



# Correlations by Expectation

## **Grades 3–5**



# 3–5 Correlations by Expectation



## 1.5.1 Describe the relationship between healthy behaviors and personal health

Grade	Module	Lesson #	Lesson Title
3	Healthy Practices and Hygiene	1	Consequences of Poor Hygiene - Going Deeper
3	Disease and Illness Prevention	1	What Happens at the Doctor? - Going Deeper
3	General Health	1	My Health at School
3	Social Behavior	2	Healthy and Unhealthy Friendships
4	Mental Health	2	When I Feel Anxious
5	Healthy Practices and Hygiene	1	Creating Healthy Habits - Going Deeper
5	General Health	1	Planning My Healthy Future

## 1.5.2 Identify examples of emotional, intellectual, physical, and social health

Grade	Module	Lesson #	Lesson Title
3	General Health	1	My Health at School
4	Mental Health	4	Expressing Empathy
4	Mental Health	2	When I Feel Anxious
5	General Health	1	Planning My Healthy Future

## 1.5.3 Describe ways in which safe and healthy school and community environments can promote personal health

Grade	Module	Lesson #	Lesson Title
3	Safety and Accident Prevention	3	Safe Spaces in the Community
3	General Health	1	My Health at School
4	Mental Health	3	Improving Myself
5	Healthy Practices and Hygiene	1	Creating Healthy Habits - Going Deeper

## 1.5.4 Describe ways to prevent common childhood injuries and health problems

Grade	Module	Lesson #	Lesson Title
3	Healthy Eating and Nutrition	1	The Role of Vitamins and Minerals - Going Deeper
3	Safety and Accident Prevention	4	Safety with Spiders and Insects - Going Deeper
4	Healthy Practices and Hygiene	1	Creating Healthy Habits
5	General Health	4	Creating an Emergency Plan

## 1.5.5 Describe when it is important to seek health care

Grade	Module	Lesson #	Lesson Title
3	Disease and Illness Prevention	1	What Happens at the Doctor? - Going Deeper
4	Disease and Illness Prevention	2	Communicable and Noncommunicable Diseases
4	Disease and Illness Prevention	3	Why Do I Need a Prescription?
5	Disease and Illness Prevention	2	Managing Common Illnesses and Diseases

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## 2.5.1 Describe how family influences personal health practices and behaviors

Grade	Module	Lesson #	Lesson Title
3	General Health	2	Cultural Influences on Health
3	Mental Health	2	Managing My Stress
3	Mental Health	3	Overcoming My Weaknesses
4	General Health	3	Finding The Right Healthy Helper
5	Social Behavior	2	Appreciating Diversity
3-5	Special Topics		Abuse and Neglect

## 2.5.2 Identify the influence of culture on health practices and behaviors

Grade	Module	Lesson #	Lesson Title
3	Mental Health	2	Managing My Stress
3	General Health	2	Cultural Influences on Health
4	General Health	2	Discover - Managing My Health Influences
4	Social Behavior	2	Respecting Individual Differences
5	Social Behavior	2	Appreciating Diversity

## 2.5.3 Identify how peers can influence healthy and unhealthy behaviors

Grade	Module	Lesson #	Lesson Title
3	Social Behavior	2	Healthy and Unhealthy Friendships
3	Social Behavior	4	Assertiveness and Bullying
3	Healthy Eating and Nutrition	4	Peer Influence
3	Mental Health	2	Managing My Stress
4	Social Behavior	3	Healthy and Unhealthy Influences - Going Deeper
5	General Health	2	Managing My Health Influences
5	Mental Health	3	Using My Strengths to Help Others

## 2.5.4 Describe how the school and community can support personal health practices and behaviors

Grade	Module	Lesson #	Lesson Title
3	General Health	3	When Should I Ask for Help?
4	Healthy Practices and Hygiene	1	Creating Healthy Habits
5	Healthy Practices and Hygiene	1	Creating Healthy Habits - Going Deeper

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### 2.5.5 Explain how media influences thoughts, feelings, and health behaviors

Grade	Module	Lesson #	Lesson Title
3	General Health	3	When Should I Ask for Help?
3	Responsible Decision Making	4	Communicating Online
3	Mental Health	3	Overcoming My Weaknesses
3	General Health	2	Cultural Influences on Health
3	Healthy Practices and Hygiene	3	What Exercise Is Right for Me?
4	General Health	2	Discover - Managing My Health Influences
4	Social Behavior	4	Standing Up for Others
5	General Health	2	Managing My Health Influences

### 2.5.6 Describe ways that technology can influence personal health

Grade	Module	Lesson #	Lesson Title
3	Social Behavior	4	Assertiveness and Bullying
3	Responsible Decision Making	4	Communicating Online
4	Social Behavior	4	Standing Up for Others
5	Responsible Decision Making	4	Identity Protection
5	General Health	3	Finding Healthy Help Online

### 3.5.1 Identify characteristics of valid health information, products, and services

Grade	Module	Lesson #	Lesson Title
3	Social Behavior	3	Healthy and Unhealthy Influences
3	Healthy Eating and Nutrition	2	Making Nutritional Choices
4	Responsible Decision Making	2	Evaluating My Decisions
5	General Health	3	Finding Healthy Help Online
5	Responsible Decision Making	2	Using Data to Inform My Decisions

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### 3.5.2 Locate resources from home, school, and community that provide valid health information

Grade	Module	Lesson #	Lesson Title
3	Safety and Accident Prevention	1	Water Safety
3	Social Behavior	3	Healthy and Unhealthy Influences
3	Healthy Eating and Nutrition	2	Making Nutritional Choices
4	Disease and Illness Prevention	1	Caring for My Mental Health
4	General Health	2	Discover - Managing My Health Influences
5	Disease and Illness Prevention	1	Where to Go if I Feel Sad
5	Disease and Illness Prevention	4	Home, School, and Community
5	General Health	3	Finding Healthy Help Online
5	Responsible Decision Making	2	Using Data to Inform My Decisions
5	General Health	2	Managing My Health Influences

### 4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health

Grade	Module	Lesson #	Lesson Title
3	Social Behavior	1	Resolving Conflicts
3	Social Behavior	4	Assertiveness and Bullying
3	General Health	3	When Should I Ask for Help?
4	Mental Health	4	Expressing Empathy
4	Healthy Eating and Nutrition	3	Nutritional Goals
5	Mental Health	1	When to Ask for Help

### 4.5.2 Demonstrate refusal skills that avoid or reduce health risks

Grade	Module	Lesson #	Lesson Title
3	Social Behavior	1	Resolving Conflicts
4	Healthy Eating and Nutrition	4	Refusal Skills
5	Social Behavior	1	Having Difficult Conversations
5	Safety and Accident Prevention	2	Setting Personal Boundaries - Going Deeper

### 4.5.3 Demonstrate nonviolent strategies to manage or resolve conflict

Grade	Module	Lesson #	Lesson Title
3	Social Behavior	1	Resolving Conflicts
3	Mental Health	4	When I Feel Angry
3	Healthy Eating and Nutrition	4	Peer Influence
4	Social Behavior	1	Reading Body Language
5	Social Behavior	1	Having Difficult Conversations

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### 4.5.4 Demonstrate how to ask for assistance to enhance personal health

Grade	Module	Lesson #	Lesson Title
3	Mental Health	1	Healthy Coping Strategies
3	General Health	3	When Should I Ask for Help?
4	General Health	3	Finding The Right Healthy Helper
4	Safety and Accident Prevention	4	Understanding Dangers of Guns and Other Weapons
4	Mental Health	1	Managing Overwhelming Emotions
5	Social Behavior	4	Conflict or Bullying?
5	Mental Health	1	When to Ask for Help
5	Mental Health	2	Consequences of Stress
5	Disease and Illness Prevention	1	Where to Go if I Feel Sad
5	Safety and Accident Prevention	4	Dangers of Guns and Other Weapons

### 5.5.1 Identify health-related situations that might require a thoughtful decision

Grade	Module	Lesson #	Lesson Title
3	Responsible Decision Making	1	Evaluating Solutions and Consequences
3	Mental Health	1	Healthy Coping Strategies
4	Safety and Accident Prevention	2	Setting Personal Boundaries
5	Healthy Eating and Nutrition	1	Food Labels
5	Healthy Eating and Nutrition	3	Nutritional Goals - Going Deeper
5	Disease and Illness Prevention	3	Importance of Reading Medication Labels

### 5.5.2 Analyze when assistance is needed in making a health-related decision

Grade	Module	Lesson #	Lesson Title
3	Mental Health	1	Healthy Coping Strategies
3	Safety and Accident Prevention	2	Saying No in Risky Situations - Going Deeper
3	General Health	3	When Should I Ask for Help?
4	General Health	4	Preventing an Emergency
4	General Health	3	Finding The Right Healthy Helper
4	Safety and Accident Prevention	2	Setting Personal Boundaries
5	Disease and Illness Prevention	3	Importance of Reading Medication Labels

### 5.5.3 List healthy options to health-related issues or problems

Grade	Module	Lesson #	Lesson Title
3	Disease and Illness Prevention	4	Healthy Balance
4	Disease and Illness Prevention	3	Why Do I Need a Prescription?
5	Mental Health	2	Consequences of Stress
5	General Health	1	Planning My Healthy Future

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### 5.5.4 Predict the potential outcomes of each option when making a health-related decision

Grade	Module	Lesson #	Lesson Title
3	Responsible Decision Making	2	Setting My Intentions
3	Responsible Decision Making	1	Evaluating Solutions and Consequences
4	Disease and Illness Prevention	3	Why Do I Need a Prescription?
4	Responsible Decision Making	2	Evaluating My Decisions
4	Healthy Practices and Hygiene	2	Exploring Lifetime Benefits of Healthy Teeth
5	Healthy Practices and Hygiene	2	Lifetime Benefits of Healthy Teeth
5	Healthy Eating and Nutrition	1	Food Labels
5	Healthy Eating and Nutrition	3	Nutritional Goals - Going Deeper
5	General Health	1	Planning My Healthy Future

### 5.5.5 Choose a healthy option when making a decision

Grade	Module	Lesson #	Lesson Title
3	Social Behavior	1	Resolving Conflicts
4	Healthy Practices and Hygiene	3	Exercise and My Well-Being
5	Responsible Decision Making	3	Tracking My Progress and Perseverance
5	Healthy Practices and Hygiene	3	Exercise and My Well-Being - Going Deeper

### 5.5.6 Describe the outcomes of a health-related decision

Grade	Module	Lesson #	Lesson Title
3	Responsible Decision Making	2	Setting My Intentions
3	Mental Health	4	When I Feel Angry
4	Responsible Decision Making	1	Learning From Situations
4	Healthy Practices and Hygiene	2	Exploring Lifetime Benefits of Healthy Teeth
4	Healthy Practices and Hygiene	3	Exercise and My Well-Being
5	Healthy Eating and Nutrition	4	Effects on My Body and Mind
5	Healthy Practices and Hygiene	2	Lifetime Benefits of Healthy Teeth
5	Healthy Practices and Hygiene	3	Exercise and My Well-Being - Going Deeper



## 3–5 Correlations by Expectation



### 6.5.1 Set a personal health goal and track progress toward its achievement

Grade	Module	Lesson #	Lesson Title
3	Responsible Decision Making	3	Time Management and Goal Setting
3	Healthy Eating and Nutrition	3	The Role Water Plays - Going Deeper
3	Disease and Illness Prevention	3	Avoiding Misuse of Medications
4	Responsible Decision Making	3	Steps to Achieving My Goal
4	Healthy Practices and Hygiene	4	Setting Sleep Routines
4	Healthy Eating and Nutrition	3	Nutritional Goals
4	Disease and Illness Prevention	4	Personal Health Habits
5	Responsible Decision Making	3	Tracking My Progress and Perseverance
5	Healthy Practices and Hygiene	1	Creating Healthy Habits - Going Deeper

### 6.5.2 Identify resources to assist in achieving a personal health goal

Grade	Module	Lesson #	Lesson Title
3	Healthy Practices and Hygiene	3	Time Management and Goal Setting
3	Healthy Eating and Nutrition	3	The Role Water Plays - Going Deeper
4	Mental Health	1	Managing Overwhelming Emotions
4	Safety and Accident Prevention	1	Introduce - Advocating for Accident Prevention
4	Disease and Illness Prevention	4	Personal Health Habits
5	Healthy Eating and Nutrition	4	Effects on My Body and Mind

### 7.5.1 Identify responsible personal health behaviors

Grade	Module	Lesson #	Lesson Title
3	Healthy Practices and Hygiene	1	Consequences of Poor Hygiene - Going Deeper
3	Disease and Illness Prevention	4	Healthy Balance
4	Healthy Practices and Hygiene	1	Creating Healthy Habits
4	Healthy Practices and Hygiene	4	Setting Sleep Routines
5	General Health	4	Creating an Emergency Plan



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### 7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health

Grade	Module	Lesson #	Lesson Title
3	Healthy Practices and Hygiene	3	What Exercise Is Right for Me?
3	Healthy Practices and Hygiene	4	What Does Sleep Do for Me? - Going Deeper
3	Disease and Illness Prevention	3	Avoiding Misuse of Medications
3	Healthy Practices and Hygiene	2	Brushing and Flossing - Going Deeper
4	Responsible Decision Making	4	Sharing Information Online
4	Healthy Practices and Hygiene	1	Creating Healthy Habits
4	Healthy Eating and Nutrition	1	Introducing Food Labels
4	Disease and Illness Prevention	2	Communicable and Noncommunicable Diseases
5	Healthy Practices and Hygiene	4	Setting Sleep Routines - Going Deeper
5	Safety and Accident Prevention	3	Human Trafficking and Gangs

### 7.5.3 Demonstrate a variety of behaviors to avoid or reduce health risks

Grade	Module	Lesson #	Lesson Title
3	Disease and Illness Prevention	2	Disease Awareness
3	Safety and Accident Prevention	2	Saying No in Risky Situations - Going Deeper
4	Healthy Eating and Nutrition	2	Negative Effects of Food
4	Healthy Eating and Nutrition	4	Refusal Skills
4	Safety and Accident Prevention	3	Situational Awareness
4	Responsible Decision Making	4	Sharing Information Online
4	Safety and Accident Prevention	1	Introduce - Advocating for Accident Prevention
5	Safety and Accident Prevention	1	Advocating for Accident Prevention
5	Safety and Accident Prevention	4	Dangers of Guns and Other Weapons
5	Safety and Accident Prevention	3	Human Trafficking and Gangs

### 8.5.1 Express opinions and give accurate information about health issues

Grade	Module	Lesson #	Lesson Title
3	Healthy Practices and Hygiene	2	Brushing and Flossing - Going Deeper
4	General Health	1	Health in My Community
5	Responsible Decision Making	2	Using Data to Inform My Decisions

### 8.5.2 Encourage others to make positive health choices

Grade	Module	Lesson #	Lesson Title
3	Social Behavior	3	Healthy and Unhealthy Influences
4	General Health	1	Health in My Community
4	Healthy Eating and Nutrition	4	Refusal Skills
5	Mental Health	3	Using My Strengths to Help Others
5	Social Behavior	1	Having Difficult Conversations



**Growing Stronger  
Bodies & Minds**