

Grade 1

Scope/Sequence	Standards Addressed	Key Ideas, Terms, and Concepts:
<u>Lesson 1:</u> Handwashing for health	1, 2, 3	• State why handwashing is important for good health. • Demonstrate the proper way to wash their hands. • Make a pledge to properly wash their hands throughout the day.
<u>Lesson 2:</u> What are feeling words?	1, 2, 3	• Identify appropriate ways to express and deal with feelings. • Explain the relationship between feelings and behavior. • Explain the importance of talking with parents and other trusted adults about feelings.
<u>Lesson 3:</u> Having friends	1, 2, 3	• Identify the benefits of healthy peer relationships. • Demonstrate how to encourage peers to make healthy choices.
<u>Lesson 4:</u> We don't bully at our school	1, 2, 3	• Describe the difference between bullying and teasing. • Explain why it's wrong to tease or bully others. • Explain what to do if someone is being bullied. • Demonstrate how to ask for help if they or someone else were being bullied.

<u>Lesson 5:</u> Following safety signs	1, 2, 3	• Describe how they feel when they are safe. • Illustrate something they do to be safe. • Identify people who can help them stay safe.
<u>Lesson 6:</u> Stranger danger	1, 2, 3	• Identify situations where a decision about safety needs to be made. • Determine if help is needed to make a decision related to safety and injury prevention.
<u>Lesson 7:</u> Bathroom etiquette	1, 2, 3	• How to use the bathroom safely. • Identify when they should wash their hands. • Identify private parts of their body.
<u>Lesson 8:</u> I eat breakfast every day	1, 2, 3	• Identify healthy breakfast foods. • Describe the benefits of eating breakfast every day.