

Family Life Curriculum Scope & Sequence

***Tennessee Code Annotated Mandates That a Family Life Curriculum be taught yearly – TCA 49, Chapter 6 Part 13 (Abstinence Centered)**

	Kindergarten	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade
Day 1 Social & Emotional Health	-Learning to show respect and caring-Managing & sharing different kinds of feelings (Additional Resource: <i>On Monday When It Rained</i> by Cherryl Kachenmeister)	-Showing courtesy to others Steps for solving problems & making decisions (Additional Resource: <i>Manners</i> by Alik)	-Expressing feelings respectfully & listening to others with respect (Additional Resource: <i>Shy Spaghetti and Excited Eggs: A Kid's Menu of Feelings</i> by Marc Nemiroff & Jane Annunziata)	-Helping others & getting help -Expressing thanks & appreciation	-Using self-control to manage strong feelings -Practice the use of positive self-talk to manage feelings	-Getting Help from Adults for People in Danger – analyze importance of telling an adult if there are people who are in danger of hurting themselves or others. Describe how to get help. -Define adoption and the benefits.
Day 2 Nutrition & Physical Activity	-Drinking water, eating nutritious foods & being physically active to stay healthy (Additional Resource: <i>The Berenstain Bears and Too Much Junk Food</i> by Stan & Jan Berenstain)	-The benefits of healthy snack choices, water, being physically active, and getting plenty of sleep.	-Describe the importance of eating healthy foods & being physically active 60 min/day -Identify enjoyable physical activities (Additional Resource: <i>The Busy Body Book</i> by Lizzy Rockwell)	-Don't Be Tricked by Advertising – Analyzing how food ads can impact eating behaviors	-Serve Up Good Nutrition – consuming appropriate quantities of food to be healthy -Balancing physical activity, rest, and sleep	- Nutrients in Food: discuss nutrients in food and identify/interpret information on food labels
Day 3 Safety	-Helping stay safe by reporting dangerous situations to adults -When/How to phone 911	-The 3 D's for telling an adult (dangerous, destructive, and disturbing) -Calling 911 to get help in emergencies	-Summer Safety: Wheeled recreation and water safety	-Safety First – characteristics of safe/unsafe places -How to access help when feeling threatened	-Dangerous Objects and Weapons: characteristics, rules, and actions to take when dangerous objects and weapons are present	-Having Fun and Staying Safe: describe hazards & how to be safe in the sun & water -Staying Safe at Home Alone Using the Internet Safely
Day 4 Smart & Safe Choices	-Poison Safety: Identifying household products that are harmful & ways to avoid poisons	-Using medicines safely Household Poisons: Identifying, avoiding, & referring to product label warnings	-Identify decision-making & problem-solving steps -Practice making a decision or solving a problem	-Being safe with medicines & poisons -Avoiding drugs with the help of positive influences	-Negative Effects of Tobacco Use: short & long-term physical effects of using tobacco (Additional Resource: "Lungs: The Picture Says It All" from	-Making/Encouraging Smart & Safe Choices: - Danger of Inhalants - Drinking & driving (avoid riding with an impaired driver) - Texting & driving (discourage drivers)

					the American Cancer Society)	
Day 5 Personal Health & Wellness	-Germ Buster: Proper hand washing to prevent the spread of germs	-Demonstrate skills to reduce the spread of germs (Additional Resource: <i>Germ's Make Me Sick</i> by Melvin Berger)	-Keepin' It Clean: Identify strategies and develop a plan to keep the body clean	-Hello Hygiene, Goodbye Germs: Identify importance & strategies for keeping the body clean	-Clean and Cool: Analyze the physical, emotional, mental, and social importance of keeping the body clean -Develop a plan to keep the body clean.	"Always Changing" Puberty Video (Led by school counselor and divided up by gender) Boys Video: https://youtu.be/2XF0awGRTWs Girls Video: https://youtu.be/oQZ4HLosRNw

Lessons ideas and activities are from the Michigan Model of Health