

Unit: Mental and Emotional Health	Topic	Indicator
	Emotions	Identify different emotions. 1a.P.1 State that anger and other big or strong emotions are common. 1a.P.2
	Self and social awareness	Demonstrate awareness of personal emotions. 1a.P.3 Recognize the feelings of another child. 1a.P.4 Recognize personal strengths. 1a.P.5
	Relationships	Identify the characteristics of a friend. 1a.P.6
	Teasing, bullying, and harassment	Describe how people are unique. 1a.P.7
	Trusted adult	Identify trusted adults who can help with emotions. 1a.P.8
Substance Use Prevention	Topic	Indicator
	Medicine	Define medicine. 1b.P.1 Identify family rules about medicine use. 1b.P.2
Safety and Violence Prevention	Topic	Indicator
	Physical Safety	Identify people who can help when someone is injured or suddenly ill. 1d.P.1 Identify safety rules in the home. 1d.P.2
	Relationships	Describe healthy families, healthy family environments, and healthy relationships. 1d.P.3

	Safety Around People	Identify rules about strangers. 1d.P.4
	Trusted Adults	Identify trusted adults or helpers who can provide help with feelings and solving problems. 1d.P.5
	Technology Safety	Identify personal information and when to share it with other people. 1d.P.6
	Boundaries and Consent	Identify personal boundaries. 1d.P.7 Identify everyone has the right to tell others not to touch their body when they do not want to be touched. 1d.P.8
	Bodily Autonomy	Identify parts of the body that are private of self or others. 1d.P.9
Nutrition	Topic	Indicator
	Nutritious foods and beverages	Identify that water is important for the body. 1e.P.1 State the benefits of trying new foods. 1e.P.2 Identify foods that contain helpful nutrients. 1e.P.3
	Eating Patterns	Identify body signals that tell a person when they are hungry and when they are full. 1e.P.4
	Moderation and all foods fit	Describe why the body needs food. 1e.P.5
Disease Prevention and Control	Topic	Indicator
	Disease Prevention	Identify the steps for proper handwashing. 1f.P.1

	Hygiene	Identify personal health care practices. 1f.P.2
	Teeth	Recognize that brushing and flossing teeth is essential to do at least twice daily. 1f.P.3
	Sleep	Identify why sleep and rest are important for proper growth and good health. 1f.P.4
Analyzing Influences		Indicator
		Identify how the family influences personal health practices and behaviors. 2.E1.a Identify what the school can do to support personal health practices and behaviors. 2.E1.b Describe how the media can influence health behaviors. 2.E1.c
Accessing Information		Indicator
		Identify trusted adults and professionals who can help promote health. 3.E1.a Identify ways to locate school and community health helpers. 3.E1.b
Interpersonal Communication		Indicator
		Demonstrate healthy ways to express needs, wants and feelings. 4.E1.a Demonstrate listening skills to enhance health. 4.E1.b Demonstrate ways to respond when in an

		unwanted, threatening or dangerous situation. 4.E1.c Demonstrate ways to tell a trusted adult if one is threatened or harmed. 4.E1.d
Decision-Making		Indicator
		Identify situations when a health-related decision is needed. 5.E1.a Differentiate between situations when a health-related decision can be made individually and when assistance is needed. 5.E1.b
Goal-Setting		Indicator
		Identify a short-term personal health goal and take action toward achieving the goal. 6.E1.a Identify who can help when assistance is needed to achieve a personal health goal. 6.E1.b
Self-Management		Indicator
		Demonstrate healthy practices and behaviors to maintain or improve personal health. 7.E1.a Demonstrate behaviors that avoid or reduce health risks. 7.E1.b
Advocacy		Indicator
		Make requests to promote personal health. 8.E1.a

		Encourage peers to make positive health choices. 8.E1.b
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