



Michigan Model for Health™ and CASEL SEL Competencies Alignment

The health standards, skills, and topics taught in Michigan Model for Health™ (MMH) and the Social Emotional Learning (SEL) Competencies put forth by the Collaborative on Academic and Social Emotional Learning (CASEL) are tightly aligned. In this document you will first find key components of each and the overall big picture of this alignment; followed by a smaller grain size illustration of the alignment of Michigan Model for Health™ (MMH) by grade level, topic, learning objective, and standards to the SEL Competencies and their key indicators.



“Comprehensive school health education is a planned sequential curriculum with each lesson and activity building on the last. It is intended to address not only the physical, but also the social and emotional dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, enabling students to develop the skills and attitudes necessary for health-related problem solving and informed decision making.”

- National Center for Health Education

What is the Michigan Model for Health?

The Michigan Model for Health™ (MMH) is an evidence-based, comprehensive health education curriculum that targets Pre-K through 12th grade students, utilizing a skills-based approach. MMH is a SEL selected curriculum by CASEL. The curriculum teaches students the knowledge and skills they need to build and maintain healthy behaviors and lifestyles. Age-appropriate and sequential lessons focus on the most serious health challenges school-aged children face. The MMH is written to align with the National and Michigan Health Education Standards.

In the table below are the eight health standards and their corresponding definitions.

Standards	
Core Concepts	Students comprehend concepts related to health-promotion and disease prevention to enhance health.
Analyzing Influences	Students analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
Accessing valid and reliable information	Students demonstrate the ability to access valid information and products and services to enhance health.
Interpersonal Communication Skills	Students demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
Decision-Making	Students demonstrate the ability to use decision-making skills to enhance health.
Goal Setting	Students demonstrate the ability to use goal-setting skills to enhance health.
Self-Management (practicing health behaviors)	Students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks
Advocacy	Students demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards (NHES)



What are the Social Emotional Learning Competencies?

Research shows that SEL not only improves achievement...but it also increases prosocial behaviors (such as kindness, sharing, and empathy), improves student attitudes toward school, and reduces depression and stress among students. (Durlak et al., 2011)



There are five Social Emotional Learning (SEL) Competencies put forth by the Collaborative on Academic and Social Emotional Learning (CASEL). These are the foundational competencies students and adults need to achieve social emotional learning mastery. In the following table are the five competencies and their definitions.

SEL Competencies	
Self-Awareness	The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset”.
Self-Management	The ability to successfully regulate one’s emotions, thoughts, and behaviors in different situations – effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.
Social Awareness	The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.
Relationship Skills	The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.
Responsible Decision-Making	The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

The table below shows the alignment of the health education standards and the SEL Competencies put forth by CASEL.

Michigan Model for Health™ Standards (Skills)	CASEL Social Emotional Learning Competencies
Core Concepts	Self-Awareness
Analyzing Influences	Self-Awareness Social Awareness
Accessing valid and reliable information	Social Awareness
Interpersonal Communication	Relationship Skills
Decision-Making	Responsible Decision-Making
Goal Setting	Self-Management
Self-Management (practicing health behaviors)	Self-Management
Advocacy	Relationship Skills

From the SHAPE America NHES/SEL Crosswalk, 2021



Michigan Model for Health™ and CASEL’s SEL Competencies by Grade level

The Michigan Model for Health™ (MMH) has units, or health topics, it covers at every grade-level, which follow with the Grade Level Content Expectations and Michigan Merit Curriculum requirements for Health Education in the State of Michigan. These are directly aligned to the SEL Competencies. The core MMH topics are **Social Emotional Health; Nutrition and Physical Activity; Alcohol, Tobacco and Other Drugs; Safety; and Personal Health and Wellness.**

HIV, STDs, and pregnancy prevention are covered at certain grades and through adoption process with the School Board and, depending on the content, a district Sex Education Advisory Board.

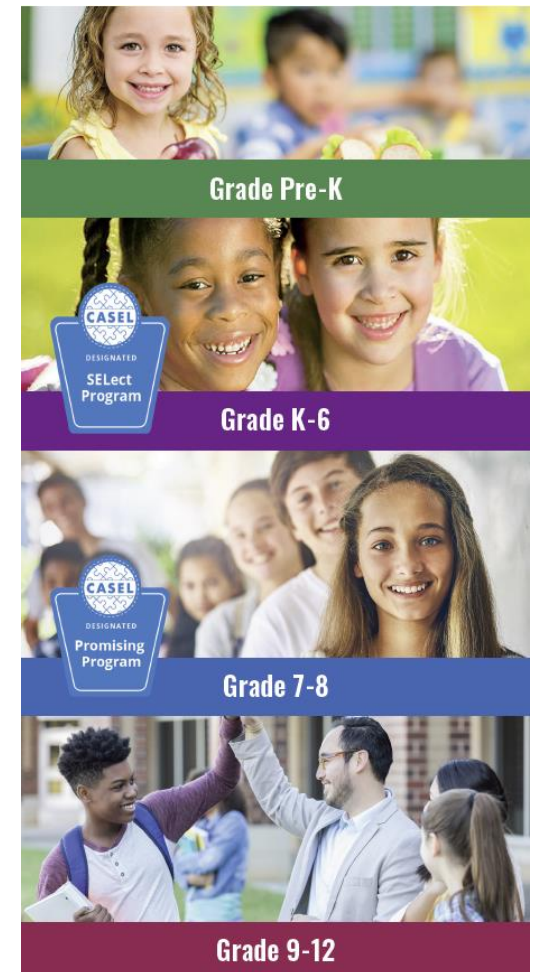
Michigan Model for Health™ teaches the standards (skills) in each topic area, therefore, SEL Competencies are taught regardless of if social emotional health or another topic area are being covered (e.g., Nutrition, Safety). It is important to note that the Social Emotional Health unit is the backbone of the MMH curriculum and is always taught first.

Below you will see the grade level being taught, and then several tables representing each topic area for that grade. Within each topic area table, there are several learning objectives listed. These objectives are then aligned in the table to the Health Standards (skills) being taught, the corresponding SEL Competencies, and the common indicators for each competency. Please note, the learning objectives are not specific to every lesson or teaching strategy used in a topic area and are more key learnings. To examine each lesson in each grade and topic, work with your Regional School Health Coordinator to discuss access. The Key SEL Indicators are the general indicators one might find; meaning they are some of the most typical indicators and are not an exhaustive list for each SEL competency.


Navigating the rest of this document can be done two ways. Using the footer page that indicates which grade you are on, and using the following table of contents (the grade and page number are hyperlinked):

Grade	Page
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Grade	Page
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Kindergarten

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Social Emotional Health 	Lesson 1 - Showing respect and caring Objectives 1 & 2	Interpersonal Communication	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
	Lesson 2 - Making friends Objective 2	Interpersonal Communication	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
	Lesson 3 - Understanding caring touch and positive relationships Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lesson 4 - Identifying and expressing feelings Objectives 1 & 2	Core Concept	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lesson 5 - Managing strong feelings Objectives 1 & 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Stress Management ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 6 - Expressing strong feelings appropriately Objective 1	Interpersonal Communication	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
	Lesson 7 - Giving and receiving compliments and appreciation Objective 1	Interpersonal Communication	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
	Lesson 8 - Being Responsible at home and school Objective 1	Self- Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Stress Management ✓ Self-Discipline ✓ Self-Motivation

			<ul style="list-style-type: none"> ✓ Goal Setting ✓ Organizational Skills
	Lesson 8 - Identifying people who can help Objective 2	Accessing Information	Social Awareness <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Nutrition and Physical Activity 	Lesson 1 - Choosing a variety in foods and snacks and drinking water for good health Objectives 1 & 2 Objective 3	Core Concepts Self-Management	Self-Awareness Self-Management	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Stress Management ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 2 - Categorizing foods and snacks into the five food groups Objectives 1 & 2 Objective 3	Core Concepts Self-Management	Self-Awareness Self-Management	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 3 - Identifying why physical activity is good for health and ways to be physically active Objective 1 Objective 2	Core Concepts Self-Management	Self-Awareness Self-Management	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control

			<ul style="list-style-type: none"> ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
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MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Safety 	Lesson 1 - Recognizing dangerous and destructive situations that need adult help Objectives 1 & 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
	Lesson 2 - Demonstrating pedestrian safety Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
		Objective 2	Self-Management	Self-Management
	Lesson 3 - Knowing the rules for dangerous objects and weapons Objectives 2 and 3	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills.
	Lesson 4 - Understanding when and how to dial 911. Objective 1	Accessing Information	Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Lesson 5 - Applying Strategies to avoid unsafe touch Objectives 3 & 5	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
	Identifying trusted adults who can help Objective 4	Accessing Information	Social-Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy

				<ul style="list-style-type: none"> ✓ Appreciating Diversity ✓ Respect for Others
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MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Alcohol, Tobacco and Other Drugs 	Lesson 1 - Knowing how to safely use over-the-counter medicines Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objective 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
	Lesson 2 - Identifying household products that can be dangerous and the rules handling household products and poisons Objective 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
	Lesson 2 - Recognizing trustworthy sources and people for information Objective 3	Accessing Information	Social-Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others


MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Personal Health and Wellness 	Lesson 1 - Demonstrate proper hand washing to prevent the spread of germs Objective 1	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
	Lesson 2 - Demonstrating and explaining how to properly take care of teeth Objective 3	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
	Lesson 3 - Encouraging peers to make positive choices for personal health Objective 1	Advocacy	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork

Grade 1

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Social Emotional Health 	Lessons 1 & 2 - Predicting feelings in others and asking how others feel Objective 1 (both lessons)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
	Lessons 3 & 4 - Showing courtesy to others and demonstrating giving and receiving complements or appreciation Objective 1 (both lessons)	Interpersonal Communication	Relationships Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
	Lesson 5 - Describing how family members and friends help each other Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lesson 6 - Building friendships by listening Objective 1	Core Concept	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objective 2	Interpersonal Communication	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
Lessons 7 & 8 - Solving problems with the WIN decision-making process Objective 1 (both lessons)	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy 	
Objective 2 (Lesson 7)	Accessing Information	Social-Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity 	

Objective 2 (Lesson 7)	Analyzing Influences	Social/Self-Awareness	<ul style="list-style-type: none"> ✓ Respect for Others
Objective 2 (both lessons)	Decision-Making	Responsible Decision-Making	<ul style="list-style-type: none"> See each above ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Ethical Responsibility


MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Nutrition and Physical Activity 	Lesson 1 - Recognizing the importance of eating a variety of food from all five food groups Objective 2 Objective 1	Self-Management Core Concepts	Self-Management Self-Awareness	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lesson 2 - Describing the benefits of eating healthy snacks and drinking water Objective 2 Objective 1 & 3	Self-Management Core Concepts	Self-Management Self-Awareness	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lesson 3 - Knowing how sleep, rest, and physical activity are important to maintain health Objectives 1 & 2	Core Concepts	Self-awareness	Same as above


MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Safety 	Lesson 1 - Applying strategies and rules for wheeled recreation hazards, safety, and safety gear Objective 1 Objective 2	Core Concepts Self-Management	Self-Awareness Self-Management	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
	Lessons 2 thru 4 - Preventing fire and burn hazards and actions to take in a fire emergency Objective 1 Objective 2 (Lesson 2) , Objective 1 (Lesson 3) & Objective 1 (Lesson 4)	Core Concepts Self-Management	Self-Awareness Self-Management	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
	Lesson 5 - Describing and practicing escaping situations that are dangerous, destructive, or disturbing and the need for adult help Objectives 1 & 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
	Lesson 6 - Demonstrating how and when to use 911 in an emergency Objective 1	Accessing Information	Social-Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Lesson 7 - Applying strategies to avoid and try to get away in cases of unsafe touch, and how to ask a trusted adult for help Objectives 1 & 2	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy

	Objectives 3 & 5	Self -Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
	Objective 4	Accessing Information	Social-Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others


MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Alcohol, Tobacco and Other Drugs 	Lesson 1 - Applying how to use over the counter and prescription medicines and understanding what illicit drugs are Objectives 1 & 2	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objective 3	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
	Lesson 2 - Identifying household products that can be dangerous Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lesson 2 - Reviewing labels and ways to avoid poisons and recognizing adults as trustworthy sources of information about potential poisonous household products Objectives 3 & 4	Accessing Information	Social-Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Lesson 3 - Identifying harmful chemicals in tobacco products and assessing the dangers of			<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception


	second-hand smoke and e-cigarette aerosol and ways to reduce or avoid exposure Objective 1 Objective 2	Core Concepts Self-Management	Self-Awareness Self-Management	<ul style="list-style-type: none"> ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
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MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Personal Health and Wellness 	Lessons 1 & 2 - Practicing skills for stopping the spread of germs e.g., covering sneezes and washing hands Objective 1 (both lessons)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 2 - Explaining ways to take care of teeth and preventing tooth decay Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objective 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills


MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Social Emotional Health 	Lessons 1 & 2 - Identifying and expressing feelings and handling mixed feelings Objective 1 (Lesson 1) Objective 2 (Lesson 2)	Core Concepts	Self-Awareness	✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objective 2 & 3 (Lesson 1) Objective 1 (Lesson 2)	Self-Management	Self-Management	✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Objective 3 (Lesson 1)	Interpersonal Communication	Relationship Skills	✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
	Lessons 3 & 4 - Expressing feelings and listening to others with respect Objective 1 (Lesson 3)	Self-Management	Self-Management	✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
	Objective 1 (Lesson 3) & Objectives 1 & 2 (Lesson 4)	Interpersonal Communication	Relationship Skills	✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
Lessons 5 & 6 - Discovering ways to show respect for others feeling, rights, and property Objective 1 (Lesson 5) Objectives 1 & 2 (Lesson 6)	Self-Management	Self-Management	✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills	
Lesson 5 - Identifying appropriate caring touch in positive relationships Objective 2	Core Concepts	Self-Awareness	✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy	

	Lesson 7 - Managing anger and other strong feelings Objective 1	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Objective 1	Interpersonal Communication	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
	Lesson 8 - Practicing the WIN Steps for decision-making and who can help Objective 1	Decision Making	Responsible Decision-Making	<ul style="list-style-type: none"> ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility
Objective 1 & 2	Accessing Information	Social-Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others 	

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Nutrition and Physical Activity 	Lessons 1 & 2 - Reinforcing the importance of eating from all five food groups and combining food groups, while identifying foods that should be limited All objectives	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lesson 3 - Identifying the benefits of physical activity and how physical activity goes hand in hand with nutrition Objective 4	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Safety 	Lesson 1 - Assessing safe use of wheeled recreational equipment e.g., bicycles, skateboards, skates Objective 1 & 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills

<p>Lesson 2 - Identifying safety precautions in or near water Objectives 1 & 2</p>	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
<p>Lesson 3 - Developing strategies for internet safety Objectives 1 & 2</p>	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
Objective 3	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
<p>Lessons 4 - Demonstrating strategies to avoid and try to get away in cases of unsafe touch and strategies to avoid personally unsafe touch Objectives 1 & 2</p>	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
Objectives 3 & 5 (Lesson 4)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
<p>Lessons 4 & 5 - Practicing how to avoid or getting away from unsafe situations and asking a trusted adult for help Objective 4 (Lesson 4)</p>	Accessing Information	Social-Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
Objective 1 (Lesson 5)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Alcohol, Tobacco and Other Drugs 	Lesson 1 - Identifying sources of caffeine and their impact on the body Objective 1 Objective 2	Core Concepts Self-Management	Self-Awareness Self-Management	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 2 – Identifying over the counter, prescription medicines and illicit drugs and how to stay safe Objective 1 Objective 2 Objective 3	Core Concepts Self- Management Interpersonal Communication	Self-Awareness Self-Management Relationships Skills	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
	Lesson 3 - Explaining that nicotine and alcohol are drugs and should be avoided Objectives 1-4	Core Concepts	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 4 - Applying skills to avoid exposure to secondhand smoke and e-cigarette aerosol Objectives 1 & 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills

MMH Unit
Personal
Health and
Wellness



MMH Lessons & Learning Objectives

Health Standards


SEL Competencies

Key SEL Indicators


There are no lessons in this topic area for Second grade.

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Social Emotional Health 	Lesson 1 - Analyzing Influences of positive role models and friends Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objective 2	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Lesson 2 - Making and keeping friends Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objective 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Objective 2	Interpersonal Communication	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
	Lesson 3 - Recognizing special talents in self and others Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objective 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation


			<ul style="list-style-type: none"> ✓ Goal Setting ✓ Organizational Skills
<p>Lessons 4 & 5 - Demonstrate the ability to support and respect people with differences and identify ways people help each other Objectives 1 & 2 (Lesson 4) Objectives 1 & 2 (Lesson 5)</p> <p>Objective 1 (Lesson 5)</p>	<p>Self-Management</p> <p>Interpersonal Communication</p>	<p>Self- Management</p> <p>Relationship Skills</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
<p>Lesson 6 - Helping others and when to get help from adults Objective 1</p>	<p>Self-Management</p>	<p>Self-Management</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
<p>Lesson 7 - Demonstrate expressing thanks, appreciation, and annoyance respectfully Objective 1</p>	<p>Interpersonal Communication</p>	<p>Relationship Skills</p>	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
<p>Nutrition and Physical Activity</p> 	<p>Lesson 1 - Identifying the Magic Numbers - 5 (food groups) and 60 (minutes of physical activity) -and explain the benefits of eating healthy and being active Objective 1 & 2</p>	<p>Core Concepts</p>	<p>Self-Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	<p>Lesson 2 - Identify strategies used to advertise food products and how it impacts eating behaviors Objectives 1 & 2</p>	<p>Analyzing Influences</p>	<p>Self and Social Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	<p>Lessons 3 & 4 - Developing a plan to be physically active</p>			<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions


Objective 1 (Lesson 3)	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
Objective 1 (Lesson 4)	Goal Setting	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
Lesson 5 - Advocating for healthy eating and daily activity Objective 1	Advocacy	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Safety 	Lessons 1 & 2 - Identifying safe and unsafe passenger behaviors and how personal behaviors influence safety belt and booster seat use Objective 1 & 2 (Lesson 1)	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Objective 2 (Lesson 2)	Analyzing Influences	Self and Social-Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Objective 1 (Both lessons)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lessons 3 & 4 - Identifying and responding to dangerous, destructive, and disturbing situations e.g., internet hazards, weapons, unsafe touch. Objectives 1 & 2 (Lesson 3) Objectives 3 & 4 (Lesson 4)	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others


	Objectives 3 & 4 (Lesson 3) Objective 1 (Lesson 4)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Objective 4	Accessing Information	Social-Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Lesson 4 - Describing how to ask a trusted adult for help. Objective 4	Accessing Information	Social-Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others


MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Alcohol, Tobacco and Other Drugs 	Lesson 1 - Knowing the rules for safe medicine use, identifying how to prevent poisoning, and actions to take if a poisoning emergency occurs Objectives 1 thru 3	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 2 - Identifying the negative effects of tobacco use Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lesson 3 - Recognizing strategies used by the media to encourage or discourage tobacco use Objective 1	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others


	Lessons 4 & 5 - Identify short and long-term effects of alcohol and marijuana use Objectives 1 & 2 (Lesson 4) Objectives 1 & 2 (Lesson 5)	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lesson 6 - Determining positive influences to stay drug free Objective 1	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Lesson 7 - Using refusal skills to avoid alcohol, tobacco, marijuana, misuse of prescription medicine e.g., opioids and other drugs Objective 1 Objective 2	Self-Management Interpersonal Communication	Self-Management Relationship Skills	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Personal Health and Wellness 	Lesson 1 - Describing basic body hygiene Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lessons 1 & 2 - Practicing hand washing Objective 2 (Lesson 1) Objective 1 (Lesson 2)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 2 - Planning for good body hygiene Objective 2	Goal Setting	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline

			<ul style="list-style-type: none">✓ Self-Motivation✓ Goal Setting✓ Organizational Skills
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MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Social Emotional Health 	Lessons 1 & 2 - Managing strong feelings and using positive self-talk and I-Statements Objective 1 (both lessons)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 3 - Describing the effects of teasing and bullying Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lessons 3 & 4 - Protecting self and others who are bullied and teased Objective 2 (Lesson 3) Objectives 1 & 2 (Lesson 4)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lessons 5, 6 & 7 - Demonstrating the WISE decision-making and problem-solving skills model and identifying people that can help Objectives 1 & 2 (Lesson 5) Objective 1 (Lessons 6 & 7)	Decision-Making	Responsible Decision-Making	<ul style="list-style-type: none"> ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility
	Objective 2 (Lesson 5)	Accessing Information	Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Lessons 8 & 9 - Developing and practicing non-violent conflict resolution skills Objectives 1 & 2 (Lessons 8 & 9)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
Objectives 1 & 2 (Lesson 9)	Interpersonal Communication	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork 	

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Nutrition and Physical Activity 	Lessons 1 & 2 - Describing the food groups, their benefits, the daily amounts to eat, and how to estimate those amounts Objectives 1 & 2 (both lessons)	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objective 3 (both lessons)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 3 - Analyzing the influence of food and beverage advertising Objective 1 & 2	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Lesson 4 - Balancing daily recommended amounts of physical activity and sleep, and incorporating sleep, rest and physical activity into a healthy daily routine Objective 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Objective 3	Goal Setting	Self-Management	


MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Safety 	Lessons 1 & 2 Preventing fire and burn hazards and creating and practicing a home fire escape plan Objectives 1 (Lesson 1)	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy


Objective 2 (Lesson 1) Objectives 1 & 2 (Lesson 2)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills
Lesson 3 - Identifying differences between prescription (e.g. opioids), and over-the-counter medicines and rules for safe use Objectives 2,3 & 4	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
Lesson 4 - Identifying strategies to prevent injuries Objective 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
Lesson 5 - Defining emergencies and how to make emergency phone calls Objective 1	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
Objective 2	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
Objectives 3 & 4	Accessing Information	Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
Lesson 6 - Preventing injury from dangerous objects, including weapons Objectives 2 & 3	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths

			<ul style="list-style-type: none"> ✓ Self-confidence ✓ Self-efficacy
<p>Lesson 7 - Using the internet safely and identifying online hazards</p> <p>Objective 1</p>	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
Objective 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
<p>Lesson 8 - Introducing setting personal boundaries and identifying safe, confusing, and unsafe touch</p> <p>Objectives 1, 2, & 3</p>	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
Objective 4	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
<p>Demonstrating strategies to avoid and to try to get away from unsafe touch, including asking a trusted adult for help</p> <p>Objective 5</p>	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
Objective 6	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Alcohol, Tobacco and Other Drugs 	Lesson 1 - Reinforcing the dangers of secondhand smoke and e-cigarette aerosol and ways to avoid or reduce exposure Objective 1 Objective 2	Core Concepts Self-Management	Self-Awareness Self-Management	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 2 - Exploring why individuals choose to drink or not to drink alcohol Objectives 1 & 2	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lesson 3 - Explaining how decisions about alcohol and other drug use impact family and friends Objective 1 Objective 1 & 2	Core-Concepts Analyzing Influences	Self-Awareness Self and Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Lesson 4 - Describing the influence of advertising on alcohol and drug use Objectives 1 & 2	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity


			<ul style="list-style-type: none"> ✓ Respect for Others
Lesson 5 - Identifying the short and long-term effects of marijuana use Objectives 1 & 2	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
Lesson 6 - Applying refusal skills to avoid alcohol, tobacco, marijuana, and other drugs Objective 1 Objective 2	Self-Management Interpersonal Communication	Self-Management Relationship Skills	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork


MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Personal Health and Wellness 	<p>There are no lessons at grade four in this unit.</p>			

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
<p>Social Emotional Health</p> 	<p>Lessons 1 & 2 - Identifying feelings of different intensities in self and others and applying skills to manage strong feelings, such as using I-Messages and positive self-talk Objective 1 (both lessons)</p>	<p>Self-Management</p>	<p>Self-Management</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	<p>Lesson 3 - Protecting self and others when bullied or harassed Objective 1</p>	<p>Core Concepts</p>	<p>Self-Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	<p>Objective 2</p>	<p>Accessing Information</p>	<p>Social Awareness</p>	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	<p>Objective 3</p>	<p>Self-Management</p>	<p>Self-Management</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	<p>Lesson 4 - Demonstrating how to get help for self and others in dangerous situations, including bullying and harassment Objective 2</p>	<p>Accessing Information</p>	<p>Social Awareness</p>	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	<p>Objective 2</p>	<p>Self-Management</p>	<p>Self-Management</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting
<p>Lessons 5 & 6 – Demonstrate how to communicate assertively and listen effectively</p>	<p>Interpersonal Communication</p>	<p>Relationship Skills</p>	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building 	


			<ul style="list-style-type: none"> ✓ Teamwork
<p>Lessons 7- Identifying situations that could lead to trouble Objectives 1 & 4 Objectives 2 & 3</p> <p>Objective 4</p>	<p>Self-Management Decision-Making</p> <p>Interpersonal Communication</p>	<p>Self-Management Self-Management</p> <p>Relationship Skills</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
<p>Lesson 8 - Using the WISE decision-making and problem-solving skills to help Objectives 1 Objective 2</p> <p>Objective 1</p>	<p>Self-Management Decision-Making</p> <p>Interpersonal Communication</p>	<p>Self-Management Self-Management</p> <p>Relationships Skills</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
<p>Lesson 9 – Getting help from adults for people in danger Objectives 1 & 2</p>	<p>Accessing Information</p>	<p>Social Awareness</p>	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
<p>Lessons 10, 11 & 12 - Practicing non-violent conflict resolution skills Objectives 1 & 2 (Lesson 10) Objectives 1 & 2 (Lesson 11) Objective 1 (Lesson 12)</p> <p>Objectives 1 & 2 (Lesson 10) Objectives 1 & 2 (Lesson 11) Objective 1 (Lesson 12)</p>	<p>Self-Management Decisions Making</p> <p>Interpersonal Communication</p>	<p>Self-Management</p> <p>Relationship Skills</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
<p>Lesson 13 - Setting personal goals and planning for emotional health Objective 1</p>	<p>Goal Setting</p>	<p>Self-Management</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills

	Lesson 14 - Advocating for a caring and respectful school environment Objective 1	Advocacy	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
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MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Nutrition and Physical Activity 	Lesson 1 - Identifying the six nutrients and their benefits and choosing snacks based on nutrients Objectives 1 & 2 Objective 3	Core Concepts Self-Management	Self-Awareness Self-Management	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lessons 2 & 3 - Using food labels to determine information about a food and choosing water as a preferred beverage. Objective 1 (Lesson 2) Objective 3 (Lesson 3) Objectives 2 & 3 (Lesson 2) Objectives 1 & 2 (Lesson 3)	Core Concepts Accessing Information	Self-Awareness Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Lesson 4 - Evaluating meals and making modifications for improvement. Objective 1	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills


MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Safety 	Lesson 1 - Preventing injuries related to sun, water and ice Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence

	Objective 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 2 - Predicting safety hazards when home alone and how to stay safe Objective 1 & 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 3 - Developing safety strategies when in public places, including when alone in public places Objectives 1 & 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 4 - Recognizing that everyone has personal space and boundaries that should be respected and demonstrating strategies to avoid or try to get away from unsafe touch Objectives 1,2,3,& 5 Objective 4 & 6	Core Concepts Self-Management	Self-Awareness Self-Management	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills


MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Alcohol, Tobacco and Other Drugs 	Lesson 1 - Describing the dangers of inhalant use and medicine misuse, how to avoid risks, and assessing the influence of family and peers on drug use. Objective 2 Objective 3	Core Concepts Analyzing Influences	Self-Awareness Self and Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others

Objectives 1	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
Lesson 1 - Applying the rules for safety around medicines including opioids and dangerous or unknown products. Objective 4	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
Lesson 2 - Identifying the effects of using any form of commercial tobacco and secondhand smoke and e-cigarette aerosol. Objectives 1,2,3,&4	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
Lesson 2 - Advocating for someone to avoid commercial tobacco use of any kind or quit using. Objective 5	Advocacy	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
Lesson 3 - Analyzing tobacco advertisements Objective 1	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
Lesson 4 - Identifying the short and long-term effects of marijuana use Objective 1 & 2	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
Lesson 5 - Demonstrating refusal skills to avoid tobacco, inhalants, marijuana, opioids, and other drugs.	Interpersonal Communication	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building


	Objectives 1 & 3 Objective 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Teamwork ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 6 – Analyze the positive and negative choices related to tobacco and alcohol and their impact on relationships with friends and family Objective 1 & 3	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Lesson 7 - Knowing the effects of alcohol and other drugs when driving a vehicle and practicing ways to avoid riding with an impaired driver Objective 1 Objectives 2 & 3	Core Concepts Self-Management	Self-Awareness Self-Management	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Personal Health and Wellness 	Lesson 1 - Explaining the importance of and developing a plan for keeping the body clean. Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objectives 2	Goal Setting	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation


				<ul style="list-style-type: none"> ✓ Goal Setting ✓ Organizational Skills
	<p>Lesson 2 - Analyzing media influences related to hygiene products.</p> <p>Objective 1</p>	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objective 1	Accessing Information	Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Social Emotional Health 	Lesson 1 - Analyzing positive and negative risks of friendships Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lessons 2 & 3 - Demonstrating effective listening skills, expressing appreciation, and understanding when to use assertive communication, including I-messages Objectives 1 & 2 (Lesson 2) Objective 2 (Lesson 3) Objectives 1 (Lesson 3)	Interpersonal Communication Self-Management	Relationship Skills Self-Management	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 4 - Practicing skills to manage strong feelings Objective 1	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 5 - Dealing with angry feelings using the COOL Steps Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lessons 6 - Getting help when needed, using decision-making and problem-solving skills Objectives 1 & 2	Accessing Information	Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others

	Lessons 7 & 8 - Evaluating solutions or problems and making good decisions Objective 1 (Lesson 7) Objective 1 (Lesson 8)	Decision-making	Responsible Decision-Making	<ul style="list-style-type: none"> ✓ Identifying problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility
	Lesson 9 - Analyzing non-violent conflict resolution skills Objective 1 & 2	Interpersonal Communication	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
	Lesson 10 - Defining and managing stress Objective 1 Objective 2 Objective 3	Core Concepts Self-Management Goal Setting	Self-Awareness Self-Management Self-Management	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills


MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Nutrition and Physical Activity 	Lesson 1 - Preventing foodborne illnesses Objectives 1 Objective 2	Core Concept Self-Management	Self-Awareness Self-Management	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lessons 2 & 3 - Understanding the benefits of healthy eating and physical activity and making a plan Objective 1 (Lesson 2) Objective 1 (Lesson 3)	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy

	Objective 2 (Lesson 2) Objective 2 (Lesson 3)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 4 - analyzing body image and healthy weight and describing influences on eating, activity, and sleep Objectives 1 & 3	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objective 2	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Lessons 5,6 & 7 - Using the Dietary Guidelines to make a personal plan and supporting others to eat healthy and be active Objectives 1 & 2 (Lesson 5), Objective 1 (Lesson 6), and Objectives 1 & 2 (Lesson 7)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Objective 1 (Lesson 6) Objective 1 (Lesson 7)	Goal Setting	Self-Management	

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Safety 	Lesson 1 - Understanding seatbelt safety and impact of car passenger behavior Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objective 2	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others


<p>Lessons 2 & 3 - Analyzing situations and using safety strategies when in public places, including escaping when weapons are present. Objective 1 (Lesson 2) Objectives 1, 2 & 3 (Lesson 3)</p>	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
<p>Lesson 4 - Demonstrating the ability to follow school procedures and escape in crisis situations. Objective 1 & 2</p>	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
<p>Lessons 5 & 6 - Applying strategies to stay safe when using the internet and getting adult help with internet safety. Objective 1 (Lesson 5) Objectives 1 (Lesson 6)</p> <p>Objective 2 (Lesson 5) Objective 2 (Lesson 6)</p> <p>Objective 3 (Lesson 6)</p>	<p>Core Concept</p> <p>Self-Management</p> <p>Accessing Information</p>	<p>Self-Awareness</p> <p>Self-Management</p> <p>Social Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting Organizational Skills <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
<p>Lesson 7 - Advocating for self and others to practice safe behaviors online. Objectives 1 & 2</p>	Advocacy	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
<p>Setting boundaries, understanding safe, confusing, and unsafe touch, and reinforcing that unsafe touch is not a child's fault. Objectives 1, 2 & 3</p> <p>Objectives 4 & 6</p>	<p>Core Concepts</p> <p>Self-Management</p>	<p>Self-Awareness</p> <p>Self-Management</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline

	Objective 5	Accessing Information	Social Awareness	<ul style="list-style-type: none"> ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
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MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Alcohol, Tobacco and Other Drugs 	Lesson 1 - Assessing possible reasons people use or misuse alcohol, marijuana, or prescriptions drugs (including opioids) Objectives 3	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objectives 1 & 2	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	Lessons 2, 3, 4 & 5 - Recognizing negative effects of drug use and misuse of medicines (e.g. opioids) and analyzing drug use data to determine the impact of drug use on personal goals Objective 1 (Lesson 2), Objective 1 (Lesson 3), Objective 1 (Lesson 5)	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
Objective 1 (Lesson 4)	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others 	

<p>Lessons 6 & 7 - Reinforcing refusal skills to avoid alcohol, tobacco, marijuana, prescription medicine misuse (e.g. opioids), and other drugs Objective 1 (Lesson 6)</p> <p>Objectives 1 & 2 (Lesson 7)</p>	<p>Core Concepts</p> <p>Interpersonal Communication</p>	<p>Self-Awareness</p> <p>Relationship Skills</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
<p>Lesson 8 - Locating community and internet resources that provide help and assessing their validity and demonstrating ways to support friends and family trying to quit drug use Objectives 1 & 2</p> <p>Objective 3</p>	<p>Accessing Information</p> <p>Analyzing Influences</p>	<p>Social Awareness</p> <p>Self and Social Awareness</p>	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
<p>Lesson 9 – Recognizing behaviors that indicate alcohol or other drug impairment and describing ways to avoid riding with an impaired driver and demonstrating what to do if it can't be avoided Objectives 1 & 2</p>	<p>Self-Management</p>	<p>Self-Management</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
<p>Lesson 10 – Expressing the benefits of remaining drug free and making a commitment to be tobacco, alcohol and other drug free Objective 2</p>	<p>Self-Management</p>	<p>Self-Management</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills


MMH Topic	MMH Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Personal Health and Wellness 	Lesson 1 - Demonstrating skills for reducing the spread of germs Objective 1	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
<p>Social Emotional Health and Safety</p> 	<p>Lesson 1 - Examining how feelings and thoughts help determine behavior. Objective 1</p>	<p>Analyzing Influences</p>	<p>Self and Social Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	<p>Lessons 2, 3 & 4 - Recognizing characteristics of stress and demonstrating the ability to promote stress management Objective 1 (Lesson 2) Objective 2 (Lesson 4)</p> <p>Objective 2 (Lesson 2) Objective 1 (Lesson 3) Objective 1 (Lesson 4)</p> <p>Objective 2 (Lesson 3)</p>	<p>Analyzing Influences</p> <p>Self-Management</p> <p>Accessing Information</p>	<p>Self and Social Awareness</p> <p>Self-Management</p> <p>Social Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	<p>Lesson 4 – Analyzing how messages from the media influence the selection of stress management strategies Objective 2</p>	<p>Analyzing Influences</p>	<p>Self and Social Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities


			<ul style="list-style-type: none"> ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
<p>Lessons 5, 6, 7 & 8 - Identifying signs of anger and ways to manage anger, including communication and conflict resolution skills. Objective 1 (Lesson 5)</p> <p>Objectives 3 & 4 (Lesson 5) Objective 1 (Lesson 6) Objective 1 (Lesson 8)</p> <p>Objective 2 (Lesson 5)</p> <p>Objective 1 (Lesson 7) Objective 1 (Lesson 8)</p>	<p>Core Concepts</p> <p>Interpersonal Communication</p> <p>Self-Management</p> <p>Decision-Making</p>	<p>Self-Awareness</p> <p>Relationship Skills</p> <p>Self-Management</p> <p>Responsible Decision-Making</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility
<p>Lessons 9, 10 & 11 - Identifying internal and external influences that lead to aggression and violence including bullying, harassment, cyberbullying, and the role of bystanders Objective 2 (Lesson 9) Objective 1 (Lesson 10) Objective 2 (Lesson 11)</p> <p>Objective 3 (Lesson 9) Objective 2 (Lesson 10)</p>	<p>Analyzing Influences</p> <p>Accessing Information</p> <p>Interpersonal Communication</p>	<p>Self and Social Awareness</p> <p>Social Awareness</p> <p>Relationship Skills</p>	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Communication ✓ Social Engagement ✓ Relationship Building

<p>Objective 3 (Lesson 11)</p> <p>Objective 4 (Lesson 9) Objective 3 (Lesson 10) Objective 4 (Lesson 11)</p> <p>Objective 4 (Lesson 9) Objective 4 (Lesson 10) Objective 4 (Lesson 11)</p> <p>Objective 4 (Lesson 10) Objective 4 (Lesson 11)</p>	<p>Self-Management</p> <p>Decision-Making</p>	<p>Self-Management</p> <p>Responsible Decision-Making</p>	<ul style="list-style-type: none"> ✓ Teamwork ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility
<p>Lesson 11 - Knowing the characteristics and laws related to sexual harassment and abusive relationships Objective 1</p> <p>Objective 2</p>	<p>Core Concepts</p> <p>Analyzing Influences.</p>	<p>Self-Awareness</p> <p>Self and Social Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Other
<p>Lessons 12, 13 & 14 - Developing healthy relationships and friendships and using skills to choose healthy relationships and avoid unhealthy or abusive relationships Objective 2 (Lesson 12) Objective 1 (Lesson 13) Objective 2 (Lesson 14)</p> <p>Objective 2 (Lesson 12)</p>	<p>Interpersonal Communication</p> <p>Decision-Making</p>	<p>Relationship Skills</p> <p>Responsible Decision-Making</p>	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility


	Objective 1 (Lesson 12) Objective 1 (Lesson 14)	Analyzing Influences	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objective 2 (Lesson 14)	Accessing Information	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others

MMH Topics	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Nutrition and Physical Activity 	Lesson 1 - Recognizing health benefits of healthy eating, hydration, and being physically active Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lessons 2 & 3 - Understanding the federal guidelines for diet and physical activity Objective 1 (Lesson 2)	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Objective 1 (Lesson 3)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Objective 2 (Lesson 3)	Goals Setting	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lesson 4 - Identifying moderate-intensity physical activities and analyzing the influences for popular sedentary activities on being physically active Objective 1	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
Objective 2	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception 	


			<ul style="list-style-type: none"> ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
<p>Lesson 5 – Summarizing the characteristics of a healthy body image and factors that determine body weight, and demonstrate the ability to access resources for healthy weight management and unhealthy eating.</p> <p>Objective 1</p> <p>Objective 2</p>	<p>Core Concepts</p> <p>Accessing Information</p>	<p>Self -Awareness</p> <p>Social Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
<p>Lessons 6, 7 & 8 - Exploring nutrition information on food labels, health claims, and advertisements</p> <p>Objective 1 (Lesson 6)</p> <p>Objectives 1 & 2 (Lesson 7)</p> <p>Objective 1 (Lesson 8)</p>	<p>Accessing Information</p>	<p>Social Awareness</p>	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
<p>Lessons 8, 9, 10 & 11 - Demonstrating setting goals for healthy eating and physical activity and advocating for healthy foods in the school</p> <p>Objective 2 (Lesson 8)</p> <p>Objective 1 (Lesson 9)</p> <p>Objectives 1 & 2 (Lesson 11)</p> <p>Objective 2 (Lesson 9)</p> <p>Objectives 1 & 2 (Lesson 10)</p>	<p>Self-Management and Goal Setting</p> <p>Interpersonal Communication and Advocacy</p>	<p>Self-Management</p> <p>Relationship Skills</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Alcohol and Other Drugs (including opioids) 	Lessons 1, 4 & 5 Analyzing internal and external influences and social norms and demonstrating safe strategies for medicine use. Objective 1 (Lesson 1) Objective 2 (Lesson 4) Objective 1 (Lesson 5) Objective 3 (Lesson 4)	Analyzing influences Self-Management	Self and Social Awareness Self-Management	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lessons 6, 7 & 8 - Recognizing one's personal control over their response to influences and to support others who are abstaining from or trying to quit using drugs or alcohol using I-statements, refusing danger and trouble and decision-making skills Objective 1 (Lesson 6) Objective 1 (Lesson 7) Objective 1 (Lesson 7) Objectives 1 & 2 (Lesson 8)	Interpersonal Communication Self-Management Decision-Making	Relationship Skills Self-Management Responsible Decision Making	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems


				<ul style="list-style-type: none"> ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility
	<p>Lesson 9 - Exploring dependency and addiction and identifying resources and help for alcohol and drug use, including opioid dependency.</p> <p>Objective 1</p>	Accessing Information	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others
	<p>Lessons 10 & 11 - Advocating for a drug free social norm.</p> <p>Objective 1 (Lesson 10)</p> <p>Objective 1 (Lesson 11)</p>	Advocacy	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
<p>Tobacco Prevention (including vaping)</p> 	<p>Lessons 1 & 2 - Describing how commercial tobacco negatively impacts individuals, friends, family, and community and analyzing the influences of tobacco on young people</p> <p>Objective 1 (Lessons 1 & 2)</p>	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	<p>Objective 2 (Lesson 1 & 2)</p>	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others
	<p>Lessons 3 & 4 - Practicing healthy ways to meet needs without tobacco use, including refusal skills, avoidance and problems solving</p> <p>Objective 1 (Lesson 3)</p> <p>Objective 2 (Lesson 4)</p>	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills

<p>Objective 2 (Lesson 3)</p> <p>Objective 1 (Lesson 4)</p>	<p>Decision-Making</p> <p>Interpersonal Communication</p>	<p>Decision-Making</p> <p>Relationship Skills</p>	<ul style="list-style-type: none"> ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
<p>Lesson 5 – Identifying valid resources for information and assistance regarding tobacco and demonstrating ways to support people who are abstaining from or trying to quit using tobacco.</p> <p>Objective 1</p> <p>Objective 2</p>	<p>Accessing Information</p> <p>Interpersonal Communication</p>	<p>Social Awareness</p> <p>Relationships Skills</p>	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
<p>Lesson 6 - Using skills to protect oneself and others from commercial tobacco use.</p> <p>Objective 1</p> <p>Objective 2</p>	<p>Self-Management</p> <p>Interpersonal Communication</p>	<p>Self-Management</p> <p>Relationship Skills</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork


MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
<p>Skills: A Strong Foundation</p> 	<p>Lessons 2 & 3 - Applying the skills of accessing information and analyzing influences and how it affects a person’s ability to choose healthy behaviors Objective 2 (Lesson 2) Objective 2 (Lesson 3)</p> <p>Objective 1 (Lessons 2) Objective 1 (Lesson 3)</p>	<p>Analyzing Influences</p> <p>Accessing Information</p>	<p>Self and Social Awareness</p> <p>Social Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others
	<p>Lessons 4,5,6 & 7 - Understand and demonstrate decision-making and goal setting, including the steps in skills mastery, working individually, collaboratively, and through teaching others Objective 1 (Lessons 4 thru 7)</p> <p>Objective 2 (Lessons 4, 6 & 7) Objective 1 (Lesson5)</p>	<p>Goal setting</p> <p>Decision-Making</p>	<p>Self-Management</p> <p>Responsible Decision-Making</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility
	<p>Lessons 8 – 13 - Identifying how interpersonal communication and self-management help with healthy living, including understanding basic communication skills, verbal and non-verbal behaviors, effective listening, assertive communication, and refusal skills</p>			

	Objective 2 (Lesson 8)	Self-Management	Self- Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Objective 1 (Lessons 8 thru 13) Objective 2 (Lessons 10 thru 13) Objective 3 (Lessons 11 & 13)	Interpersonal Communication	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
	Lessons 14, 15, 16 & 17 - Demonstrating collaboration, negotiation, and advocacy in a project-based modality Objective 1 (Lessons 14 & 15)	Interpersonal Communication	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
	Objective 1 (Lessons 16 & 17) Objective 2 (Lessons 14 & 15)	Advocacy	Relationship Skills	
	Lessons 18 - Analyzing how self-management impacts health behaviors Objective 1	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills


MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Social Emotional Health 	Lesson 1 - Describing self-awareness Objectives 1 & 2	Core Concept	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lessons 2 & 3 - Recognizing and managing stress, practicing anger management, and setting goals to manage stress Objective 1 (Lessons 2 & 3)	Accessing Information	Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others
	Objectives 2 & 3 (Lesson 3)	Goal setting	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation

			<ul style="list-style-type: none"> ✓ Goal Setting ✓ Organizational Skills
<p>Lessons 4 & 5 - Describing stress and depression and locating resources to help regarding stress and suicide, while understanding using empathy for others' emotions and what social pressures might cause hesitation in reporting dangerous situations.</p> <p>Objective 1 (Lesson 4) Objective 2 (Lesson 5)</p> <p>Objective 2 (Lesson 4)</p> <p>Objective 3 (Lesson 5)</p>	<p>Core Concepts</p> <p>Accessing Information</p> <p>Analyzing Influences</p>	<p>Self-Awareness</p> <p>Social Awareness</p> <p>Self and Social Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others See above
<p>Lesson 5 - Demonstrating how to seek help for self and others when depression or suicide are a risk</p> <p>Objective 1 (Lesson 5)</p>	<p>Accessing Information</p>	<p>Social Awareness</p>	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others
<p>Lessons 6 & 7 - Identifying positive and negative relationships and managing and resolving conflicts, and their impact on personal, family, and community health</p> <p>Objective 1 (Lessons 6 & 7)</p> <p>Objective 2 & 3 (Lesson 6)</p>	<p>Core Concepts</p> <p>Interpersonal Communication</p>	<p>Self-Awareness</p> <p>Relationship Skills</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork

	<p>Lesson 8 - Describing bullying, harassment and sexual harassment and exploring the laws and strategies for avoiding or handling Objectives 1 & 2</p> <p>Objective 3</p>	<p>Core Concepts</p> <p>Self-Management</p>	<p>Self-Awareness</p> <p>Self-Management</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	<p>Lessons 9 & 10 - Identifying the warning signs of dating abuse and how to get help for abusive relationships Objective 1 (Lesson 9) Objective 2 (Lesson 10)</p> <p>Objective 2 (Lessons 9)</p> <p>Objective 3 (Lesson 9)</p>	<p>Accessing Information</p> <p>Self-Management</p> <p>Interpersonal Communication</p>	<p>Social Awareness</p> <p>Self-Management</p> <p>Relationship Skills</p>	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork


MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
<p>Nutrition and Physical Activity</p> 	<p>Lessons 1 & 2 - Describing healthy and unhealthy weight management, recognizing myths and facts, and identifying nutrition and physical activity resources Objective 1 (Lessons 1 & 2)</p> <p>Objective 2 (Lessons 1 & 2) Objective 4 (Lesson 2)</p>	<p>Core Concepts</p> <p>Accessing Information</p>	<p>Self-Awareness</p> <p>Social Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others

	Lessons 3, 4 & 5 - Analyzing food labels and federal guidelines for diet and physical activity Objective 1 (Lessons 3, 4 & 5) Objective 2 (Lesson 5)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lessons 6, 7 & 9 - Assess personal physical activity and barriers and opportunities to be physically active Objective 2 (Lesson 6) Objectives 1 & 2 (Lesson 7) Objectives 1, 2 and 3 (Lesson 9)	Goal Setting	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lessons 8 & 10 - Predicting the health benefits of eating healthy and being physical active and advocating for nutritional choices and physical activity at school. Objective 1 (Lesson 8) Objective 1 (Lesson 9)	Decision Making Advocacy	Responsible Decision-Making Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Safety 	Lessons 1, 2 & 3 - Recognizing dangerous situations and when it is important to report to authorities Objective 1 (Lesson 1) Objective 1 (Lesson 3) Objective 1 (Lesson 2)	Core Concepts Accessing Information	Self-Awareness Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others


	Objective 2 (Lesson 2)	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	<p>Lessons 4 & 5 - Developing and practicing strategies for resolving and managing potentially dangerous situations including conflicts involving weapons and gangs and how to stay safe in violent situations</p> <p>Objectives 1 & 2 (Lesson 4)</p> <p>Objective 1 (Lesson 5)</p> <p>Objective 2 (Lesson 5)</p>	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence Self-efficacy
	Objectives 4 & 5 (Lesson 5)	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others
	Objective 3 (Lesson 5)	Accessing Information	Social Awareness	See Above
	<p>Lesson 6 - Apply strategies to report online and electronic dangerous situations and how and what to report</p> <p>Objective 1</p> <p>Objective 3</p>	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy

			<ul style="list-style-type: none"> ✓ Appreciating Diversity ✓ Respecting Others
<p>Lesson 7 - Analyzing effects of violence on individuals, families, communities and the nation and strategies to stay safe</p> <p>Objective 1</p> <p>Objective 2</p> <p>Objectives 3, 4 & 5</p>	<p>Core Concepts</p> <p>Accessing Information</p> <p>Analyzing Influences</p>	<p>Self-Awareness</p> <p>Social Awareness</p> <p>Self and Social Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others <p>See Above</p>
<p>Lessons 8, 9 & 10 - Using problem-solving and decision-making skills to generate alternative solutions to social situations that may place one at risk and predicting short and long-term effects of choices.</p> <p>Objectives 1 & 2 (Lesson 8, 9 & 10)</p>	<p>Decision-Making</p>	<p>Responsible Decision-making</p>	<ul style="list-style-type: none"> ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility

MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
<p>Alcohol, Tobacco and Other Drugs (including opioids and vaping)</p> 	<p>Lessons 1, 2, 3, & 4 - Recognizing short- and long-term effects of alcohol, tobacco, marijuana, prescription medicines (e.g. opioids) and other drugs</p> <p>Objective 1 (Lessons 1 thru 4)</p>	<p>Core Concepts</p>	<p>Self-Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	<p>Lessons 1, 2, 3, & 4 - Clarifying myths regarding use of alcohol, tobacco, marijuana, prescription medicines (e.g., opioids) and other drugs</p> <p>Objective 2 (Lessons 1 thru 4)</p>	<p>Accessing Information</p>	<p>Social Awareness</p>	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others
	<p>Lessons 1, 2, 3, & 4 - Locating and assessing the validity of drug-related information resources and services.</p> <p>Objective 3 (Lesson 1 thru 4)</p>	<p>Analyzing Influences</p>	<p>Self and Social Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence

			<ul style="list-style-type: none"> ✓ Self-efficacy
<p>Lessons 1, 2, 3, & 4 - Describing financial, political, social, health, legal issues and influences related to alcohol, tobacco, marijuana, prescription medicines (e.g., opioids) and other drugs and analyzing the internal and external pressures to use drugs. Objective 4 (Lessons 1 thru 4)</p>	Accessing Information	Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
Objective 5 (Lessons 1 thru 4)	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others
<p>Lessons 5 – Apply decision-making to hypothetical problems related to alcohol, tobacco, and other drug use Objective 1</p>	Decision-Making	Responsible Decision-Making	<ul style="list-style-type: none"> ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility
<p>Lessons 6,7,8 & 9 - Promoting a drug-free environment Objective 1 (Lessons 6 thru 9)</p>	Advocacy	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork
<p>Lesson 10 - Avoiding and resisting use of alcohol, tobacco, marijuana, prescription medicines (e.g., opioids) and other drugs Objective 1</p>	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
Objective 2	Decision-Making	Responsible Decision-Making	<ul style="list-style-type: none"> ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting
Objective 3	Interpersonal Communication	Relationship Skills	<ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building

	Objective 4	Accessing Information	Social Awareness	<ul style="list-style-type: none"> ✓ Teamwork ✓ Ethical Responsibility ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others
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MMH Unit	MMH Lessons & Learning Objectives	Health Standards	SEL Competencies	Key SEL Indicators
Personal Health and Wellness 	Lesson 1 - Accessing valid information related to personal health issues and concerns Objective 1	Accessing Information	Social Awareness	<ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others
	Lessons 2, 3 & 4 - Preventing spread of infectious diseases Objective 1	Core Concepts	Self-Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy
	Lessons 2 & 3 - Recognizing the importance of sleep and rest Objective 2	Self-Management	Self-Management	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills
	Lessons 2 & 3 - Describing social influences on sun safety behaviors Objective 3	Analyzing Influences	Self and Social Awareness	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others
	Lessons 4 & 5 – Apply knowledge about symptoms of illness to determine whether medical care is required and use			

<p>communication skills to access valid information and resources for personal health Objective 2 (Lessons 4)</p> <p>Objective 1 (Lesson 5)</p> <p>Objective 2 (Lessons 5)</p>	<p>Self-Management</p> <p>Accessing Information</p> <p>Interpersonal Communication</p>	<p>Self-Management</p> <p>Social Awareness</p> <p>Relationship Skills</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork ✓ Ethical Responsibility
<p>Lessons 6, 7 & 8 - Understanding how to get regular health screenings, finding quality health care and determining whether medical care is required based on symptoms Objective 1 (Lesson 6)</p> <p>Objective 1 (Lesson 7) Objective 1 (Lesson 8)</p> <p>Objective 2 (Lesson 8)</p>	<p>Self-Management</p> <p>Accessing Information</p> <p>Decision-Making</p>	<p>Self-Management</p> <p>Social Awareness</p> <p>Responsible Decision-Making</p>	<ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility
<p>Lesson 8 - Analyzing influences of media on personal health care product usage Objective 1</p>	<p>Analyzing Influences</p>	<p>Self and Social Awareness</p>	<ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths

			<ul style="list-style-type: none">✓ Self-confidence✓ Self-efficacy✓ Recognize Situation demands/opportunities✓ Perspective-Taking✓ Empathy✓ Appreciating Diversity✓ Respecting Others
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