

Teaching Unit: ***Getting Along with Family and Friends***

Essential Understandings

It is important to get along with family, friends, and others.

Sub Topic:

Knowledge and Skills

Demonstrate healthy ways to express needs, wants, and feelings.

Differentiate between healthy and unhealthy relationships with families and friends.

Describe several good choices that promote health and safety.

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Teaching Unit: ***Staying Well***

Essential Understandings

Some diseases/germs can be transmitted from person to person.

Components of a healthy body include exercise, plenty of sleep, eating healthful meals, and snacks.

Sub Topic:

Knowledge and Skills

Know that germs enter the body through cuts, through your nose, mouth, and eyes.

Demonstrate germ prevention by coughing/sneezing on your shoulder/arm not your hands and by washing your hands often.

Know that if you are feeling ill (temperature higher than 98.6) stay at home so you don't spread germs/illness to people at school.

December 4th is Alcohol Awareness Day.

\*Know the difference between good/bad drugs.

\*Discuss that a drug is a chemical that affects the way a person thinks or acts.

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Teaching Unit: ***Safety at Play and Safety in the Home***

Essential Understandings

There are rules to keep us safe in different situations.

Sub Topic:

Knowledge and Skills

Demonstrate/discuss a variety of safety skills for different situations (e.g., pedestrian, bus, fire, auto, strangers, thunderstorms, swim, ATV, snowmobile, water, in the home, and bicycle safety).

Describe ways to stay safe during a fire, around heat sources, storms, and with electricity.

Discuss ways to prevent falls while inside or outside.

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