



The comprehensive health standards in the elementary years focus on developing individual skills to enhance physical, emotional, and social wellness and using those individual skills in family, school, and community environments. In each grade, the standards ask students to investigate healthy eating and living habits, explore positive communication strategies, examine effective decision-making, and identify ways to ensure personal and community safety.

Expectations for 3rd Grade Students:

- **Physical and Personal Wellness:** Make and communicate appropriate food choices.
- **Social and Emotional Wellness:** Treat self and others with care and respect through interpersonal communication.
- **Prevention and Risk Management:** Examine the dangers of using tobacco products or being exposed to second-hand smoke; describe behaviors that enhance healthy interactions with others; identify ways to prevent injuries at home, in school, and in the community.

Throughout 3rd Grade You May Find Students:

- Identifying healthy food choices; making decisions about proper food portions; recognizing factors for healthy and unhealthy eating.
- Describing self-respect and self-esteem.
- Communicating ways to express personal space and boundaries.
- Describing examples of positive behavior and care toward others.
- Learning positive interpersonal communication skills; expressing verbal and non-verbal communication.
- Following a safety plan; utilizing safe pedestrian and bicycle behavior; identifying and developing fire safety practices to reduce and avoid risky or potentially unsafe situations.
- Explaining the effects of second-hand smoke on the body; discussing the benefits of not using tobacco and marijuana.
- Exploring the negative impact of providing personal information on social media.