

Grade 4

Unit #	Name of Unit	Content
1	Introduction to Health	<ol style="list-style-type: none"> 1. Introduction to Health 2. Community Building
2	Goal Setting	<ol style="list-style-type: none"> 1. Goal Setting 2. Time Management
3	Self Esteem	<ol style="list-style-type: none"> 1. Improving Self-Esteem 2. Healthy Body Image 3. Healthy Role Models
4	Mental Health	<ol style="list-style-type: none"> 1. Everyday Feelings vs. Overwhelming Feelings 2. Coping with Strong Emotions 3. Mental Health and Getting Help 4. Mental Health Advocacy
5	Conflict Resolution	<ol style="list-style-type: none"> 1. Taking Responsibility 2. Choices and Consequences 3. Conflict Resolution and Problem Solving 4. Apologizing 5. Boundaries
6	Advocacy	<ol style="list-style-type: none"> 1. Consent 2. Empathy 3. Stereotypes and Prejudice 4. Taking Action Against Prejudice
7	Physical Health and Safety	<ol style="list-style-type: none"> 1. Personal Hygiene 2. Sleep Health 3. Personal Body Safety 4. Home Safety 5. Seasonal Safety