



Lessons at a Glance

		K	1	2	3	4	5	
Module 1		General Health						
Responsibility For Being Healthy	Lesson 1	Exploring My Health	My Health, My Responsibility	My Health at Home	My Health at School	Health in My Community	Planning My Healthy Future	
What Influences Healthy Behavior?	Lesson 2	What Is Healthy Behavior?	What Influences My Health Behaviors?	Influences at Home and School	Cultural Influences on Health	Technology Influences on Health	Managing My Health Influences	
Healthy Help	Lesson 3	What is Healthy Help?	Who is a Healthy Helper?	Why Do I Need Healthy Help?	When Should I Ask for Help?	Finding the Right Healthy Helper	Finding Healthy Help Online	
What to Do in an Emergency	Lesson 4	What Is an Emergency?	Reporting an Emergency	Reducing Emergency-Causing Hazards	Responding to an Emergency	Preventing an Emergency	Creating an Emergency Plan	
Module 2		Social Behavior						
Communicating Effectively	Lesson 1	Learning to Listen	Expressing Your Feelings	Asking for Help	Resolving Conflicts	Reading Body Language	Having Difficult Conversations	
Being a Good Friend	Lesson 2	Making New Friends	Sharing My Strengths	Qualities of a Good Friend	Healthy and Unhealthy Friendships	Respecting Individual Differences	Appreciating Diversity	
Healthy and Unhealthy Relationships	Lesson 3	What are Healthy Relationships?	Building Relationships with Trusted Adults	Unsafe Suggestions By Friends	Healthy and Unhealthy Influences	Resisting Peer Pressure	Relationship Boundaries	
Bullying and Cyberbullying	Lesson 4	Using Kind Words	Standing Up for Myself	Bullies, Bystanders, and Victims	Assertiveness and Bullying	Standing Up for Others	Conflict or Bullying?	
Module 3		Responsible Decision Making						
Problem Solving	Lesson 1	What Is a Problem?	Working Through Problems	Problems Big and Small	Evaluating Solutions and Consequences	Learning from Situations	Problem Solving Strategies	
Decision Making	Lesson 2	I Can Make It Better	Understanding What Worked	Making Healthy Decisions	Setting My Intentions	Evaluating My Decisions	Using Data to Inform My Decisions	
Goal Setting	Lesson 3	My Values and My Health Goals	Short and Long-Term Goals	Importance of Goal Setting	Time Management and Goal Setting	Steps to Achieving My Goal	Tracking My Progress and Perseverance	
Online Safety	Lesson 4	Basic Online Safety	Getting Help with Online Safety	Unsafe Friend Requests Online	Communicating Online	Sharing Information Online	Identity Protection	
Module 4		Healthy Practices and Hygiene						
Healthy Habits	Lesson 1	Hygiene Skills	Practicing Hygiene	Consequences of Poor Hygiene	How My Hygiene Affects Others	Creating Healthy Habits	Healthy Habits and My Environment	
Good Teeth, Good Health	Lesson 2	My Teeth and Mouth	How to Brush	Brushing and Flossing	Problems With My Teeth	My Plan to Brush Daily	Lifetime Benefits of Healthy Teeth	
Exercise	Lesson 3	What Is Exercise?	What Does Exercise Do?	Enjoying Exercise	What Exercise Is Right for Me?	Exercise and My Well-Being	Setting Exercise Goals	
Sleep and Rest	Lesson 4	Importance of Bedtime Routine	Importance of Sleep	What Does Sleep Do for Me?	How Sleep Affects My Brain	Setting Sleep Routines	Creating a Relaxation Plan	
Module 5		Mental Health and Wellness						
Emotional Health	Lesson 1	What Are Emotions?	Sharing Happiness	What My Feelings Mean	Healthy Coping Strategies	Managing Overwhelming Emotions	When to Ask For Help	
Managing Stress and Trauma	Lesson 2	When I Feel Worried?	Recognizing Stress	My Personal Stressors	Managing My Stress	When I Feel Anxious	Consequences of Stress	
Personal Growth	Lesson 3	Controlling Myself	Choosing a Positive Mindset	Choosing a Growth Mindset	Overcoming My Weaknesses	Improving Myself	Using My Strengths to Help Others	
Expressing Emotions In a Healthy Way	Lesson 4	How Do I Feel?	Showing My Feelings	Identifying Strong Feelings	When I Feel Angry	Expressing Sympathy	Managing Multiple Feelings	
Module 6		Healthy Eating and Nutrition						
Understanding Food	Lesson 1	Food and My Body	Portion Control	The Role of Vitamins and Minerals	Where Do Nutrients Come From?	The Six Major Nutrients	Food Labels	
Analyzing My Eating Habits	Lesson 2	Can I Eat Anything I Want?	Food Allergies	Reactions From My Food	Making Nutritional Choices	Negative Effects of Food	Eating Disorders	
Healthy Eating Habits	Lesson 3	Eating Habits	A Balanced Diet	The Role Water Plays	Eating Out	Nutritional Goals	Healthy Drinks	
Alcohol, Tobacco, and Other Drugs	Lesson 4	Harmful Effects	Avoidance	Reporting	Peer Influence	Refusal Skills	Effects on My Body and Mind	
Module 7		Disease and Illness Prevention						
Regular Health Physicals and Dental Exams	Lesson 1	What Is a Check Up?	What Happens At the Dentist?	What Happens At the Doctor?	Ear and Eye Checks	Caring For My Mental Health	Where to Go If I Feel Sad	
Common Illnesses and Diseases	Lesson 2	Cold and Flu	How to Handle Not Feeling Well	Symptoms of Common Illnesses	Disease Awareness	Communicable and Noncommunicable Diseases	Managing Common Illnesses and Diseases	
Medications and Vaccines	Lesson 3	What Is Medicine?	What Are Vaccines?	Use and Misuse of Medications	Avoiding Misuse of Medications	Why Do I Need a Prescription?	Importance of Reading Medication Labels	
Preventative Health Behaviors	Lesson 4	Staying Healthy	My Healthy Behaviors	Dimensions of Health	Healthy Balance	Personal Health Habits	Home, School, and Community	
Module 8		Safety and Accident Prevention						
Accident Prevention	Lesson 1	Helmets and Seatbelts	Common Injuries	Playground Safety	Water Safety	Reducing Risk of Injuries	Advocating For Accident Prevention	
Personal Safety	Lesson 2	What Is Personal Safety?	Choosing Safe Situations	Saying No in Risky Situations	Personal Safety Assistance	Setting Personal Boundaries	Evaluating Personal Safety	
Safe and Unsafe Places	Lesson 3	Safe Play	Safe and Unsafe Touch	Strangers	Safe Spaces in the Community	Situational Awareness	Human Trafficking and Gangs	
General Safety Concerns	Lesson 4	Safety With Pets	Head Lice	Safety with Spiders and Insects	What Is a Poison?	Sharp Instruments	Dangers of Guns	
Special Topics		Special Topics						
	K-2	Five Senses						
	3-5	Abuse and Neglect						
	4-5	Puberty	My Reproductive System					
	K-5 PE	Throw	Catch	Hand Dribble and Pass	Foot Dribble and Pass	Kick		
	K-5 PE	Volley	Strike with Manipulative	Jump Rope	Track & Field	Jump and Balance		
	K-5 PE	Moving My Body	Beyond the Gym	Equipment and Safety	Sporting Behavior	Steps to Persevere	Feedback Sandwich	