



Correlations by Expectation

Grades K–2



K–2 Correlations by Expectation



1.2.1 Identify that healthy behaviors impact personal health

Grade	Module	Lesson #	Lesson Title
K	General Health	1	Introducing My Health, My Responsibility
K	General Health	2	What Is a Healthy Behavior?
K	Responsible Decision Making	2	I Can Make It Better
K	Healthy Practices and Hygiene	1	Hygiene Skills
K	Healthy Practices and Hygiene	2	My Teeth and Mouth
K	Healthy Practices and Hygiene	4	Introducing the Importance of Sleep
K	Healthy Eating and Nutrition	1	Food and My Body
K	Healthy Eating and Nutrition	2	Can I Eat Anything I Want?
K	Healthy Eating and Nutrition	3	Eating Habits
K	Healthy Eating and Nutrition	4	Harmful Effects
K	Disease and Illness Prevention	2	Cold and Flu
K	Safety and Accident Prevention	4	Introducing Head Lice
1	General Health	1	My Health, My Responsibility
1	Healthy Practices and Hygiene	1	Hygiene Skills - Going Deeper
1	Healthy Practices and Hygiene	4	Importance of Sleep
1	Healthy Eating and Nutrition	1	Portion Control
1	Healthy Eating and Nutrition	3	A Balanced Diet
1	Disease and Illness Prevention	2	Cold and Flu - Going Deeper
1	Safety and Accident Prevention	4	Head Lice
2	Healthy Practices and Hygiene	1	Consequences of Poor Hygiene
2	Disease and Illness Prevention	3	Use and Misuse of Medications
K-2	Special Topics		My Five Senses

1.2.2 Recognize that there are multiple dimensions of health

Grade	Module	Lesson #	Lesson Title
K	General Health	1	Introducing My Health, My Responsibility
K	Social Behavior	3	What Are Healthy Relationships?
1	General Health	1	My Health, My Responsibility
2	Disease and Illness Prevention	4	Dimensions of Health

K–2 Correlations by Expectation



1.2.3 Describe ways to prevent communicable diseases

Grade	Module	Lesson #	Lesson Title
K	Disease and Illness Prevention	3	Understanding Vaccines
K	Disease and Illness Prevention	4	Staying Healthy
K	Healthy Practices and Hygiene	1	Hygiene Skills
K	Disease and Illness Prevention	2	Cold and Flu
K	General Health	1	Introducing My Health, My Responsibility
1	Disease and Illness Prevention	3	What Are Vaccines?
1	Disease and Illness Prevention	2	Cold and Flu - Going Deeper
1	General Health	1	My Health, My Responsibility
2	Healthy Practices and Hygiene	1	Consequences of Poor Hygiene

1.2.4 List ways to prevent common childhood injuries

Grade	Module	Lesson #	Lesson Title
K	Safety and Accident Prevention	2	What Is Personal Safety?
K	Safety and Accident Prevention	3	Safe Play
1	Safety and Accident Prevention	1	Common Injuries
2	General Health	4	Reducing Emergency-Causing Hazards
2	Safety and Accident Prevention	4	Safety with Spiders and Insects
K-2	Special Topics		My Five Senses

1.2.5 Describe why it is important to seek health care

Grade	Module	Lesson #	Lesson Title
K	General Health	4	What Is an Emergency?
K	Disease and Illness Prevention	2	Cold and Flu
K	General Health	3	What Is Healthy Help?
1	General Health	3	Who Is a Healthy Helper?
1	Disease and Illness Prevention	2	Cold and Flu - Going Deeper
2	Disease and Illness Prevention	1	What Happens At the Doctor?
2	Disease and Illness Prevention	2	Introducing Disease Awareness

K–2 Correlations by Expectation



2.2.1 Identify how the family influences personal health practices and behaviors

Grade	Module	Lesson #	Lesson Title
K	General Health	3	What Is Healthy Help?
1	General Health	3	Who Is a Healthy Helper?
2	General Health	2	Influences at Home and School

2.2.2 Identify what the school can do to support personal health practices and behaviors

Grade	Module	Lesson #	Lesson Title
K	General Health	3	What Is Healthy Help?
1	Social Behavior	3	Building Relationships With Trusted Adults
1	Social Behavior	4	Standing Up for Myself
1	General Health	3	Who Is a Healthy Helper?
2	General Health	1	Exploring My Health at School
2	General Health	2	Influences at Home and School

2.2.3 Describe how the media can influence health behaviors

Grade	Module	Lesson #	Lesson Title
K	Healthy Eating and Nutrition	4	Harmful Effects
1	General Health	2	What Influences My Health Behaviors?
2	Responsible Decision Making	4	Introduce - Communicating Online
2	Disease and Illness Prevention	3	Use and Misuse of Medications
2	General Health	2	Influences at Home and School

K–2 Correlations by Expectation



3.2.1 Identify trusted adults and professionals who can help promote health

Grade	Module	Lesson #	Lesson Title
K	Social Behavior	3	What Are Healthy Relationships?
K	Responsible Decision Making	4	Explore - Getting Help with Online Safety
K	Mental Health	2	When I Feel Worried
K	Disease and Illness Prevention	1	What Is a Checkup?
K	General Health	3	What Is Healthy Help?
1	General Health	3	Who Is a Healthy Helper?
1	Responsible Decision Making	4	Getting Help with Online Safety
1	Disease and Illness Prevention	1	What Is a Checkup? - Going Deeper
1	Social Behavior	3	Building Relationships With Trusted Adults
1	Social Behavior	4	Standing Up for Myself
2	Safety and Accident Prevention	3	Strangers
2	Responsible Decision Making	4	Introduce - Communicating Online
2	Disease and Illness Prevention	1	What Happens At the Doctor?
2	Social Behavior	3	Building Relationships With Trusted Adults - Going Deeper

3.2.2 Identify ways to locate school and community health helpers

Grade	Module	Lesson #	Lesson Title
K	Social Behavior	3	What Are Healthy Relationships?
K	Disease and Illness Prevention	1	What Is a Checkup?
1	Disease and Illness Prevention	1	What Is a Checkup? - Going Deeper
1	Social Behavior	3	Building Relationships With Trusted Adults
1	Social Behavior	4	Standing Up for Myself
1	General Health	3	Who Is a Healthy Helper?
2	Healthy Eating and Nutrition	4	Reporting
2	Social Behavior	3	Building Relationships With Trusted Adults - Going Deeper
2	Safety and Accident Prevention	3	Strangers
2	Disease and Illness Prevention	1	What Happens At the Doctor?

K–2 Correlations by Expectation



4.2.1 Demonstrate healthy ways to express needs, wants, and feelings

Grade	Module	Lesson #	Lesson Title
K	Social Behavior	2	Making New Friends
K	Social Behavior	4	Using Kind Words
K	Responsible Decision Making	1	What Is a Problem?
K	Mental Health	1	What Are Emotions?
K	Mental Health	3	Controlling Myself
K	Mental Health	4	How Do I Feel?
K	Responsible Decision Making	2	I Can Make It Better
K	Mental Health	2	When I Feel Worried
1	Social Behavior	1	Expressing Your Feelings
1	Responsible Decision Making	1	Working Through Problems
1	Mental Health	1	Sharing Happiness
1	Mental Health	4	Showing My Feelings
2	Social Behavior	2	Qualities of a Good Friend
2	Mental Health	4	Identifying Strong Feelings
2	Mental Health	1	What My Feelings Mean

4.2.2 Demonstrate listening skills to enhance health

Grade	Module	Lesson #	Lesson Title
K	Social Behavior	1	Learning to Listen
K	Social Behavior	2	Making New Friends
K	Social Behavior	3	What Are Healthy Relationships?
1	Responsible Decision Making	1	Working Through Problems
2	Social Behavior	2	Qualities of a Good Friend

K–2 Correlations by Expectation



4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation

Grade	Module	Lesson #	Lesson Title
K	General Health	4	What Is an Emergency?
K	Safety and Accident Prevention	2	What Is Personal Safety?
K	Social Behavior	3	What Are Healthy Relationships?
K	Responsible Decision Making	4	Explore - Getting Help with Online Safety
1	General Health	4	What Is an Emergency? - Going Deeper
1	Safety and Accident Prevention	2	What Is Personal Safety? - Going Deeper
1	Safety and Accident Prevention	3	Safe and Unsafe Touch 1LP29
1	Responsible Decision Making	4	Getting Help with Online Safety
1	Social Behavior	4	Standing Up for Myself
2	Social Behavior	4	Bullies, Bystanders, and Victims
2	Safety and Accident Prevention	2	Saying No in Risky Situations
2	General Health	4	Reducing Emergency-Causing Hazards
2	Healthy Eating and Nutrition	4	Reporting
2	Safety and Accident Prevention	4	Safety with Spiders and Insects
2	Safety and Accident Prevention	3	Strangers
2	Responsible Decision Making	4	Introduce - Communicating Online
K	Responsible Decision Making	4	Explore - Getting Help with Online Safety

4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed

Grade	Module	Lesson #	Lesson Title
K	Safety and Accident Prevention	2	What Is Personal Safety?
1	General Health	4	What Is an Emergency? - Going Deeper
1	Social Behavior	4	Standing Up for Myself
1	Responsible Decision Making	4	Getting Help with Online Safety
1	Safety and Accident Prevention	2	What Is Personal Safety? - Going Deeper
1	Safety and Accident Prevention	3	Safe and Unsafe Touch 1LP29
2	Social Behavior	1	Asking for Help
2	Safety and Accident Prevention	2	Saying No in Risky Situations
2	Healthy Eating and Nutrition	4	Reporting
2	Responsible Decision Making	4	Introduce - Communicating Online
2	Safety and Accident Prevention	3	Strangers

K–2 Correlations by Expectation



5.2.1 Identify situations when a health-related decision is needed

Grade	Module	Lesson #	Lesson Title
K	General Health	2	What Is a Healthy Behavior?
K	Healthy Eating and Nutrition	1	Food and My Body
K	General Health	4	What Is an Emergency?
K	Healthy Eating and Nutrition	4	Harmful Effects
K	General Health	1	Introducing My Health, My Responsibility
1	Responsible Decision Making	2	Understanding What Worked
1	General Health	1	My Health, My Responsibility
1	General Health	4	What Is an Emergency? - Going Deeper
2	General Health	3	Why Do I Need Healthy Help?
2	Responsible Decision Making	2	Making Healthy Decisions
2	Mental Health	2	My Personal Stressors
2	Disease and Illness Prevention	3	Use and Misuse of Medications

5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed

Grade	Module	Lesson #	Lesson Title
K	Mental Health	2	When I Feel Worried
1	Responsible Decision Making	2	Understanding What Worked
1	Responsible Decision Making	4	Getting Help with Online Safety
2	Healthy Eating and Nutrition	4	Reporting

6.2.1 Identify a short-term personal health goal and take action toward achieving the goal

Grade	Module	Lesson #	Lesson Title
K	Responsible Decision Making	3	Discovering Short and Long-Term Goals
K	Responsible Decision Making	2	I Can Make It Better
1	Responsible Decision Making	3	Short and Long-Term Goals
1	Mental Health	3	Choosing a Positive Mindset
1	Responsible Decision Making	2	Understanding What Worked
1	Healthy Eating and Nutrition	1	Portion Control
2	Responsible Decision Making	1	Problems Big and Small
2	Responsible Decision Making	3	Importance of Goal Setting
2	Mental Health	3	Choosing a Growth Mindset

K–2 Correlations by Expectation



6.2.2 Identify who can help when assistance is needed to achieve a personal health goal

Grade	Module	Lesson #	Lesson Title
K	Responsible Decision Making	3	Discovering Short and Long-Term Goals
K	Mental Health	2	When I Feel Worried
1	Responsible Decision Making	3	Short and Long-Term Goals
1	Responsible Decision Making	2	Understanding What Worked
2	Responsible Decision Making	1	Problems Big and Small
2	Responsible Decision Making	3	Importance of Goal Setting

7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health

Grade	Module	Lesson #	Lesson Title
K	Healthy Practices and Hygiene	3	What Is Exercise?
K	Safety and Accident Prevention	1	Helmets and Seatbelts
K	Healthy Practices and Hygiene	2	My Teeth and Mouth
K	Healthy Eating and Nutrition	2	Can I Eat Anything I Want?
K	Healthy Eating and Nutrition	3	Eating Habits
K	Disease and Illness Prevention	4	Staying Healthy
K	Safety and Accident Prevention	3	Safe Play
K	Healthy Practices and Hygiene	1	Hygiene Skills
K	Healthy Eating and Nutrition	1	Food and My Body
K	Healthy Eating and Nutrition	4	Harmful Effects
K	Mental Health	2	When I Feel Worried
1	General Health	2	What Influences My Health Behaviors?
1	Healthy Practices and Hygiene	2	How to Brush
1	Healthy Practices and Hygiene	3	What is Exercise? - Going Deeper
1	Mental Health	2	Recognizing Stress
1	Disease and Illness Prevention	4	Staying Healthy - Going Deeper
1	Healthy Practices and Hygiene	1	Hygiene Skills - Going Deeper
1	Healthy Practices and Hygiene	4	Importance of Sleep
1	Healthy Eating and Nutrition	1	Portion Control
1	Healthy Eating and Nutrition	3	A Balanced Diet
1	Safety and Accident Prevention	1	Common Injuries
2	Mental Health	2	My Personal Stressors
2	Disease and Illness Prevention	1	What Happens At the Doctor?
2	Healthy Practices and Hygiene	2	Brushing and Flossing
2	Healthy Practices and Hygiene	3	Discovering What Exercise is Right for Me
2	Healthy Practices and Hygiene	4	What Does Sleep Do for Me?
2	Healthy Eating and Nutrition	1	The Role of Vitamins and Minerals
2	Healthy Eating and Nutrition	2	Explore - Making Nutritional Choices
2	Healthy Eating and Nutrition	3	The Role Water Plays
2	Safety and Accident Prevention	1	Playground Safety

K–2 Correlations by Expectation



7.2.2 Demonstrate behaviors that avoid or reduce health risks

Grade	Module	Lesson #	Lesson Title
K	Healthy Practices and Hygiene	4	Introducing the Importance of Sleep
K	Safety and Accident Prevention	1	Helmets and Seatbelts
K	General Health	2	What Is a Healthy Behavior?
K	Healthy Practices and Hygiene	2	My Teeth and Mouth
K	Healthy Eating and Nutrition	2	Can I Eat Anything I Want?
K	Disease and Illness Prevention	4	Staying Healthy
K	Safety and Accident Prevention	3	Safe Play
K	Healthy Practices and Hygiene	1	Hygiene Skills
K	Healthy Eating and Nutrition	1	Food and My Body
K	Safety and Accident Prevention	2	What Is Personal Safety?
1	Healthy Eating and Nutrition	2	Food Allergies
1	Healthy Eating and Nutrition	4	Avoidance
1	Healthy Practices and Hygiene	1	Hygiene Skills - Going Deeper
1	Healthy Practices and Hygiene	4	Importance of Sleep
1	Healthy Eating and Nutrition	1	Portion Control
1	Healthy Eating and Nutrition	3	A Balanced Diet
1	Safety and Accident Prevention	1	Common Injuries
1	Disease and Illness Prevention	4	Staying Healthy - Going Deeper
1	Safety and Accident Prevention	2	What Is Personal Safety? - Going Deeper
2	General Health	4	Reducing Emergency-Causing Hazards
2	Healthy Practices and Hygiene	2	Brushing and Flossing
2	Healthy Practices and Hygiene	3	Discovering What Exercise is Right for Me
2	Healthy Practices and Hygiene	4	What Does Sleep Do for Me?
2	Healthy Eating and Nutrition	4	Reporting
2	Disease and Illness Prevention	3	Use and Misuse of Medications
K-2	Special Topics		My Five Senses

8.2.1 Make requests to promote personal health

Grade	Module	Lesson #	Lesson Title
K	General Health	1	Introducing My Health, My Responsibility
1	General Health	1	My Health, My Responsibility
2	General Health	3	Why Do I Need Healthy Help?

8.2.2 Encourage peers to make positive health choices

Grade	Module	Lesson #	Lesson Title
K	Social Behavior	2	Making New Friends
1	Social Behavior	2	Sharing My Strengths
2	Social Behavior	2	Qualities of a Good Friend



**Growing Stronger
Bodies & Minds**