

# First Grade

## Mental and Emotional Health

### **1 Understand the connection between healthy expressions of emotions, mental wellness, and healthy behaviors.** 1.MEH.1

- 1 Identify appropriate ways to express needs, wants and feelings. 1.MEH.1.1
  - 2 Describe how different situations impact emotions and vary among individuals. 1.MEH.1.2
  - 2 Utilize effective communication to express and cope with emotions. 1.MEH.1.3
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### **2 Remember that effort and practice lead to improved skills.** 1.MEH.2

- 1 Identify more than one strategy to solve a problem. 1.MEH.2.1
  - 2 Identify resources to get help with solving a problem. 1.MEH.2.2
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## Personal and Consumer Health

### **1 List various personal behaviors and practices that promote health and prevent disease.** 1.PCH.1

- 1 Explain that germs produce illness and can be spread from one person to another. 1.PCH.1.1
  - 2 Demonstrate measures for preventing the spread of germs. 1.PCH.1.2
  - 3 Summarize the transition between primary and permanent teeth and steps for seeking help for dental problems. 1.PCH.1.3
  - 4 Use appropriate clothing according to the weather. 1.PCH.1.4
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### **2 Understand necessary steps to prevent and respond to unintentional injury.** 1.PCH.2

- 1 Identify and describe situations that cause injury. 1.PCH.2.1
  - 2 Identify items that can cause burns and strategies to prevent fire and burn injury. 1.PCH.2.2
  - 3 Execute the Stop, Drop, and Roll response. 1.PCH.2.3
  - 4 Execute an emergency phone call. 1.PCH.2.4
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## Interpersonal Communications and Healthy Relationships

### 1 Recognize healthy and effective interpersonal communications and relationships. 1.ICHR.1

- 1 Explain the importance of demonstrating respect for the personal space and boundaries of others. 1.ICHR.1.1
  - 2 Describe positive characteristics that are unique to each individual. 1.ICHR.1.2
  - 3 Demonstrate how to tell a parent, guardian, or trusted adult when feeling threatened or unsafe. 1.ICHR.1.3
  - 4 Recognize that anyone who has experienced bullying or mistreatment is not at fault. 1.ICHR.1.4
  - 5 Demonstrate effective refusal skills, including saying no and moving away to enforce personal boundaries for yourself and others. 1.ICHR.1.5
  - 6 Identify a parent, guardian, or trusted adult within your home, school and community who can be informed when feeling threatened or harmed. 1.ICHR.1.6
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## Nutrition and Physical Activity

### 1 Describe where food and water come from and their importance to the body. 1.NPA.1

- 1 Name the reasons why we need to drink water. 1.NPA.1.1
  - 2 Explore a variety of foods and why it's important to eat them 1.NPA.1.2
  - 3 Categorize the sources of a variety of foods. 1.NPA.1.3
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### 2 Recognize the benefits of physical activity for the body. 1.NPA.2

- 1 List physical activities that are beneficial to your body. 1.NPA.2.1
  - 2 Describe enjoyable physical activities that can be done inside and outside of school. 1.NPA.2.2
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## Alcohol, Nicotine, Cannabis, and other Drugs

### 1 Understand household safety procedures for products and medicines with adult supervision. 1.ANCOD.1

- 1 Recognize the harmful effects of medicine when used incorrectly. 1.ANCOD.1.1
- 2 Recognize how to behave safely with medicines and household cleaners. 1.ANCOD.1.2
- 3 Explain the importance of asking a parent, guardian, or trusted adult before handling household products. 1.ANCOD.1.3
- 4 Identify strategies for reporting harmful substances. 1.ANCOD.1.4