an unwanted, threatening or dangerous situation. 4.E1.c</p> <p>Demonstrate ways to tell a trusted adult if one is threatened or harmed. 4.E1.d</p>
Decision-Making		Indicator
		<p>Identify situations when a health-related decision is needed. 5.E1.a</p> <p>Differentiate between situations when a health-related decision can be made individually and when assistance is needed. 5.E1.b</p>
Goal-Setting		Indicator
		<p>Identify a short-term personal health goal and take action toward achieving the goal. 6.E1.a</p> <p>Identify who can help when assistance is needed to achieve a personal health goal. 6.E1.b</p>
Self-Management		Indicator
		Demonstrate healthy practices and behaviors to

		<p>maintain or improve personal health. 7.E1.a</p> <p>Demonstrate behaviors that avoid or reduce health risks. 7.E1.b</p>
Advocacy		Indicator
		<p>Make requests to promote personal health. 8.E1.a</p> <p>Encourage peers to make positive health choices. 8.E1.b</p>