

Health and Social Skills
Spring 2009

Grade	Healthy Eating	Growth and Development	Personal Safety and Injury Prevention	Substance Use and Abuse	Emotional Health Social Skills
JK	*healthy foods	* personal grooming * hand washing *exercise *sleep	Safety *strangers *street/bus/fire/poison safety		Getting Along with Others *manners *sharing *listening *cooperating
K	Celebrating God's Gift of Food	Five Senses *washroom routines *wiping noses *covering mouths *washing hands *sleep *appropriate dress	Safety *school *playground *scissors *walking in hallways		My Feelings
1	Nutrition * healthy food choices *review food groups Making Healthy Choices *caring for our bodies *sleep, rest, exercise, good grooming, food	My Amazing Body *heart *lungs *brain *stomach *intestines Created to Live in a Family *routine, rules *role in the family *different kinds of families	Safety First *emergency *fire *traffic *strangers *appropriate touch *playground	Safety in the Home: *identifying warning labels (skull, hand in acid...) **"ask before tasting"	Getting to Know Myself *dealing with feelings Friendship and Manners Bullying
2	Building Healthy Habits *Food groups *Healthy Snacks *sleep *grooming *exercise	* Miracle of Hearing * Miracle of Vision *Resolving conflicts *Family Rules and traditions *Dealing with death *Teeth Care *Five Senses	Keeping Safe *fire *strangers *bike *traffic *seasonal safety *improper touching	* Smoking * Germ s * Difference between prescription and non-prescription drugs * Healthy alternatives to drug use	*Recognize God given talents *Feelings *Respecting Others *Verbal/Physical Violence
3	*Food from different cultures *Healthy food choices *Teeth care *Food Pyramic	Fearfully and Wonderfully Made *male/female body differences *gift of sex *intro to puberty *basic changes in growth	Safety *following rules/laws *abuse *playground *real and fictional violence *safety procedures "Strangers" - Visit from Police Officer	*drugs *alcohol/nicotine/cafeine *effects on the body	My Life is a Story *feelings *peer relationships *feeling management *self-Control *problem Solving Peacemakers

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4	Nutrition for Healthy Bones	Eyes and Ears *parts *how it works *ear and eye care Bones and Muscles *structure and function *joints *care	Safety *bicycle safety		Peacemakers
5	Food Groups and Nutrition	Human Body Systems *nervous system *respiratory system *circulatory system *digestive system *reproductive system (project is done on a disease in one of these systems) Personal Hygiene	Certain Safety *electrical safety *railroad safety Sexual Abuse	Smoking Drug Abuse – “Racing Against the Drugs”	Connecting in Community *God’s image bearers *encouraging and respecting each other *speaking the truth in love *developing rich and respectful relationships *cooperation/community Peacemakers
6	Nutrition *nutrients *carbohydrates *vitamins, minerals *dieting/eating disorders *fitness and exercise	Fearfully and Wonderfully Made *reproductive system *conception, birth *fetal development stages *heredity *adolescence/puberty *gift of sex *biblical directives for marriage and sexuality	Sun Sense *caring for our bodies in the light of the sun Sexual Safety Safety Unit	VIP (Values, Influences and Peers)	*relationships with people *communicating skills *listening-verbal, non-verbal *caring about others *relationships with God *gifts that make me special *dealing with feelings *stress *decision making
7	*healthy eating *body image *weight, exercise	Cardiovascular System	*sexual harassment *prevention	*drug abuse	*emotions *friendship *decisions *self-confidence
8	Body Image: *Eating disorders *Cultural Messages *Healthy Body Image	Immune System Male and Female *Sex and Sexuality *Myths, Truth *Right Relationships *STDs	Internet Safety Cyber bullying Sexual Safety	Drugs (in conjunction with VIP – Violence)	Decision Making Goal Setting Study Skills Listening Skills Peer Pressure