



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 4th Grade Students:

- **Physical and Personal Wellness:** Set a goal to enhance personal nutrition and examine the connection between food and health (physical, emotional, social).
- **Social and Emotional Wellness:** Identify the positive behaviors that support relationships; define stress and stress management.
- **Prevention and Risk Management:** Use interpersonal communication skills to avoid tobacco; identify positive and negative uses for medicines; prevent conflict from escalating to violence.

Throughout 4th Grade You May Find Students:

- Explaining how healthy foods provide energy for daily activities and how nutrients are necessary for good health, proper growth, and development.
- Discussing and demonstrating how daily physical activity can make a person feel (increased energy and concentration).
- Developing healthy relationships with peers and adults who can support school success and encourage responsible behavior.
- Demonstrating how stress management helps build positive mental health.
- Communicating personal health needs and wants.
- Communicating physical and emotional consequences of violence.
- Effectively communicating to support healthy behaviors in others.
- Identifying the impact of excessive use of technology and unhealthy substances.