



# Quaver Health·PE™



## Idaho Health Correlations **Grades K-5**



# K-5 Idaho Health Correlations • Kindergarten



Standard	Description	Health Lessons
<b>Standard 1: Comprehend Core Concepts</b>		
<b>Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional, and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development, and Family Life; and Environmental Health.</b>		
K-2.H.1.1.1	Identify that healthy behaviors affect personal health.	<a href="#">General Health: Exploring My Health</a> <a href="#">General Health: What Is a Healthy Behavior?</a> <a href="#">Responsible Decision Making: I Can Make It Better</a> <a href="#">Healthy Practices and Hygiene: Hygiene Skills</a> <a href="#">Healthy Practices and Hygiene: My Teeth and Mouth</a> <a href="#">Healthy Practices and Hygiene: Introducing the Importance of Sleep</a> <a href="#">Healthy Eating and Nutrition: Can I Eat Anything I Want?</a> <a href="#">Healthy Eating and Nutrition: Eating Habits</a> <a href="#">Healthy Eating and Nutrition: Harmful Effects - Substances</a> <a href="#">Disease and Illness Prevention: Cold and Flu</a> <a href="#">Safety and Accident Prevention: Protecting My Five Senses</a>
K-2.H.1.1.2	Recognize that there are multiple dimensions of health (e.g., emotional, mental, physical, and social).	<a href="#">General Health: Exploring My Health</a> <a href="#">Social Behavior: What are Healthy Relationships?</a>
K-2.H.1.1.3	Describe ways to prevent communicable diseases.	<a href="#">General Health: Exploring My Health</a> <a href="#">Healthy Practices and Hygiene: Hygiene Skills</a> <a href="#">Disease and Illness Prevention: Cold and Flu</a> <a href="#">Disease and Illness Prevention: What Is Medicine?</a> <a href="#">Disease and Illness Prevention: Staying Healthy</a>
K-2.H.1.1.4	List ways to prevent common childhood injuries.	<a href="#">Safety and Accident Prevention: What Is Personal Safety?</a> <a href="#">Safety and Accident Prevention: Safe Play</a>
K-2.H.1.1.5	Describe why it is important to seek health care.	<a href="#">General Health: What Is Healthy Help?</a> <a href="#">General Health: What Is an Emergency?</a> <a href="#">Disease and Illness Prevention: What Is a Checkup?</a>
K-2.H.1.1.6	Describe the impact of health behaviors on body systems.	<a href="#">Healthy Eating and Nutrition: Food and My Body</a> <a href="#">Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, Integumentary Systems)</a> <a href="#">Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)</a>

# K-5 Idaho Health Correlations • Kindergarten



Standard	Description	Health Lessons
<b>Standard 2: Analyzing Influences</b>		
<b>Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.</b>		
K-2.H.2.1.1	Identify how the family influences personal health practices and behaviors.	<a href="#">General Health: What Is Healthy Help?</a>
K-2.H.2.1.2	Identify what the school can do to support personal health practices and behaviors.	<a href="#">General Health: What Is Healthy Help?</a>
		<a href="#">Social Behavior: What are Healthy Relationships?</a>
		<a href="#">Mental Health and Wellness: When I Feel Worried</a>
		<a href="#">Disease and Illness Prevention: What Is a Checkup?</a>
		<a href="#">Safety and Accident Prevention: Safe Play</a>
K-2.H.2.1.3	Describe how the media can influence health behaviors.	<a href="#">General Health: What Is a Healthy Behavior?</a>
<b>Standard 3: Accessing Information</b>		
<b>Goal 1.1: Students will demonstrate the ability to access valid information, products, and services to enhance health.</b>		
K-2.H.3.1.1	Identify trusted adults and professionals who can help promote health.	<a href="#">General Health: What Is Healthy Help?</a>
		<a href="#">Social Behavior: What are Healthy Relationships?</a>
		<a href="#">Responsible Decision Making: Explore - Getting Help with Online Safety</a>
		<a href="#">Mental Health and Wellness: When I Feel Worried</a>
		<a href="#">Disease and Illness Prevention: What Is a Checkup?</a>
K-2.H.3.1.2	Identify ways to locate school and community health helpers.	<a href="#">General Health: What Is Healthy Help?</a>
		<a href="#">Social Behavior: What are Healthy Relationships?</a>
		<a href="#">Responsible Decision Making: Explore - Getting Help with Online Safety</a>
		<a href="#">Mental Health and Wellness: When I Feel Worried</a>
		<a href="#">Disease and Illness Prevention: What Is a Checkup?</a>
<b>Standard 4: Interpersonal Communication</b>		
<b>Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>		
K-2.H.4.1.1	Demonstrate healthy ways to express needs, wants, and feelings.	<a href="#">Social Behavior: Using Kind Words</a>
		<a href="#">Responsible Decision Making: What Is a Problem?</a>
		<a href="#">Responsible Decision Making: I Can Make It Better</a>
		<a href="#">Mental Health and Wellness: What Are Emotions?</a>
		<a href="#">Mental Health and Wellness: When I Feel Worried</a>
		<a href="#">Mental Health and Wellness: Controlling Myself</a>
		<a href="#">Mental Health and Wellness: How Do I Feel?</a>

# K-5 Idaho Health Correlations • Kindergarten



Standard	Description	Health Lessons
K-2.H.4.1.2	Demonstrate listening skills to enhance health.	<a href="#">Social Behavior: Learning to Listen</a>
		<a href="#">Social Behavior: Making New Friends</a>
		<a href="#">Social Behavior: What are Healthy Relationships?</a>
		<a href="#">Social Behavior: Using Kind Words</a>
K-2.H.4.1.3	Demonstrate ways to respond to an unwanted, threatening, or dangerous situation.	<a href="#">General Health: What Is an Emergency?</a>
		<a href="#">Social Behavior: What are Healthy Relationships?</a>
		<a href="#">Responsible Decision Making: Explore - Getting Help with Online Safety</a>
		<a href="#">Healthy Eating and Nutrition: Harmful Effects - Substances</a>
K-2.H.4.1.4	Demonstrate ways to tell a trusted adult if threatened or harmed.	<a href="#">Safety and Accident Prevention: What Is Personal Safety?</a>
		<a href="#">Social Behavior: What are Healthy Relationships?</a>
		<a href="#">Responsible Decision Making: Explore - Getting Help with Online Safety</a>
		<a href="#">Healthy Eating and Nutrition: Harmful Effects - Substances</a>
<b>Standard 5: Decision Making</b>		
<b>Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.</b>		
K-2.H.5.1.1	Identify situations when a health-related decision is needed.	<a href="#">General Health: Exploring My Health</a>
		<a href="#">General Health: What Is a Healthy Behavior?</a>
		<a href="#">General Health: What Is an Emergency?</a>
		<a href="#">Responsible Decision Making: Discovering Short and Long-Term Goals</a>
		<a href="#">Healthy Eating and Nutrition: Food and My Body</a>
K-2.H.5.1.2	Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	<a href="#">Healthy Eating and Nutrition: Harmful Effects - Substances</a>
		<a href="#">General Health: Exploring My Health</a>
		<a href="#">General Health: What Is a Healthy Behavior?</a>
		<a href="#">General Health: What Is an Emergency?</a>
		<a href="#">Healthy Eating and Nutrition: Food and My Body</a>
		<a href="#">Healthy Eating and Nutrition: Harmful Effects - Substances</a>

# K-5 Idaho Health Correlations • Kindergarten



Standard	Description	Health Lessons
<b>Standard 6: Goal Setting</b>		
<b>Goal 1.1: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>		
K-2.H.6.1.1	Identify a short-term personal health goal and take action towards achieving the goal.	<a href="#">Responsible Decision Making: I Can Make It Better</a> <a href="#">Responsible Decision Making: Discovering Short and Long-Term Goals</a>
K-2.H.6.1.2	Identify who can help when assistance is needed to achieve a personal health goal.	<a href="#">Responsible Decision Making: Discovering Short and Long-Term Goals</a>
<b>Standard 7: Practice Healthy Behavior</b>		
<b>Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>		
K-2.H.7.1.1	Demonstrate healthy practices and behaviors to maintain or improve personal health (e.g., reducing spread of germs, encouraging healthy food behavior and physical activity).	<a href="#">Healthy Practices and Hygiene: Hygiene Skills</a> <a href="#">Healthy Practices and Hygiene: My Teeth and Mouth</a> <a href="#">Healthy Practices and Hygiene: What Is Exercise?</a> <a href="#">Mental Health and Wellness: When I Feel Worried</a> <a href="#">Healthy Eating and Nutrition: Food and My Body</a> <a href="#">Healthy Eating and Nutrition: Can I Eat Anything I Want?</a> <a href="#">Healthy Eating and Nutrition: Eating Habits</a> <a href="#">Healthy Eating and Nutrition: Harmful Effects - Substances</a> <a href="#">Disease and Illness Prevention: Staying Healthy</a> <a href="#">Safety and Accident Prevention: Helmets and Seatbelts</a> <a href="#">Safety and Accident Prevention: Safe Play</a>
K-2.H.7.1.2	Demonstrate behaviors that avoid or reduce health risks.	<a href="#">General Health: What Is a Healthy Behavior?</a> <a href="#">Healthy Practices and Hygiene: Hygiene Skills</a> <a href="#">Healthy Practices and Hygiene: My Teeth and Mouth</a> <a href="#">Healthy Practices and Hygiene: Introducing the Importance of Sleep</a> <a href="#">Healthy Eating and Nutrition: Food and My Body</a> <a href="#">Healthy Eating and Nutrition: Can I Eat Anything I Want?</a> <a href="#">Disease and Illness Prevention: Staying Healthy</a> <a href="#">Safety and Accident Prevention: Helmets and Seatbelts</a> <a href="#">Safety and Accident Prevention: What Is Personal Safety?</a> <a href="#">Safety and Accident Prevention: Safe Play</a>

# K-5 Idaho Health Correlations • Kindergarten



Standard	Description	Health Lessons
<b>Standard 8: Advocacy</b>		
<b>Goal 1.1: Students will demonstrate the ability to advocate for personal, family, and community health.</b>		
K-2.H.8.1.1	Make requests to promote personal health.	<a href="#">General Health: Exploring My Health</a> <a href="#">General Health: What Is Healthy Help?</a> <a href="#">Responsible Decision Making: Explore - Getting Help with Online Safety</a> <a href="#">Disease and Illness Prevention: What Is Medicine?</a> <a href="#">Safety and Accident Prevention: What Is Personal Safety?</a>
K-2.H.8.1.2	Encourage peers and family to make positive health choices.	<a href="#">General Health: What Is a Healthy Behavior?</a> <a href="#">Social Behavior: Making New Friends</a> <a href="#">Healthy Practices and Hygiene: Hygiene Skills</a> <a href="#">Healthy Practices and Hygiene: What Is Exercise?</a> <a href="#">Disease and Illness Prevention: Staying Healthy</a>



# K-5 Idaho Health Correlations • First Grade



Standard	Description	Health Lessons
<b>Standard 1: Comprehend Core Concepts</b>		
<b>Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional, and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development, and Family Life; and Environmental Health.</b>		
K-2.H.1.1.1	Identify that healthy behaviors affect personal health.	<a href="#">General Health: My Health, My Responsibility</a>
		<a href="#">Healthy Practices and Hygiene: Skeletal, Muscular, Circulatory, and Respiratory Systems</a>
		<a href="#">Healthy Practices and Hygiene: Importance of Sleep</a>
		<a href="#">Healthy Eating and Nutrition: Portion Control</a>
		<a href="#">Healthy Eating and Nutrition: A Balanced Diet</a>
		<a href="#">Disease and Illness Prevention: Cold and Flu - Going Deeper</a>
K-2.H.1.1.2	Recognize that there are multiple dimensions of health (e.g., emotional, mental, physical, and social).	<a href="#">General Health: My Health, My Responsibility</a>
K-2.H.1.1.3	Describe ways to prevent communicable diseases.	<a href="#">General Health: My Health, My Responsibility</a>
		<a href="#">Disease and Illness Prevention: Cold and Flu - Going Deeper</a>
		<a href="#">Disease and Illness Prevention: What are Vaccines?</a>
K-2.H.1.1.4	List ways to prevent common childhood injuries.	<a href="#">Safety and Accident Prevention: Common Injuries</a>
		<a href="#">Safety and Accident Prevention: Choosing Safe Situations</a>
K-2.H.1.1.5	Describe why it is important to seek health care.	<a href="#">General Health: Who Is a Healthy Helper?</a>
		<a href="#">Disease and Illness Prevention: What Is a Checkup? - Going Deeper</a>
K-2.H.1.1.6	Describe the impact of health behaviors on body systems.	<a href="#">Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, Integumentary Systems)</a>
		<a href="#">Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)</a>
<b>Standard 2: Analyzing Influences</b>		
<b>Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.</b>		
K-2.H.2.1.1	Identify how the family influences personal health practices and behaviors.	<a href="#">General Health: Who Is a Healthy Helper?</a>
		<a href="#">Social Behavior: Building Relationships with Trusted Adults</a>
K-2.H.2.1.2	Identify what the school can do to support personal health practices and behaviors.	<a href="#">General Health: Who Is a Healthy Helper?</a>
		<a href="#">Social Behavior: Building Relationships with Trusted Adults</a>
		<a href="#">Social Behavior: Standing Up for Myself</a>
K-2.H.2.1.3	Describe how the media can influence health behaviors.	<a href="#">General Health: What Influences My Health Behaviors?</a>

# K-5 Idaho Health Correlations • First Grade



Standard	Description	Health Lessons
<b>Standard 3: Accessing Information</b>		
<b>Goal 1.1: Students will demonstrate the ability to access valid information, products, and services to enhance health.</b>		
K-2.H.3.1.1	Identify trusted adults and professionals who can help promote health.	<a href="#">General Health: Who Is a Healthy Helper?</a> <a href="#">Social Behavior: Building Relationships with Trusted Adults</a> <a href="#">Social Behavior: Standing Up for Myself</a> <a href="#">Responsible Decision Making: Getting Help with Online Safety</a> <a href="#">Disease and Illness Prevention: What Is a Checkup? - Going Deeper</a>
K-2.H.3.1.2	Identify ways to locate school and community health helpers.	<a href="#">General Health: Who Is a Healthy Helper?</a> <a href="#">Social Behavior: Building Relationships with Trusted Adults</a> <a href="#">Social Behavior: Standing Up for Myself</a> <a href="#">Responsible Decision Making: Short and Long-Term Goals</a> <a href="#">Responsible Decision Making: Getting Help with Online Safety</a> <a href="#">Disease and Illness Prevention: What Is a Checkup? - Going Deeper</a>
<b>Standard 4: Interpersonal Communication</b>		
<b>Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>		
K-2.H.4.1.1	Demonstrate healthy ways to express needs, wants, and feelings.	<a href="#">Social Behavior: Expressing Your Feelings</a> <a href="#">Social Behavior: Standing Up for Myself</a> <a href="#">Responsible Decision Making: Working Through Problems</a> <a href="#">Mental Health and Wellness: Sharing Happiness</a> <a href="#">Mental Health and Wellness: Showing My Feelings</a>
K-2.H.4.1.2	Demonstrate listening skills to enhance health.	<a href="#">Social Behavior: Sharing My Strengths</a> <a href="#">Responsible Decision Making: Working Through Problems</a> <a href="#">Mental Health and Wellness: Sharing Happiness</a>
K-2.H.4.1.3	Demonstrate ways to respond to an unwanted, threatening, or dangerous situation.	<a href="#">General Health: What Is an Emergency? - Going Deeper</a> <a href="#">Social Behavior: Standing Up for Myself</a> <a href="#">Responsible Decision Making: Getting Help with Online Safety</a> <a href="#">Safety and Accident Prevention: Choosing Safe Situations</a> <a href="#">Safety and Accident Prevention: Safe and Unsafe Touch*</a>



# K-5 Idaho Health Correlations • First Grade



Standard	Description	Health Lessons
K-2.H.4.1.4	Demonstrate ways to tell a trusted adult if threatened or harmed.	<a href="#">General Health: What Is an Emergency? - Going Deeper</a>
		<a href="#">Social Behavior: Standing Up for Myself</a>
		<a href="#">Responsible Decision Making: Getting Help with Online Safety</a>
		<a href="#">Safety and Accident Prevention: Choosing Safe Situations</a>
		<a href="#">Safety and Accident Prevention: Safe and Unsafe Touch*</a>
<b>Standard 5: Decision Making</b>		
<b>Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.</b>		
K-2.H.5.1.1	Identify situations when a health-related decision is needed.	<a href="#">General Health: My Health, My Responsibility</a>
		<a href="#">General Health: What Is an Emergency? - Going Deeper</a>
		<a href="#">Healthy Eating and Nutrition: A Balanced Diet</a>
K-2.H.5.1.2	Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	<a href="#">General Health: My Health, My Responsibility</a>
		<a href="#">General Health: What Is an Emergency? - Going Deeper</a>
		<a href="#">Responsible Decision Making: Understanding What Worked</a>
		<a href="#">Responsible Decision Making: Getting Help with Online Safety</a>
		<a href="#">Healthy Practices and Hygiene: Skeletal, Muscular, Circulatory, and Respiratory Systems</a>
		<a href="#">Healthy Eating and Nutrition: Avoidance - Substances</a>
		<a href="#">Disease and Illness Prevention: Staying Healthy - Going Deeper</a>
<b>Standard 6: Goal Setting</b>		
<b>Goal 1.1: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>		
K-2.H.6.1.1	Identify a short-term personal health goal and take action towards achieving the goal.	<a href="#">Responsible Decision Making: Understanding What Worked</a>
		<a href="#">Responsible Decision Making: Short and Long-Term Goals</a>
		<a href="#">Mental Health and Wellness: Choosing a Positive Mindset</a>
		<a href="#">Healthy Eating and Nutrition: Portion Control</a>
K-2.H.6.1.2	Identify who can help when assistance is needed to achieve a personal health goal.	<a href="#">Responsible Decision Making: Understanding What Worked</a>
		<a href="#">Responsible Decision Making: Short and Long-Term Goals</a>

# K-5 Idaho Health Correlations • First Grade



Standard	Description	Health Lessons
<b>Standard 7: Practice Healthy Behavior</b>		
<b>Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>		
K-2.H.7.1.1	Demonstrate healthy practices and behaviors to maintain or improve personal health (e.g., reducing spread of germs, encouraging healthy food behavior and physical activity).	<a href="#">General Health: What Influences My Health Behaviors?</a> <a href="#">Healthy Practices and Hygiene: Skeletal, Muscular, Circulatory, and Respiratory Systems</a> <a href="#">Healthy Practices and Hygiene: How to Brush</a> <a href="#">Healthy Practices and Hygiene: What is Exercise? - Going Deeper</a> <a href="#">Healthy Practices and Hygiene: Importance of Sleep</a> <a href="#">Mental Health and Wellness: Recognizing Stress</a> <a href="#">Healthy Eating and Nutrition: Portion Control</a> <a href="#">Healthy Eating and Nutrition: A Balanced Diet</a> <a href="#">Disease and Illness Prevention: Staying Healthy - Going Deeper</a> <a href="#">Safety and Accident Prevention: Common Injuries</a>
K-2.H.7.1.2	Demonstrate behaviors that avoid or reduce health risks.	<a href="#">Healthy Practices and Hygiene: Skeletal, Muscular, Circulatory, and Respiratory Systems</a> <a href="#">Healthy Practices and Hygiene: Importance of Sleep</a> <a href="#">Healthy Eating and Nutrition: Portion Control</a> <a href="#">Healthy Eating and Nutrition: Food Allergies</a> <a href="#">Healthy Eating and Nutrition: A Balanced Diet</a> <a href="#">Healthy Eating and Nutrition: Avoidance - Substances</a> <a href="#">Disease and Illness Prevention: Staying Healthy - Going Deeper</a> <a href="#">Safety and Accident Prevention: Common Injuries</a> <a href="#">Safety and Accident Prevention: Choosing Safe Situations</a>
<b>Standard 8: Advocacy</b>		
<b>Goal 1.1: Students will demonstrate the ability to advocate for personal, family, and community health.</b>		
K-2.H.8.1.1	Make requests to promote personal health.	<a href="#">General Health: My Health, My Responsibility</a>
K-2.H.8.1.2	Encourage peers and family to make positive health choices.	<a href="#">Social Behavior: Sharing My Strengths</a> <a href="#">Social Behavior: Building Relationships with Trusted Adults</a> <a href="#">Mental Health and Wellness: Sharing Happiness</a> <a href="#">Disease and Illness Prevention: Staying Healthy - Going Deeper</a>

# K-5 Idaho Health Correlations • Second Grade



Standard	Description	Health Lessons
<b>Standard 1: Comprehend Core Concepts</b>		
<b>Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional, and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development, and Family Life; and Environmental Health.</b>		
K-2.H.1.1.1	Identify that healthy behaviors affect personal health.	<a href="#">Social Behavior: Asking for Help</a>
		<a href="#">Responsible Decision Making: Problems Big and Small</a>
		<a href="#">Healthy Practices and Hygiene: Consequences of Poor Hygiene</a>
		<a href="#">Mental Health and Wellness: What My Feelings Mean</a>
		<a href="#">Mental Health and Wellness: Identifying Strong Feelings</a>
		<a href="#">Disease and Illness Prevention: Use and Misuse of Medications</a>
		<a href="#">Safety and Accident Prevention: Saying No in Risky Situations*</a>
K-2.H.1.1.2	Recognize that there are multiple dimensions of health (e.g., emotional, mental, physical, and social).	<a href="#">Disease and Illness Prevention: Dimensions of Health</a>
K-2.H.1.1.3	Describe ways to prevent communicable diseases.	<a href="#">Healthy Practices and Hygiene: Consequences of Poor Hygiene</a>
		<a href="#">Disease and Illness Prevention: Introducing Disease Awareness</a>
K-2.H.1.1.4	List ways to prevent common childhood injuries.	<a href="#">General Health: Reducing Emergency-Causing Hazards</a>
		<a href="#">Safety and Accident Prevention: Safety with Spiders and Insects</a>
K-2.H.1.1.5	Describe why it is important to seek health care.	<a href="#">Disease and Illness Prevention: What Happens at the Doctor?</a>
		<a href="#">Disease and Illness Prevention: Introducing Disease Awareness</a>
K-2.H.1.1.6	Describe the impact of health behaviors on body systems.	<a href="#">Healthy Eating and Nutrition: The Role Water Plays</a>
		<a href="#">Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, Integumentary Systems)</a>
		<a href="#">Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)</a>
<b>Standard 2: Analyzing Influences</b>		
<b>Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.</b>		
K-2.H.2.1.1	Identify how the family influences personal health practices and behaviors.	<a href="#">General Health: My Health at Home</a>
		<a href="#">General Health: Influences at Home and School</a>
		<a href="#">Social Behavior: Building Relationships With Trusted Adults - Going Deeper</a>
K-2.H.2.1.2	Identify what the school can do to support personal health practices and behaviors.	<a href="#">General Health: My Health at Home</a>
		<a href="#">General Health: Influences at Home and School</a>
		<a href="#">Social Behavior: Building Relationships With Trusted Adults - Going Deeper</a>

# K-5 Idaho Health Correlations • Second Grade



Standard	Description	Health Lessons
K-2.H.2.1.3	Describe how the media can influence health behaviors.	<a href="#">General Health: Influences at Home and School</a>
		<a href="#">Responsible Decision Making: Introduce - Communicating Online</a>
<b>Standard 3: Accessing Information</b>		
<b>Goal 1.1: Students will demonstrate the ability to access valid information, products, and services to enhance health.</b>		
K-2.H.3.1.1	Identify trusted adults and professionals who can help promote health.	<a href="#">Social Behavior: Asking for Help</a>
		<a href="#">Social Behavior: Building Relationships With Trusted Adults - Going Deeper</a>
		<a href="#">Responsible Decision Making: Introduce - Communicating Online</a>
		<a href="#">Disease and Illness Prevention: What Happens at the Doctor?</a>
		<a href="#">Safety and Accident Prevention: Strangers</a>
K-2.H.3.1.2	Identify ways to locate school and community health helpers.	<a href="#">General Health: Why Do I Need Healthy Help?</a>
		<a href="#">Social Behavior: Asking for Help</a>
		<a href="#">Social Behavior: Building Relationships With Trusted Adults - Going Deeper</a>
		<a href="#">Responsible Decision Making: Introduce - Communicating Online</a>
		<a href="#">Healthy Eating and Nutrition: Reporting - Substances</a>
		<a href="#">Disease and Illness Prevention: What Happens at the Doctor?</a>
		<a href="#">Safety and Accident Prevention: Saying No in Risky Situations*</a>
<a href="#">Safety and Accident Prevention: Strangers</a>		
<b>Standard 4: Interpersonal Communication</b>		
<b>Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>		
K-2.H.4.1.1	Demonstrate healthy ways to express needs, wants, and feelings.	<a href="#">Mental Health and Wellness: What My Feelings Mean</a>
		<a href="#">Mental Health and Wellness: Identifying Strong Feelings</a>
K-2.H.4.1.2	Demonstrate listening skills to enhance health.	<a href="#">Social Behavior: Qualities of a Good Friend</a>
K-2.H.4.1.3	Demonstrate ways to respond to an unwanted, threatening, or dangerous situation.	<a href="#">General Health: Reducing Emergency-Causing Hazards</a>
		<a href="#">Social Behavior: Building Relationships With Trusted Adults - Going Deeper</a>
		<a href="#">Social Behavior: Bullies, Bystanders, and Victims</a>
		<a href="#">Responsible Decision Making: Introduce - Communicating Online</a>
		<a href="#">Healthy Eating and Nutrition: Reporting - Substances</a>
		<a href="#">Safety and Accident Prevention: Saying No in Risky Situations*</a>
		<a href="#">Safety and Accident Prevention: Strangers</a>
<a href="#">Safety and Accident Prevention: Safety with Spiders and Insects</a>		

# K-5 Idaho Health Correlations • Second Grade



Standard	Description	Health Lessons
K-2.H.4.1.4	Demonstrate ways to tell a trusted adult if threatened or harmed.	<a href="#">Social Behavior: Asking for Help</a>
		<a href="#">Social Behavior: Bullies, Bystanders, and Victims</a>
		<a href="#">Responsible Decision Making: Introduce - Communicating Online</a>
		<a href="#">Healthy Eating and Nutrition: Reporting - Substances</a>
		<a href="#">Safety and Accident Prevention: Saying No in Risky Situations*</a>
		<a href="#">Safety and Accident Prevention: Strangers</a>
<b>Standard 5: Decision Making</b>		
<b>Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.</b>		
K-2.H.5.1.1	Identify situations when a health-related decision is needed.	<a href="#">General Health: Why Do I Need Healthy Help?</a>
		<a href="#">Responsible Decision Making: Making Healthy Decisions</a>
		<a href="#">Mental Health and Wellness: My Personal Stressors</a>
		<a href="#">Disease and Illness Prevention: Use and Misuse of Medications</a>
K-2.H.5.1.2	Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	<a href="#">General Health: Why Do I Need Healthy Help?</a>
		<a href="#">Responsible Decision Making: Making Healthy Decisions</a>
		<a href="#">Mental Health and Wellness: My Personal Stressors</a>
		<a href="#">Disease and Illness Prevention: Use and Misuse of Medications</a>
<b>Standard 6: Goal Setting</b>		
<b>Goal 1.1: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>		
K-2.H.6.1.1	Identify a short-term personal health goal and take action towards achieving the goal.	<a href="#">Responsible Decision Making: Importance of Goal Setting</a>
		<a href="#">Mental Health and Wellness: Choosing a Growth Mindset</a>
K-2.H.6.1.2	Identify who can help when assistance is needed to achieve a personal health goal.	<a href="#">Responsible Decision Making: Importance of Goal Setting</a>

# K-5 Idaho Health Correlations • Second Grade



Standard	Description	Health Lessons
<b>Standard 7: Practice Healthy Behavior</b>		
<b>Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>		
<b>K-2.H.7.1.1</b>	Demonstrate healthy practices and behaviors to maintain or improve personal health (e.g., reducing spread of germs, encouraging healthy food behavior and physical activity).	<a href="#">Healthy Practices and Hygiene: Brushing and Flossing</a>
		<a href="#">Healthy Practices and Hygiene: Discovering What Exercise is Right for Me</a>
		<a href="#">Healthy Practices and Hygiene: What Does Sleep Do for Me?</a>
		<a href="#">Mental Health and Wellness: My Personal Stressors</a>
		<a href="#">Healthy Eating and Nutrition: The Role of Vitamins and Minerals</a>
		<a href="#">Healthy Eating and Nutrition: Reactions From My Food</a>
		<a href="#">Healthy Eating and Nutrition: The Role Water Plays</a>
		<a href="#">Disease and Illness Prevention: What Happens at the Doctor?</a>
		<a href="#">Safety and Accident Prevention: Playground Safety</a>
<b>K-2.H.7.1.2</b>	Demonstrate behaviors that avoid or reduce health risks.	<a href="#">General Health: Reducing Emergency-Causing Hazards</a>
		<a href="#">Healthy Practices and Hygiene: Brushing and Flossing</a>
		<a href="#">Healthy Practices and Hygiene: Discovering What Exercise is Right for Me</a>
		<a href="#">Healthy Practices and Hygiene: What Does Sleep Do for Me?</a>
		<a href="#">Disease and Illness Prevention: Use and Misuse of Medications</a>
<b>Standard 8: Advocacy</b>		
<b>Goal 1.1: Students will demonstrate the ability to advocate for personal, family, and community health.</b>		
<b>K-2.H.8.1.1</b>	Make requests to promote personal health.	<a href="#">General Health: My Health at Home</a>
		<a href="#">General Health: Why Do I Need Healthy Help?</a>
<b>K-2.H.8.1.2</b>	Encourage peers and family to make positive health choices.	<a href="#">Social Behavior: Qualities of a Good Friend</a>
		<a href="#">Social Behavior: Building Relationships With Trusted Adults - Going Deeper</a>

# K-5 Idaho Health Correlations • Third Grade



Standard	Description	Health Lessons
<b>Standard 1: Comprehend Core Concepts</b>		
<b>Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional, and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development, and Family Life; and Environmental Health.</b>		
3-5.H.1.1.1	Describe the relationship between healthy behaviors and personal health.	<a href="#">General Health: My Health at School</a> <a href="#">Social Behavior: Healthy and Unhealthy Friendships</a> <a href="#">Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems</a> <a href="#">Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a> <a href="#">Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper</a> <a href="#">Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper</a> <a href="#">Disease and Illness Prevention: Avoiding Misuse of Medications</a>
3-5.H.1.1.2	Identify examples of emotional, intellectual, physical, and social health.	<a href="#">General Health: My Health at School</a>
3-5.H.1.1.3	Describe ways in which a safe and healthy school and community environment can promote personal health.	<a href="#">General Health: My Health at School</a> <a href="#">Safety and Accident Prevention: Safe Spaces in the Community</a>
3-5.H.1.1.4	Describe ways to prevent common childhood injuries and health problems (e.g., second hand smoke/vapors from vaping).	<a href="#">General Health: Fire Safety</a> <a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a> <a href="#">Healthy Eating and Nutrition: Peer Influence - Substances</a> <a href="#">Safety and Accident Prevention: Water Safety</a> <a href="#">Safety and Accident Prevention: Safe Spaces in the Community</a> <a href="#">Safety and Accident Prevention: Safety with Spiders and Insects - Going Deeper</a>
3-5.H.1.1.5	Describe when it is important to seek health care.	<a href="#">Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper</a> <a href="#">Disease and Illness Prevention: Disease Awareness</a>
3-5.H.1.1.6	Describe the impact of health behaviors on body systems.	<a href="#">General Health: My Health at School</a> <a href="#">Healthy Eating and Nutrition: Where Do Nutrients Come From?</a> <a href="#">Disease and Illness Prevention: Disease Awareness</a> <a href="#">Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems</a> <a href="#">Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)</a>



# K-5 Idaho Health Correlations • Third Grade



Standard	Description	Health Lessons
<b>Standard 2: Analyzing Influences Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.</b>		
<b>Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.</b>		
3-5.H.2.1.1	Describe how the family influences personal health practices and behaviors.	<a href="#">General Health: Cultural Influences on Health</a>
		<a href="#">Mental Health and Wellness: Managing My Stress</a>
		<a href="#">Mental Health and Wellness: Overcoming My Weaknesses</a>
3-5.H.2.1.2	Identify the influences of culture on health practices and behaviors.	<a href="#">General Health: Cultural Influences on Health</a>
		<a href="#">Social Behavior: Healthy and Unhealthy Friendships</a>
3-5.H.2.1.3	Identify how peers can influence healthy and unhealthy behaviors.	<a href="#">Social Behavior: Healthy and Unhealthy Friendships</a>
		<a href="#">Social Behavior: Healthy and Unhealthy Influences</a>
		<a href="#">Social Behavior: Assertiveness and Bullying</a>
		<a href="#">Mental Health and Wellness: Managing My Stress</a>
		<a href="#">Healthy Eating and Nutrition: Peer Influence - Substances</a>
3-5.H.2.1.4	Describe how the school and community can support personal health practices and behaviors.	<a href="#">General Health: My Health at School</a>
		<a href="#">General Health: When Should I Ask for Help?</a>
3-5.H.2.1.5	Explain how media influences thoughts, feelings, and health behaviors.	<a href="#">General Health: Cultural Influences on Health</a>
		<a href="#">General Health: When Should I Ask for Help?</a>
		<a href="#">Responsible Decision Making: Communicating Online</a>
3-5.H.2.1.6	Describe ways that technology can influence personal health.	<a href="#">Social Behavior: Assertiveness and Bullying</a>
		<a href="#">Responsible Decision Making: Communicating Online</a>
<b>Standard 3: Accessing Information</b>		
<b>Goal 1.1: Students will demonstrate the ability to access valid information, products, and services to enhance health.</b>		
3-5.H.3.1.1	Identify characteristics of valid health information, products, and services.	<a href="#">Social Behavior: Healthy and Unhealthy Influences</a>
		<a href="#">Healthy Eating and Nutrition: Making Nutritional Choices</a>
3-5.H.3.1.2	Locate resources from home, school, and community that provide valid health information.	<a href="#">General Health: My Health at School</a>
		<a href="#">Social Behavior: Healthy and Unhealthy Influences</a>
		<a href="#">Healthy Eating and Nutrition: Making Nutritional Choices</a>
		<a href="#">Safety and Accident Prevention: Water Safety</a>



Standard	Description	Health Lessons
<b>Standard 4: Interpersonal Communication Goal</b>		
<b>1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>		
3-5.H.4.1.1	Demonstrate effective verbal and nonverbal communication skills to enhance health.	<a href="#">General Health: When Should I Ask for Help?</a>
		<a href="#">Social Behavior: Resolving Conflicts</a>
		<a href="#">Social Behavior: Assertiveness and Bullying</a>
		<a href="#">Responsible Decision Making: Communicating Online</a>
3-5.H.4.1.2	Demonstrate refusal skills that avoid or reduce health risks.	<a href="#">Social Behavior: Resolving Conflicts</a>
		<a href="#">Healthy Eating and Nutrition: Peer Influence - Substances</a>
		<a href="#">Safety and Accident Prevention: Personal Safety Assistance*</a>
3-5.H.4.1.3	Demonstrate nonviolent strategies to manage or resolve conflict.	<a href="#">General Health: When Should I Ask for Help?</a>
		<a href="#">Social Behavior: Resolving Conflicts</a>
		<a href="#">Social Behavior: Healthy and Unhealthy Influences</a>
		<a href="#">Social Behavior: Assertiveness and Bullying</a>
		<a href="#">Mental Health and Wellness: When I Feel Angry</a>
		<a href="#">Healthy Eating and Nutrition: Peer Influence - Substances</a>
3-5.H.4.1.4	Demonstrate how to ask for assistance to enhance personal health.	<a href="#">General Health: When Should I Ask for Help?</a>
		<a href="#">Mental Health and Wellness: Healthy Coping Strategies</a>
		<a href="#">Safety and Accident Prevention: Personal Safety Assistance*</a>
<b>Standard 5: Decision Making</b>		
<b>Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.</b>		
3-5.H.5.1.1	Identify health-related situations that might require a thoughtful decision.	<a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a>
		<a href="#">Responsible Decision Making: Communicating Online</a>
		<a href="#">Mental Health and Wellness: Healthy Coping Strategies</a>
3-5.H.5.1.2	Analyze when assistance is needed when making a health-related decision.	<a href="#">General Health: When Should I Ask for Help?</a>
		<a href="#">Social Behavior: Healthy and Unhealthy Influences</a>
		<a href="#">Mental Health and Wellness: Healthy Coping Strategies</a>
		<a href="#">Safety and Accident Prevention: Personal Safety Assistance*</a>

# K-5 Idaho Health Correlations • Third Grade



Standard	Description	Health Lessons
3-5.H.5.1.3	List healthy options to health related issues or problems.	<a href="#">Social Behavior: Resolving Conflicts</a>
		<a href="#">Mental Health and Wellness: Healthy Coping Strategies</a>
		<a href="#">Mental Health and Wellness: Managing My Stress</a>
		<a href="#">Healthy Eating and Nutrition: Where Do Nutrients Come From?</a>
		<a href="#">Healthy Eating and Nutrition: Making Nutritional Choices</a>
		<a href="#">Disease and Illness Prevention: Healthy Balance</a>
		<a href="#">Health Toolbox: Menus</a>
3-5.H.5.1.4	Predict the potential outcomes of each option when making a health-related decision.	<a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a>
		<a href="#">Responsible Decision Making: Setting My Intentions</a>
3-5.H.5.1.5	Choose a healthy option when making a decision.	<a href="#">Social Behavior: Resolving Conflicts</a>
		<a href="#">Healthy Eating and Nutrition: Making Nutritional Choices</a>
3-5.H.5.1.6	Describe the outcomes of a health related decision.	<a href="#">Responsible Decision Making: Evaluating Solutions and Consequences</a>
		<a href="#">Responsible Decision Making: Setting My Intentions</a>
		<a href="#">Mental Health and Wellness: When I Feel Angry</a>
<b>Standard 6: Goal Setting</b>		
<b>Goal 1.1: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>		
3-5.H.6.1.1	Set a personal health goal and track progress toward its achievement; evaluate results of decision.	<a href="#">Responsible Decision Making: Time Management and Goal Setting</a>
		<a href="#">Healthy Eating and Nutrition: The Role Water Plays - Going Deeper</a>
		<a href="#">Disease and Illness Prevention: Avoiding Misuse of Medications</a>
3-5.H.6.1.2	Identify resources to assist in achieving a personal health goal.	<a href="#">Responsible Decision Making: Time Management and Goal Setting</a>
		<a href="#">Healthy Eating and Nutrition: The Role Water Plays - Going Deeper</a>

# K-5 Idaho Health Correlations • Third Grade



Standard	Description	Health Lessons
<b>Standard 7: Practice Healthy Behavior</b>		
<b>Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>		
3-5.H.7.1.1	Identify responsible personal health behaviors.	<a href="#">Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Systems</a>
		<a href="#">Healthy Eating and Nutrition: Where Do Nutrients Come From?</a>
		<a href="#">Disease and Illness Prevention: Healthy Balance</a>
3-5.H.7.1.2	Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.	<a href="#">Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper</a>
		<a href="#">Healthy Practices and Hygiene: What Exercise Is Right for Me?</a>
		<a href="#">Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper</a>
		<a href="#">Disease and Illness Prevention: Avoiding Misuse of Medications</a>
3-5.H.7.1.3	Demonstrate a variety of behaviors that avoid or reduce health risks.	<a href="#">Disease and Illness Prevention: Disease Awareness</a>
		<a href="#">Safety and Accident Prevention: Water Safety</a>
		<a href="#">Safety and Accident Prevention: Personal Safety Assistance*</a>
		<a href="#">Safety and Accident Prevention: Safety with Spiders and Insects - Going Deeper</a>
<b>Standard 8: Advocacy</b>		
<b>Goal 1.1: Students will demonstrate the ability to advocate for personal, family, and community health.</b>		
3-5.H.8.1.1	Express opinions and give accurate information about health issues.	<a href="#">Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper</a>
		<a href="#">Disease and Illness Prevention: Disease Awareness</a>
3-5.H.8.1.2	Encourage others to make positive health choices.	<a href="#">General Health: My Health at School</a>
		<a href="#">Social Behavior: Healthy and Unhealthy Influences</a>

# K-5 Idaho Health Correlations • Fourth Grade



Standard	Description	Health Lessons
<b>Standard 1: Comprehend Core Concepts</b>		
<b>Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional, and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development, and Family Life; and Environmental Health.</b>		
3-5.H.1.1.1	Describe the relationship between healthy behaviors and personal health.	<a href="#">Responsible Decision Making: Evaluating My Decisions</a> <a href="#">Healthy Practices and Hygiene: Creating Healthy Habits</a> <a href="#">Healthy Practices and Hygiene: Exploring Lifetime Benefits of Healthy Teeth</a> <a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being</a> <a href="#">Healthy Practices and Hygiene: Setting Sleep Routines</a> <a href="#">Mental Health and Wellness: When I Feel Anxious</a> <a href="#">Healthy Eating and Nutrition: Nutritional Goals</a> <a href="#">Disease and Illness Prevention: Communicable and Noncommunicable Diseases</a> <a href="#">Disease and Illness Prevention: Personal Health Habits</a>
3-5.H.1.1.2	Identify examples of emotional, intellectual, physical, and social health.	<a href="#">Mental Health and Wellness: When I Feel Anxious</a> <a href="#">Mental Health and Wellness: Expressing Empathy</a>
3-5.H.1.1.3	Describe ways in which a safe and healthy school and community environment can promote personal health.	<a href="#">General Health: Health in My Community</a> <a href="#">Mental Health and Wellness: Improving Myself</a>
3-5.H.1.1.4	Describe ways to prevent common childhood injuries and health problems (e.g., second hand smoke/vapors from vaping).	<a href="#">General Health: Health in My Community</a> <a href="#">General Health: Finding the Right Healthy Helper</a> <a href="#">General Health: Preventing an Emergency</a> <a href="#">Healthy Practices and Hygiene: Creating Healthy Habits</a> <a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being</a> <a href="#">Disease and Illness Prevention: Communicable and Noncommunicable Diseases</a> <a href="#">Safety and Accident Prevention: Introduce - Advocating for Accident Prevention</a> <a href="#">Safety and Accident Prevention: Situational Awareness</a> <a href="#">Safety and Accident Prevention: Sharp Objects*</a>
3-5.H.1.1.5	Describe when it is important to seek health care.	<a href="#">Disease and Illness Prevention: Communicable and Noncommunicable Diseases</a> <a href="#">Disease and Illness Prevention: Why Do I Need a Prescription?</a>

# K-5 Idaho Health Correlations • Fourth Grade



Standard	Description	Health Lessons
3-5.H.1.1.6	Describe the impact of health behaviors on body systems.	<a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being</a>
		<a href="#">Healthy Eating and Nutrition: Nutritional Goals</a>
		<a href="#">Disease and Illness Prevention: Communicable and Noncommunicable Diseases</a>
		<a href="#">Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)</a>
		<a href="#">Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, Integumentary Systems)</a>
<b>Standard 2: Analyzing Influences Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.</b>		
<b>Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.</b>		
3-5.H.2.1.1	Describe how the family influences personal health practices and behaviors.	<a href="#">General Health: Finding the Right Healthy Helper</a>
3-5.H.2.1.2	Identify the influences of culture on health practices and behaviors.	<a href="#">General Health: Health in My Community</a>
		<a href="#">Social Behavior: Respecting Individual Differences</a>
		<a href="#">Social Behavior: Healthy and Unhealthy Influences - Going Deeper</a>
3-5.H.2.1.3	Identify how peers can influence healthy and unhealthy behaviors.	<a href="#">Social Behavior: Healthy and Unhealthy Influences - Going Deeper</a>
		<a href="#">Healthy Eating and Nutrition: Refusal Skills - Substances</a>
3-5.H.2.1.4	Describe how the school and community can support personal health practices and behaviors.	<a href="#">General Health: Health in My Community</a>
		<a href="#">Healthy Practices and Hygiene: Creating Healthy Habits</a>
3-5.H.2.1.5	Explain how media influences thoughts, feelings, and health behaviors.	<a href="#">General Health: Discover - Managing My Health Influences</a>
		<a href="#">Social Behavior: Standing Up for Others</a>
		<a href="#">Responsible Decision Making: Sharing Information Online</a>
3-5.H.2.1.6	Describe ways that technology can influence personal health.	<a href="#">Social Behavior: Standing Up for Others</a>
		<a href="#">Responsible Decision Making: Sharing Information Online</a>
<b>Standard 3: Accessing Information</b>		
<b>Goal 1.1: Students will demonstrate the ability to access valid information, products, and services to enhance health.</b>		
3-5.H.3.1.1	Identify characteristics of valid health information, products, and services.	<a href="#">Responsible Decision Making: Evaluating My Decisions</a>
3-5.H.3.1.2	Locate resources from home, school, and community that provide valid health information.	<a href="#">General Health: Health in My Community</a>
		<a href="#">Disease and Illness Prevention: Caring for My Mental Health</a>

# K-5 Idaho Health Correlations • Fourth Grade



Standard	Description	Health Lessons
<b>Standard 4: Interpersonal Communication Goal</b>		
<b>1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>		
3-5.H.4.1.1	Demonstrate effective verbal and nonverbal communication skills to enhance health.	<a href="#">Social Behavior: Reading Body Language</a>
		<a href="#">Responsible Decision Making: Sharing Information Online</a>
		<a href="#">Mental Health and Wellness: Expressing Empathy</a>
		<a href="#">Healthy Eating and Nutrition: Nutritional Goals</a>
3-5.H.4.1.2	Demonstrate refusal skills that avoid or reduce health risks.	<a href="#">Healthy Eating and Nutrition: Refusal Skills - Substances</a>
		<a href="#">Safety and Accident Prevention: Introduce - Advocating for Accident Prevention</a>
		<a href="#">Safety and Accident Prevention: Setting Personal Boundaries*</a>
		<a href="#">Safety and Accident Prevention: Sharp Objects*</a>
3-5.H.4.1.3	Demonstrate nonviolent strategies to manage or resolve conflict.	<a href="#">Social Behavior: Reading Body Language</a>
		<a href="#">Mental Health and Wellness: Managing Overwhelming Emotions</a>
		<a href="#">Mental Health and Wellness: Expressing Empathy</a>
3-5.H.4.1.4	Demonstrate how to ask for assistance to enhance personal health.	<a href="#">General Health: Finding the Right Healthy Helper</a>
		<a href="#">Mental Health and Wellness: Managing Overwhelming Emotions</a>
		<a href="#">Safety and Accident Prevention: Sharp Objects*</a>
<b>Standard 5: Decision Making</b>		
<b>Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.</b>		
3-5.H.5.1.1	Identify health-related situations that might require a thoughtful decision.	<a href="#">Responsible Decision Making: Learning from Situations</a>
		<a href="#">Responsible Decision Making: Evaluating My Decisions</a>
		<a href="#">Responsible Decision Making: Sharing Information Online</a>
		<a href="#">Safety and Accident Prevention: Setting Personal Boundaries*</a>
3-5.H.5.1.2	Analyze when assistance is needed when making a health-related decision.	<a href="#">General Health: Finding the Right Healthy Helper</a>
		<a href="#">General Health: Preventing an Emergency</a>
		<a href="#">Safety and Accident Prevention: Setting Personal Boundaries*</a>
3-5.H.5.1.3	List healthy options to health related issues or problems.	<a href="#">Mental Health and Wellness: Managing Overwhelming Emotions</a>
		<a href="#">Mental Health and Wellness: When I Feel Anxious</a>
		<a href="#">Healthy Eating and Nutrition: Negative Effects of Food</a>
		<a href="#">Disease and Illness Prevention: Why Do I Need a Prescription?</a>



# K-5 Idaho Health Correlations • Fourth Grade



Standard	Description	Health Lessons
3-5.H.5.1.4	Predict the potential outcomes of each option when making a health-related decision.	<a href="#">Responsible Decision Making: Evaluating My Decisions</a>
		<a href="#">Healthy Practices and Hygiene: Exploring Lifetime Benefits of Healthy Teeth</a>
		<a href="#">Disease and Illness Prevention: Why Do I Need a Prescription?</a>
3-5.H.5.1.5	Choose a healthy option when making a decision.	<a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being</a>
		<a href="#">Mental Health and Wellness: Improving Myself</a>
3-5.H.5.1.6	Describe the outcomes of a health related decision.	<a href="#">Responsible Decision Making: Learning from Situations</a>
		<a href="#">Healthy Practices and Hygiene: Exploring Lifetime Benefits of Healthy Teeth</a>
		<a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being</a>
<b>Standard 6: Goal Setting</b>		
<b>Goal 1.1: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>		
3-5.H.6.1.1	Set a personal health goal and track progress toward its achievement; evaluate results of decision.	<a href="#">Responsible Decision Making: Steps to Achieving My Goal</a>
		<a href="#">Healthy Practices and Hygiene: Setting Sleep Routines</a>
		<a href="#">Healthy Eating and Nutrition: Nutritional Goals</a>
		<a href="#">Disease and Illness Prevention: Personal Health Habits</a>
3-5.H.6.1.2	Identify resources to assist in achieving a personal health goal.	<a href="#">Mental Health and Wellness: Managing Overwhelming Emotions</a>
		<a href="#">Disease and Illness Prevention: Personal Health Habits</a>
<b>Standard 7: Practice Healthy Behavior</b>		
<b>Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>		
3-5.H.7.1.1	Identify responsible personal health behaviors.	<a href="#">Healthy Practices and Hygiene: Creating Healthy Habits</a>
		<a href="#">Healthy Practices and Hygiene: Setting Sleep Routines</a>
3-5.H.7.1.2	Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.	<a href="#">Responsible Decision Making: Sharing Information Online</a>
		<a href="#">Healthy Practices and Hygiene: Creating Healthy Habits</a>
		<a href="#">Healthy Eating and Nutrition: Introducing Food Labels</a>
		<a href="#">Disease and Illness Prevention: Communicable and Noncommunicable Diseases</a>
3-5.H.7.1.3	Demonstrate a variety of behaviors that avoid or reduce health risks.	<a href="#">Responsible Decision Making: Sharing Information Online</a>
		<a href="#">Healthy Eating and Nutrition: Negative Effects of Food</a>
		<a href="#">Healthy Eating and Nutrition: Refusal Skills - Substances</a>
		<a href="#">Safety and Accident Prevention: Introduce - Advocating for Accident Prevention</a>
		<a href="#">Safety and Accident Prevention: Situational Awareness</a>

# K-5 Idaho Health Correlations • Fourth Grade



Standard	Description	Health Lessons
<b>Standard 8: Advocacy</b>		
<b>Goal 1.1: Students will demonstrate the ability to advocate for personal, family, and community health.</b>		
3-5.H.8.1.1	Express opinions and give accurate information about health issues.	<a href="#">General Health: Health in My Community</a> <a href="#">Disease and Illness Prevention: Communicable and Noncommunicable Diseases</a>
3-5.H.8.1.2	Encourage others to make positive health choices.	<a href="#">General Health: Health in My Community</a> <a href="#">Healthy Eating and Nutrition: Refusal Skills - Substances</a>

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Standard	Description	Health Lessons
<b>Standard 1: Comprehend Core Concepts</b>		
<b>Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional, and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development, and Family Life; and Environmental Health.</b>		
3-5.H.1.1.1	Describe the relationship between healthy behaviors and personal health.	<a href="#">General Health: Planning My Healthy Future</a> <a href="#">Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper</a> <a href="#">Healthy Eating and Nutrition: Effects on My Body and Mind - Substances</a> <a href="#">Disease and Illness Prevention: Where to Go if I Feel Sad</a> <a href="#">Disease and Illness Prevention: Managing Common Illnesses and Diseases</a> <a href="#">Disease and Illness Prevention: Home, School, and Community</a> <a href="#">Health Toolbox: Equipment and Safety</a>
3-5.H.1.1.2	Identify examples of emotional, intellectual, physical, and social health.	<a href="#">General Health: Planning My Healthy Future</a> <a href="#">General Health: Managing My Health Influences</a> <a href="#">Mental Health and Wellness: Consequences of Stress</a> <a href="#">Mental Health and Wellness: Using My Strengths to Help Others</a> <a href="#">Disease and Illness Prevention: Where to Go if I Feel Sad</a> <a href="#">Disease and Illness Prevention: Managing Common Illnesses and Diseases</a> <a href="#">Disease and Illness Prevention: Home, School, and Community</a>
3-5.H.1.1.3	Describe ways in which a safe and healthy school and community environment can promote personal health.	<a href="#">General Health: Managing My Health Influences</a> <a href="#">Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper</a>
3-5.H.1.1.4	Describe ways to prevent common childhood injuries and health problems (e.g., second hand smoke/vapors from vaping).	<a href="#">General Health: Creating an Emergency Plan</a> <a href="#">Healthy Eating and Nutrition: Eating Disorders</a> <a href="#">Safety and Accident Prevention: Advocating for Accident Prevention</a> <a href="#">Safety and Accident Prevention: Human Trafficking and Gangs*</a> <a href="#">Safety and Accident Prevention: Dangers of Guns and Other Weapons*</a>
3-5.H.1.1.5	Describe when it is important to seek health care.	<a href="#">Healthy Eating and Nutrition: Eating Disorders</a> <a href="#">Disease and Illness Prevention: Managing Common Illnesses and Diseases</a>
3-5.H.1.1.6	Describe the impact of health behaviors on body systems.	<a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper</a> <a href="#">Healthy Eating and Nutrition: Food Labels</a> <a href="#">Disease and Illness Prevention: Managing Common Illnesses and Diseases</a> <a href="#">Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)</a> <a href="#">Health Toolbox: My Amazing Body (Nervous, Digestive, Immune, Integumentary Systems)</a>

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Standard	Description	Health Lessons
<b>Standard 2: Analyzing Influences Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.</b>		
<b>Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.</b>		
3-5.H.2.1.1	Describe how the family influences personal health practices and behaviors.	<a href="#">Social Behavior: Appreciating Diversity</a>
		<a href="#">Healthy Practices and Hygiene: Setting Sleep Routines - Going Deeper</a>
3-5.H.2.1.2	Identify the influences of culture on health practices and behaviors.	<a href="#">General Health: Managing My Health Influences</a>
		<a href="#">Social Behavior: Appreciating Diversity</a>
		<a href="#">Mental Health and Wellness: Using My Strengths to Help Others</a>
3-5.H.2.1.3	Identify how peers can influence healthy and unhealthy behaviors.	<a href="#">General Health: Managing My Health Influences</a>
		<a href="#">Social Behavior: Conflict or Bullying?</a>
		<a href="#">Mental Health and Wellness: Using My Strengths to Help Others</a>
3-5.H.2.1.4	Describe how the school and community can support personal health practices and behaviors.	<a href="#">Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper</a>
		<a href="#">Disease and Illness Prevention: Home, School, and Community</a>
3-5.H.2.1.5	Explain how media influences thoughts, feelings, and health behaviors.	<a href="#">General Health: Managing My Health Influences</a>
		<a href="#">Responsible Decision Making: Identity Protection*</a>
3-5.H.2.1.6	Describe ways that technology can influence personal health.	<a href="#">General Health: Managing My Health Influences</a>
		<a href="#">General Health: Finding Healthy Help Online</a>
		<a href="#">Responsible Decision Making: Identity Protection*</a>
<b>Standard 3: Accessing Information</b>		
<b>Goal 1.1: Students will demonstrate the ability to access valid information, products, and services to enhance health.</b>		
3-5.H.3.1.1	Identify characteristics of valid health information, products, and services.	<a href="#">General Health: Finding Healthy Help Online</a>
		<a href="#">Responsible Decision Making: Using Data to Inform My Decisions</a>
3-5.H.3.1.2	Locate resources from home, school, and community that provide valid health information.	<a href="#">General Health: Managing My Health Influences</a>
		<a href="#">General Health: Finding Healthy Help Online</a>
		<a href="#">Responsible Decision Making: Using Data to Inform My Decisions</a>
		<a href="#">Disease and Illness Prevention: Where to Go if I Feel Sad</a>
		<a href="#">Disease and Illness Prevention: Home, School, and Community</a>

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Standard	Description	Health Lessons
<b>Standard 4: Interpersonal Communication Goal</b>		
<b>1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>		
3-5.H.4.1.1	Demonstrate effective verbal and nonverbal communication skills to enhance health.	<a href="#">General Health: Finding Healthy Help Online</a>
		<a href="#">Social Behavior: Having Difficult Conversations</a>
		<a href="#">Responsible Decision Making: Identity Protection*</a>
		<a href="#">Mental Health and Wellness: When to Ask for Help</a>
3-5.H.4.1.2	Demonstrate refusal skills that avoid or reduce health risks.	<a href="#">Social Behavior: Having Difficult Conversations</a>
		<a href="#">Safety and Accident Prevention: Advocating for Accident Prevention</a>
		<a href="#">Safety and Accident Prevention: Evaluating Personal Safety*</a>
		<a href="#">Safety and Accident Prevention: Human Trafficking and Gangs*</a>
3-5.H.4.1.3	Demonstrate nonviolent strategies to manage or resolve conflict.	<a href="#">Social Behavior: Having Difficult Conversations</a>
		<a href="#">Social Behavior: Conflict or Bullying?</a>
		<a href="#">Social Behavior: Conflict or Bullying?</a>
		<a href="#">Mental Health and Wellness: When to Ask for Help</a>
3-5.H.4.1.4	Demonstrate how to ask for assistance to enhance personal health.	<a href="#">Mental Health and Wellness: Consequences of Stress</a>
		<a href="#">Disease and Illness Prevention: Where to Go if I Feel Sad</a>
		<a href="#">Safety and Accident Prevention: Dangers of Guns and Other Weapons*</a>
		<a href="#">Safety and Accident Prevention: Dangers of Guns and Other Weapons*</a>
<b>Standard 5: Decision Making</b>		
<b>Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.</b>		
3-5.H.5.1.1	Identify health-related situations that might require a thoughtful decision.	<a href="#">Healthy Eating and Nutrition: Food Labels</a>
		<a href="#">Healthy Eating and Nutrition: Nutritional Goals - Going Deeper</a>
		<a href="#">Healthy Eating and Nutrition: Effects on My Body and Mind - Substances</a>
		<a href="#">Disease and Illness Prevention: Importance of Reading Medication Labels</a>
3-5.H.5.1.2	Analyze when assistance is needed when making a health-related decision.	<a href="#">Safety and Accident Prevention: Dangers of Guns and Other Weapons*</a>
		<a href="#">Healthy Eating and Nutrition: Eating Disorders</a>
		<a href="#">Healthy Eating and Nutrition: Effects on My Body and Mind - Substances</a>
		<a href="#">Disease and Illness Prevention: Importance of Reading Medication Labels</a>

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Standard	Description	Health Lessons
3-5.H.5.1.3	List healthy options to health related issues or problems.	<a href="#">General Health: Planning My Healthy Future</a>
		<a href="#">General Health: Creating an Emergency Plan</a>
		<a href="#">Mental Health and Wellness: Consequences of Stress</a>
3-5.H.5.1.4	Predict the potential outcomes of each option when making a health-related decision.	<a href="#">General Health: Planning My Healthy Future</a>
		<a href="#">Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth</a>
		<a href="#">Healthy Eating and Nutrition: Food Labels</a>
3-5.H.5.1.5	Choose a healthy option when making a decision.	<a href="#">Healthy Eating and Nutrition: Nutritional Goals - Going Deeper</a>
		<a href="#">Responsible Decision Making: Tracking My Progress and Perseverance</a>
3-5.H.5.1.6	Describe the outcomes of a health related decision.	<a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper</a>
		<a href="#">Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth</a>
		<a href="#">Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper</a>
		<a href="#">Healthy Eating and Nutrition: Effects on My Body and Mind - Substances</a>
<b>Standard 6: Goal Setting</b>		
<b>Goal 1.1: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>		
3-5.H.6.1.1	Set a personal health goal and track progress toward its achievement; evaluate results of decision.	<a href="#">Responsible Decision Making: Tracking My Progress and Perseverance</a>
		<a href="#">Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper</a>
3-5.H.6.1.2	Identify resources to assist in achieving a personal health goal.	<a href="#">Healthy Eating and Nutrition: Effects on My Body and Mind - Substances</a>
<b>Standard 7: Practice Healthy Behavior</b>		
<b>Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>		
3-5.H.7.1.1	Identify responsible personal health behaviors.	<a href="#">General Health: Finding Healthy Help Online</a>
		<a href="#">General Health: Creating an Emergency Plan</a>
		<a href="#">Social Behavior: Having Difficult Conversations</a>
		<a href="#">Social Behavior: Appreciating Diversity</a>
		<a href="#">Responsible Decision Making: Problem Solving Strategies</a>
		<a href="#">Responsible Decision Making: Using Data to Inform My Decisions</a>
		<a href="#">Mental Health and Wellness: Using My Strengths to Help Others</a>
		<a href="#">Mental Health and Wellness: Managing Multiple Feelings</a>
<a href="#">Disease and Illness Prevention: Managing Common Illnesses and Diseases</a>		

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Standard	Description	Health Lessons
3-5.H.7.1.2	Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.	<a href="#">Healthy Practices and Hygiene: Setting Sleep Routines - Going Deeper</a> <a href="#">Safety and Accident Prevention: Human Trafficking and Gangs*</a>
3-5.H.7.1.3	Demonstrate a variety of behaviors that avoid or reduce health risks.	<a href="#">Mental Health and Wellness: Consequences of Stress</a> <a href="#">Healthy Eating and Nutrition: Nutritional Goals - Going Deeper</a> <a href="#">Disease and Illness Prevention: Home, School, and Community</a> <a href="#">Safety and Accident Prevention: Advocating for Accident Prevention</a> <a href="#">Safety and Accident Prevention: Human Trafficking and Gangs*</a> <a href="#">Safety and Accident Prevention: Dangers of Guns and Other Weapons*</a>
<b>Standard 8: Advocacy</b>		
<b>Goal 1.1: Students will demonstrate the ability to advocate for personal, family, and community health.</b>		
3-5.H.8.1.1	Express opinions and give accurate information about health issues.	<a href="#">Responsible Decision Making: Using Data to Inform My Decisions</a> <a href="#">Safety and Accident Prevention: Advocating for Accident Prevention</a>
3-5.H.8.1.2	Encourage others to make positive health choices.	<a href="#">Social Behavior: Having Difficult Conversations</a> <a href="#">Mental Health and Wellness: Using My Strengths to Help Others</a>





**Growing Stronger  
Bodies & Minds**