

Grade 1

Unit #	Name of Unit	Content
1	Introduction to Health	<ol style="list-style-type: none"> 1. Introduction to Health 2. Community Building 3. Healthy Habits
2	Emotional Health	<ol style="list-style-type: none"> 1. Identifying Feelings and Emotions 2. Worries 3. Helpers and Trusted Adults 4. Being Yourself 5. Growth Mindset 6. Self Love
3	Social Health	<ol style="list-style-type: none"> 1. Families 2. Friendship 3. Empathy, Kindness, and Respect 4. Sharing 5. Bullying 6. Gratitude
4	Communication Skills	<ol style="list-style-type: none"> 1. Asking Permission (Consent) 2. Self Control 3. Conflict Resolution 4. Disagreeing Peacefully 5. Communicating with Others 6. Asking for Help
5	Physical Health	<ol style="list-style-type: none"> 1. Germs 2. Personal Hygiene 3. Dental Health 4. Nutrition 5. All Bodies are Good Bodies 6. Seasonal Safety 7. Transportation Safety 8. Exercise and Movement
6	Advocacy and Decision-Making	<ol style="list-style-type: none"> 1. Internet Safety 2. Taking Care of Our Environment