

Comprehensive Health Fourth Grade

The interactions between all aspects of health constitute wellness

Interactions between body, mind, and behavior

the importance of eating a variety of foods

physical and emotional reactions to stress

nutrition and physical activity affects on well-being and learning

purpose, use, and misuse of prescribed and over-the-counter medicines

body signals for hunger and fullness

Self management of health and relationships

making decisions to avoid conflicts or violence

food, portion, choices and goals based on appropriate nutritional content and calories

stress management

medicine labels

Home, peer, school, community, environmental, cultural, and/or media influences

personal stress

decision to use or not to use tobacco

healthy relationships with friends and family

family differences

causes and consequences of violent behavior, including the dangers of weapons

characteristics of a friend

Communication for personal and social wellness

refusing pressures to use tobacco

using conflict diffusion techniques

seeking help from a trusted adult to avoid second-hand smoke

ways that peers and family members show support, care, and appreciation for one another

KEY:

Unifying Theme

Organizing Concept

Supporting Concept

Explicit Connection

ICON KEY: Prepared Graduate Competencies



Healthy Eating



Sexual Health



Health Promotion



Emotional and Social Wellness



Alcohol, Tobacco, and Drug Prevention



Violence-free Relationships



Safety