

**SECOND GRADE  
Health  
PRIORITY STANDARDS**

**Wellness and Health Promotion (WHP)**

2.WHP.2 Identify practices that reduce illness.

2.WHP.4 Describe the benefits of getting enough sleep and potential problems associated with not getting enough sleep.

2.WHP.5 Locate a trusted adult in the school building to help access valid and reliable health information and services.

**Safety and First Aid (SFA)**

2.SFA.6 Explain why it is important to ask a trusted adult before using online devices.

**Food, Nutrition, and Physical Activity (FNP)**

2.FNP.3 Describe the importance of eating a variety of fruits and vegetables and identify foods that provide the nutrients required to help the body grow, learn, and develop.

2.FNP.4 Develop a plan and set a goal to keep hydrated and limit sugary beverages

2.FNP.7 Recognize some people have intolerances and allergies to foods including nuts, wheat, eggs, shellfish, and dairy products.

**Social, Emotional, and Mental Health (SEM)**

2.SEM.1 TSEL Practice 1B Understand the stress response system (regulation and dysregulation) and what environments and experiences activate those responses.

**Healthy Relationships and Violence/Abuse Prevention (HRVP)**

2.HRVP.2 Demonstrate how to effectively identify and communicate needs, wants, and feelings in healthy ways.