

Grade 3

Unit #	Name of Unit	Content
1	Introduction to Health	<ol style="list-style-type: none">1. Introduction to Health2. Community Building3. The Health Triangle
2	Relationships and Me	<ol style="list-style-type: none">1. Identity2. Gender Identity and Stereotypes3. Family, Friendships, and Relationships4. Diversity and Inclusion5. Consent
3	Social-Emotional Health	<ol style="list-style-type: none">1. Gratitude2. Managing Emotions3. Anger and Self-Control4. Communication Skills5. Conflict Resolution6. Empathy and Compassion7. Bullying and Advocacy8. Mental Health9. Grief and Loss
4	Physical Health	<ol style="list-style-type: none">1. Personal Hygiene2. Dental Health3. Germs and Illness Prevention
5	Safety	<ol style="list-style-type: none">1. Internet Safety2. Personal Body Safety3. Water Safety4. Seasonal Safety