

Health Standards

Third Grade Curriculum Guide & Resources

NJSLS 2020	Disciplinary Concept	Core Idea	Performance Expectation	Approved Resources
<u>2.1 Personal and Mental Health</u> 3-5	Emotional Health	Self-management skills impact an individual's ability to recognize, cope, and express emotions about difficult events.	2.1.5.EH.1: Discuss the impact of one's feelings and thoughts that lead to healthy and unhealthy behaviors. 2.1.5.EH.2: Explain how to cope with rejection, loss, difficult learning situations and/or separation from family or others. Resiliency and coping practices influence an individual's ability to respond positively to everyday challenges and difficult situations.	Lesson: Healthy and Unhealthy Behaviors <u>Resilience Video</u> <u>Coping Strategies</u> - Dealing with Difficult Situations - Define: Rejection, Loss, Difficult Learning Situations, Separation from Family - Discuss the importance of trusted adults during difficult situations
		Resiliency and coping practices influence an individual's ability to respond positively to everyday challenges and difficult situations.	2.1.5.EH.3: Identify different feelings and emotions that people may experience and how they might express these emotions (e.g., anger, fear, happiness, sadness, hopelessness, anxiety). 2.1.5.EH.4: Identify behaviors that help to deal with difficult situations that can occur at home, in school, and/or in the community and where to go for assistance	

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	Social & Sexual Health	All individuals should feel welcome and included regardless of their gender, gender expression, or sexual orientation.	2.1.5.SSH.3: Demonstrate ways to promote dignity and respect for all people (e.g. sexual orientation, gender identity and expression, race, ethnicity, socio-economic status, differing ability, immigration status, family configuration).	Lesson: Respecting All People <u>This is how we do it. By Matt LaMothe</u> Students create an “All About Me” poster or informational book describing their individual qualities, likes, dislikes, identity, family, etc.
		People in healthy relationships share thoughts and feelings, as well as mutual respect.	2.1.5.SSH.6: Describe the characteristics of healthy versus unhealthy relationships among friends and with family members. 2.1.5.SSH.7: Define teasing, harassment and bullying and provide examples of inappropriate behaviors that are harmful to others.	Lesson: Healthy Relationships <u>My Friends and Me by Stephanie Stansbie: Read Aloud</u> Choose Love Curriculum
		Family members impact the development of their children physically, socially and emotionally.	2.1.5.SSH.4: Describe how families can share common values, offer emotional support, and set boundaries and limits. 2.1.5.SSH.5: Explain the importance of communication with family members, caregivers, and other trusted adults about a variety of topics.	Lesson: Families <u>Trees of Caring: Roots and Wings</u> - Common Values - Emotional Support - Students write a thank you note to someone in their family that has provided emotional support.
	Community Health Services	Community professionals and	2.1.5.CHSS.1: Identify health services and resources available and	Lesson: Nonprofit and Businesses Identify various nonprofit and

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	and Support	school personnel are available to assist and address health emergencies as well as provide reliable information.	determine how each assist in addressing needs and emergencies in a school and in the community (e.g., counselors, medical professionals). 2.1.5.CHSS.2: Describe how business, non-profit organizations, and individuals can work cooperatively to address health problems that are affected by global issues, including climate change.	businesses that support international/national health issues - Red Cross, World Health Organization, UNICEF, International Committee of the Red Cross (ICRC), UN World Food Program - Identify local food banks and homeless shelters
<u>2.3 Safety</u> 3-5	Personal Safety	There are strategies that individuals can use to communicate safely in an online environment.	2.3.5.PS.4: Develop strategies to safely communicate through digital media with respect.	Lesson: Internet Safety. <u>Internet Safety-BrainPop Jr.:</u> Video
		Safety includes being aware of the environment and understanding how certain situations could lead to injury or illness.	2.3.5.PS.2: Demonstrate first aid procedures for choking, bleeding, burns, poisoning, and stroke (F.A.S.T.)	Lesson: First Aid <u>First Aid-BrainPOP Jr:</u> Video Choking ,Bleeding, Stroke & Seizure
	Health Conditions, Diseases and Medicines	There are actions that individuals can take to help prevent diseases and stay healthy.	2.3.5.HCDM.1: Identify conditions that may keep the human body from working properly, and the ways in which the body responds. 2.3.5.HCDM.2: Describe how to prevent the spread of communicable and infection diseases and conditions (e.g., Lyme Disease, influenza) 2.3.5.HCDM.3: Examine how mental health can impact one's wellness (e.g., depression, anxiety, stress, phobias).	Lesson: Infections and Diseases <u>Kids Sharing Anxiety, Depression Video</u> - Describe how to prevent the spread of communicable and infectious diseases and conditions - Identify that mental health can affect one's wellness
<u>2.2 Physical</u>	Nutrition	Understanding the	2.2.5.N.1: Explain how healthy eating	Lesson: Nutrition

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<u>Wellness</u> <u>3-5</u>		principals of a balanced nutritional plan (e.g. moderation, variety of fruits, vegetables, limiting processed foods) assists in making nutrition-related decisions that will contribute to wellness.	provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively. • 2.2.5.N.2: Create a healthy meal based on nutritional content, value, calories, and cost. • 2.2.5.N.3: Develop a plan to attain a personal nutrition health goal that addresses strengths, needs, and culture.	<u>Serving Up My Plate: Yummy Curriculum</u> <u>My Plate</u>
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