



Lessons at a Glance • Health Module View

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Module 1	General Health					
Responsibility for Being Healthy	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?	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	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	What Is an Emergency?	Reporting an Emergency	Reducing Emergency-Causing Hazards	Fire Safety	Preventing an Emergency	Creating an Emergency Plan
Module 2	Social Behavior					
Communicating Effectively	Learning to Listen	Expressing Your Feelings	Asking for Help	Resolving Conflicts	Reading Body Language	Having Difficult Conversations
Being a Good Friend	Making New Friends	Sharing My Strengths	Qualities of a Good Friend	Healthy and Unhealthy Friendships	Respecting Individual Differences	Appreciating Diversity
Healthy and Unhealthy Relationships	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	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	What Is a Problem?	Working Through Problems	Problems, Big and Small	Evaluating Solutions and Consequences	Learning from Situations	Problem-Solving Strategies
Decision-Making	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	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	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	Hygiene Skills	Skeletal, Muscular, Circulatory, and Respiratory Systems	Hygiene Choices	Nervous, Digestive, Immune, and Integumentary Systems	Creating Healthy Habits	Healthy Habits and My Environment
Good Teeth, Good Health	My Teeth and Mouth	How to Brush	Brushing and Flossing	Brushing and Flossing – Going Deeper	Exploring Lifetime Benefits of Healthy Teeth	Lifetime Benefits of Healthy Teeth
Exercise	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	Introducing the Importance of Sleep	Importance of Sleep	What Does Sleep Do for Me?	What Does Sleep Do for Me? – Going Deeper	Setting Sleep Routines	Setting Sleep Routines – Going Deeper
Module 5	Mental Health and Wellness					
Emotional Health	What Are Emotions?	Sharing Happiness	What My Feelings Mean	Healthy Coping Strategies	Managing Overwhelming Emotions	When to Ask for Help
Managing Stress and Trauma	When I Feel Worried	Recognizing Stress	My Personal Stressors	Managing My Stress	When I Feel Anxious	Consequences of Stress
Personal Growth	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	How Do I Feel?	Showing My Feelings	Identifying Strong Feelings	When I Feel Angry	Expressing Empathy	Managing Multiple Feelings
Module 6	Healthy Eating and Nutrition					
Understanding Food	Food and My Body	What Is a Healthy Portion?	The Role of Vitamins and Minerals	Where Do Nutrients Come From?	The Six Major Nutrients	Food Labels
Analyzing My Eating Habits	Can I Eat Anything I Want?	Food Allergies	Reactions from My Food	Making Nutritional Choices	How Food Affects My Body	Eating Disorders
Healthy Eating Habits	Eating Habits	A Balanced Diet	The Role Water Plays	Menu Choices	Nutritional Goals	Eating Habit Influences
Alcohol, Tobacco, and Other Drugs	Harmful Effects – Substances	Avoidance – Substances	Reporting – Substances	Peer Influence – Substances	Refusal Skills – Substances	Effects on My Body and Mind – Substances
Module 7	Disease and Illness Prevention					
Regular Health Physicals and Dental Exams	What Is a Checkup?	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	Cold and Flu	Cold and Flu – Going Deeper	Introducing Disease Awareness	Disease Awareness	Communicable and Noncommunicable Diseases	Managing Common Illnesses and Diseases
Medications and Vaccines	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	Staying Healthy	Protecting Myself and Others	Dimensions of Health	Healthy Balance	Personal Health Habits	Home, School, and Community
Module 8	Safety and Accident Prevention					
Accident Prevention	Helmets and Seat Belts	Common Injuries	Playground Safety	Water Safety	Reducing Risk of Injuries	Advocating for Accident Prevention
Personal Safety	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	Safe Play	Safe and Unsafe Touch*	Strangers	Safe Spaces in the Community	Situational Awareness	Human Trafficking and Gangs*
General Safety Concerns	Protecting My Five Senses	Head Lice	Spiders, Ticks, Mosquitoes, and Other Insects	What Is a Poison?	Sharp Objects*	Dangers of Guns and Other Weapons*