


	EARLY CHILDHOOD	KINDERGARTEN	GRADE ONE	GRADE TWO
<b>Social &amp; Emotional Health</b>	<ul style="list-style-type: none"> <li>Identifying basic expressions of emotions</li> <li>Using emotion words</li> <li>Discussing possible reasons for emotional expressions</li> <li>Recognizing emotions based on facial expressions, vocal intonations and body language</li> <li>Comparing and contrasting family characteristics</li> <li>Understanding and exploring what good friends do</li> <li>Identifying, practicing and evaluating problem solving</li> <li>Increasing self awareness and respecting the personal space of others (consent)</li> <li>Using polite words and manners in social interactions</li> </ul>	<ul style="list-style-type: none"> <li>Showing respect and caring</li> <li>Making and keeping friends</li> <li>Understanding caring touch in positive relationships</li> <li>Identifying and expressing feelings</li> <li>Managing strong feelings</li> <li>Giving and receiving compliments and appreciation</li> <li>Being responsible at home and school</li> <li>Identifying people who can help</li> </ul>	<ul style="list-style-type: none"> <li>Predicting feelings in others</li> <li>Asking how others feel</li> <li>Showing courtesy to others</li> <li>Demonstrating giving and receiving compliments or appreciation</li> <li>Describing ways family members and friends help each other</li> <li>Building friendships by listening</li> <li>Solving problems with a decision-making process (WIN)</li> </ul>	<ul style="list-style-type: none"> <li>Identifying and expressing feelings</li> <li>Handling mixed feelings</li> <li>Expressing feelings and listening</li> <li>Discovering ways to show respect</li> <li>Managing anger and other strong feelings</li> <li>Practicing the WIN steps for decision-making</li> </ul>
<b>Nutrition &amp; Physical Activity</b>	<ul style="list-style-type: none"> <li>Exploring bedtime routine, rest and relaxation</li> <li>Understanding the importance of food for good health</li> <li>Identifying healthy foods</li> <li>Understanding the importance of drinking water for good health</li> <li>Demonstrating ways to move and exercise</li> <li>Practicing yoga as method of exercise</li> </ul>	<ul style="list-style-type: none"> <li>Choosing a variety in foods and snacks for good health</li> <li>Understanding that drinking water is good for health</li> <li>Categorizing foods and snacks into the five food groups</li> <li>Identifying why physical activity is good for health</li> <li>Knowing ways to be physically active</li> </ul>	<ul style="list-style-type: none"> <li>Recognizing the importance of eating a variety of foods from all five food groups</li> <li>Describing the benefits of eating healthy snacks</li> <li>Discovering the benefits of drinking water</li> <li>Describing the benefits of physical activity</li> <li>Knowing how sleep, rest, and physical activity maintain health</li> </ul>	<ul style="list-style-type: none"> <li>Reinforcing the importance of eating foods from all five food groups</li> <li>Explaining the different food groups when combining foods</li> <li>Identifying foods that should be limited</li> <li>Benefits of physical activity</li> </ul>
<b>Safety</b>	<ul style="list-style-type: none"> <li>Identifying and practicing ways to be safe</li> <li>Discuss and practice safety behaviors while riding in a vehicle (car, bus/van)</li> <li>Recognizing safety hazards to maintain personal safety</li> <li>Identifying and practicing safe behavior skills during fire emergencies/drills</li> </ul>	<ul style="list-style-type: none"> <li>Recognizing dangerous and destructive situations that need adult help</li> <li>Demonstrating pedestrian safety</li> <li>Knowing rules for dangerous objects and weapons</li> <li>Understanding how and when to dial 911</li> <li>Applying strategies to avoid inappropriate touch</li> <li>Identifying trusted adults who can help</li> </ul>	<ul style="list-style-type: none"> <li>Applying strategies and rules for wheeled recreation hazards, safety, and safety gear</li> <li>Preventing fire and burn hazards</li> <li>Demonstrating actions to take in a fire emergency</li> <li>Describing and practicing situations that are dangerous, destructive, and disturbing and need adult help</li> <li>Escaping dangerous situations</li> <li>Defining an emergency and when to dial 911</li> <li>Applying strategies to get away in cases of inappropriate touch or abduction</li> <li>Demonstrating how to ask a trusted adult for help</li> </ul>	<ul style="list-style-type: none"> <li>Assessing safe use of wheeled recreational equipment e.g., bicycles, skateboards, skates</li> <li>Identifying safety precautions in or near water</li> <li>Developing strategies for Internet safety</li> <li>Demonstrating strategies to get away in cases of inappropriate touch or abduction</li> <li>Practice avoiding unsafe situations and asking trusted adults for help</li> </ul>
<b>Alcohol, Tobacco, &amp; Other Drugs</b>	<p style="text-align: center;"><b>MICHIGAN MODEL FOR HEALTH™</b> <b>SCOPE &amp; SEQUENCE</b> Grades PreK-6</p>		<ul style="list-style-type: none"> <li>Applying how to safely use over-the-counter and prescription medicines</li> <li>Identifying household products that can be dangerous</li> <li>Reviewing labels and ways to avoid poisons</li> <li>Recognizing adults as trustworthy sources of information about potential poisonous household products</li> <li>Identifying harmful chemicals in tobacco products</li> <li>Assessing dangers of secondhand smoke and ways to avoid or reduce exposure</li> </ul>	<ul style="list-style-type: none"> <li>Identifying sources of caffeine and their impact on the body</li> <li>Explaining that nicotine and alcohol are drugs and should be avoided</li> <li>Applying skills to avoid exposure to secondhand smoke</li> </ul>
<b>Personal Health &amp; Wellness</b>	<ul style="list-style-type: none"> <li>Identifying practices for preventing the spread of germs, e.g., handwashing, coughing into arm</li> <li>Practicing proper handwashing</li> <li>Internalizing steps for using the bathroom at school e.g., Bathroom Sequence Chart</li> <li>Understanding the importance of following illness prevention rules and practices for coughing, sneezing and runny noses</li> <li>Practicing good oral health and hygiene, e.g., toothbrushing and flossing</li> </ul>	<ul style="list-style-type: none"> <li>Practicing proper hand washing to prevent the spread of germs</li> <li>Demonstrating and explaining how to properly take care of teeth</li> <li>Encouraging peers to make positive choices for personal health</li> </ul>	<ul style="list-style-type: none"> <li>Practicing skills for stopping the spread of germs e.g., covering sneezes and washing hands</li> <li>Explaining ways to take care of teeth</li> </ul>	

	GRADE THREE	GRADE FOUR	GRADE FIVE	GRADE SIX
Social & Emotional Health	<ul style="list-style-type: none"> <li>Analyzing influences of positive role models and friends</li> <li>Making and keeping friends</li> <li>Recognizing special talents in self and others</li> <li>Respecting differences and supporting others</li> <li>Helping others who are bullied</li> <li>Identifying when to get help from adults</li> <li>Demonstrating thanks and appreciation</li> <li>Expressing annoyance respectfully</li> </ul>	<ul style="list-style-type: none"> <li>Managing strong feelings</li> <li>Introducing I-Messages</li> <li>Practicing positive self-talk</li> <li>Describing effects of teasing and bullying</li> <li>Protecting self and others who are bullied and teased</li> <li>Demonstrating the WISE decision-making and problem-solving skills</li> <li>Developing non-violent conflict resolution skills</li> </ul>	<ul style="list-style-type: none"> <li>Identifying feelings of different intensities in self and others</li> <li>Application of managing strong feelings</li> <li>Applying I-messages</li> <li>Introducing positive self-talk</li> <li>Protecting self and others when bullied or harassed</li> <li>Demonstrating assertive communication and listening skills</li> <li>Identifying situations that could lead to trouble</li> <li>Practicing the WISE decision-making and problem-solving skills</li> <li>Demonstrating how to get help for self and others in dangerous situations</li> <li>Practicing non-violent conflict resolution skills</li> <li>Setting personal goals</li> <li>Advocating for a healthy school environment</li> </ul>	<ul style="list-style-type: none"> <li>Analyzing positive and negative risks of friendships</li> <li>Demonstrating effective listening skills and expressing appreciation</li> <li>Understanding when to use assertive communication, including I-messages</li> <li>Practice managing strong feelings</li> <li>Dealing with angry feelings using the COOL steps</li> <li>Getting help when decision-making and problem-solving skills</li> <li>Evaluating solutions or problems and decisions</li> <li>Analyzing non-violent conflict resolution skills</li> <li>Defining and managing stress</li> </ul>
Nutrition & Physical Activity	<ul style="list-style-type: none"> <li>Identifying the Magic Numbers: 5 (food groups) and 60 (minutes of exercise)</li> <li>Analyzing how food advertising can impact eating behaviors</li> <li>Describing the three types of physical activity</li> <li>Developing a plan to be physically active</li> <li>Advocating for healthy eating and daily activity</li> </ul>	<ul style="list-style-type: none"> <li>Describing the food groups and their benefits</li> <li>Identifying daily amounts to eat from each food group and how to estimate amounts</li> <li>Understand how to "Fill Your Plate" with recommended quantity of food</li> <li>Analyzing the influence of food and beverage advertising</li> <li>Balancing the daily recommended amounts of physical activity and sleep</li> <li>Incorporating adequate sleep, rest, and physical activity into a healthy daily routine</li> </ul>	<ul style="list-style-type: none"> <li>Identifying the six nutrients and their benefits</li> <li>Using food labels to determine information about a food</li> <li>Choosing water as a preferred beverage</li> <li>Analyzing the Dietary Guidelines when choosing foods</li> <li>Assessing meals using the "Fill Your Plate" visual</li> <li>Evaluating meals and making recommendations for improvement</li> </ul>	<ul style="list-style-type: none"> <li>Preventing foodborne illnesses</li> <li>Understanding the benefits of healthy eating and physical activity</li> <li>Applying the dietary guidelines to an individual</li> <li>Analyzing body image and healthy weight</li> <li>Describing influences on eating, activity and sleep</li> <li>Using the Dietary Guidelines to make a personal plan</li> <li>Supporting others to eat healthy and be active</li> </ul>
Safety	<ul style="list-style-type: none"> <li>Identifying safe and unsafe passenger behaviors</li> <li>Describing how booster seats and safety belts help passengers stay safe</li> <li>Identifying and responding to dangerous, destructive and disturbing situations e.g., Internet hazards, weapons, inappropriate touch</li> </ul>	<ul style="list-style-type: none"> <li>Preventing fire and burn hazards</li> <li>Creating and practicing a home fire escape plan</li> <li>Identifying strategies to prevent injuries</li> <li>Learning ways to stay safe when home alone</li> <li>Defining emergencies and how to make emergency phone calls</li> <li>Preventing injury from dangerous objects, including weapons</li> <li>Using the Internet safely and identifying online hazards</li> <li>Introduce setting boundaries, appropriate touch and strategies to prevent child sexual abuse and abduction</li> </ul>	<ul style="list-style-type: none"> <li>Preventing injuries related to sun, water and ice</li> <li>Predicting safety hazards when home alone and how to stay safe</li> <li>Making an emergency phone call</li> <li>Developing safety strategies when in public places, including when alone in public places</li> <li>Apply setting boundaries, appropriate touch, and identifying strategies for getting help</li> <li>Applying prevention strategies for child sexual abuse and abduction</li> </ul>	<ul style="list-style-type: none"> <li>Understanding seatbelt safety and impact of car passenger behavior</li> <li>Analyzing safety strategies when in public places, including escaping when weapons are present</li> <li>Demonstrating the ability to follow school procedures and escape in crisis situations</li> <li>Applying strategies to safe when using the Internet</li> <li>Getting adult help with Internet safety</li> <li>Advocating for self and others to practice safe behaviors online</li> <li>Setting boundaries, understanding appropriate touch, and reinforcing that abuse is not a child's fault</li> <li>Reinforcing strategies to prevent child sexual abuse and abduction</li> </ul>
Alcohol, Tobacco, & Other Drugs	<ul style="list-style-type: none"> <li>Knowing the differences between medicines and poisons</li> <li>Identifying the negative effects of tobacco use</li> <li>Recognizing strategies used by the media to encourage or discourage tobacco use</li> <li>Identifying the short- and long- term effects of alcohol</li> <li>Determining positive influences to stay drug free</li> <li>Introducing refusal skills to avoid alcohol, tobacco or other drugs</li> </ul>	<ul style="list-style-type: none"> <li>Reinforcing dangers of secondhand smoke and ways to avoid or reduce exposure</li> <li>Exploring why individuals choose to drink or not to drink</li> <li>Explaining how decisions about alcohol and other drug use impact family and friends</li> <li>Analyzing how family and friends influence alcohol and other drug use decisions</li> <li>Describing the influence of advertising</li> <li>Applying refusal skills to avoid alcohol, tobacco and other drugs</li> </ul>	<ul style="list-style-type: none"> <li>Describing the dangers of inhalant use and how to avoid exposure</li> <li>Assessing the influence of family and peers on drug use</li> <li>Recognizing rules for safety around dangerous or unknown products</li> <li>Identifying the effects of smoking tobacco, secondhand smoke, and use of spit tobacco</li> <li>Advocating for someone to avoid tobacco use or quit using</li> <li>Analyzing tobacco advertisements</li> <li>Demonstrating refusal skills to avoid alcohol, tobacco, and other drugs</li> <li>Knowing the effects of alcohol, especially when driving a vehicle</li> <li>Explaining the impact alcohol and tobacco use has on friends and family</li> <li>Practicing ways to avoid riding with a driver who has been drinking</li> </ul>	<ul style="list-style-type: none"> <li>Assessing possible reasons people use or don't use drugs</li> <li>Recognizing negative health effects of drug use</li> <li>Analyzing drug use data</li> <li>Persuading others to stay drug free</li> <li>Influences of family, society and peers on drug use</li> <li>Determining the impact of drug use on personal goals</li> <li>Explaining school rules and laws related to tobacco</li> <li>Reinforcing refusal skills to avoid alcohol, tobacco and other drugs</li> <li>Assessing the validity of community and Internet resources</li> <li>Identifying ways to be supportive of friends and family trying to quit drug use</li> <li>Developing ways to avoid riding with a driver who has been drinking and what to do if it can't be avoided</li> <li>Demonstrating the benefits of living drug-free</li> <li>Making a drug-free commitment</li> </ul>
Personal Health & Wellness	<ul style="list-style-type: none"> <li>Describing basic body hygiene</li> <li>Practicing hand washing</li> <li>Planning for good body hygiene</li> </ul>		<ul style="list-style-type: none"> <li>Explaining the importance of keeping the body clean</li> <li>Practicing proper hygiene</li> <li>Recognizing the influence of media on products purchased and on body image</li> <li>Analyzing advertisements for information</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrating skills for reducing the spread of germs</li> </ul>
HIV Prevention		<ul style="list-style-type: none"> <li>Defining HIV and AIDS</li> <li>Describing how HIV is and isn't transmitted</li> <li>Exploring how to protect oneself and others from HIV</li> <li>Understanding the importance of being compassionate when others are ill</li> </ul>	<ul style="list-style-type: none"> <li>Defining HIV and AIDS</li> <li>Describing how HIV is and isn't transmitted</li> <li>Exploring how to protect oneself and others from HIV</li> <li>Understanding the importance of being compassionate when others are ill</li> </ul>	