

# Grade 2

## Physical and Personal Wellness [CH.2.2](#)

### 1 Identify eating and drinking behaviors that contribute to maintaining good health. [CH.2.2.1](#)

- a Explain the importance of choosing healthy foods and beverages. [CH.2.2.1.A](#)
- b Identify the benefits of drinking plenty of water [CH.2.2.1.B](#)
- c Describe the benefits of eating breakfast every day. [CH.2.2.1.C](#)
- d Identify a variety of healthy snacks. [CH.2.2.1.D](#)
- e Understand that the body exhibits signals that tell people when they are hungry and when they are full. [CH.2.2.1.E](#)
- f Identify the recommended serving size and sugar content found on a nutritional label. [CH.2.2.1.F](#)

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### 2 Recognize basic childhood chronic diseases. [CH.2.2.2](#)

- a Identify problems associated with common childhood chronic diseases or conditions, including but not limited to asthma, allergies, type-1 diabetes, and epilepsy. [CH.2.2.2.A](#)
- b Communicate concern to a parent or trusted adult when a person is having an allergic reaction or difficulty breathing. [CH.2.2.2.B](#)
- c Identify the purpose of vaccinations. [CH.2.2.2.C](#)

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## Social and Emotional Wellness [CH.2.3](#)

### 1 Utilize knowledge and skills to develop a positive self-concept. [CH.2.3.1](#)

- a Identify the characteristics of someone who has personal qualities that are important to you. [CH.2.3.1.A](#)
- b Identify the personal traits that best represent who you are and why they are important. [CH.2.3.1.B](#)
- c Describe the importance of being aware of one's own feelings and of being sensitive to the feelings of others [CH.2.3.1.C](#)
- d Express intentions to treat self with care and respect. [CH.2.3.1.D](#)

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**2 Utilize knowledge and skills to develop an awareness of others and maintain healthy relationships.** CH.2.3.2

- a Summarize the importance of respecting the personal space and boundaries of others. CH.2.3.2.A
- b Discuss the importance of thinking about the effects of one's actions on other people. CH.2.3.2.B
- c Describe how you will use pro-social behaviors such as cooperation, being sensitive to the feelings of others, helping others, and being respectful of others. CH.2.3.2.C
- d Describe the benefits of a friendship. CH.2.3.2.D
- e Describe how to make and maintain friendships. CH.2.3.2.E

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**Prevention and Risk Management** CH.2.4

**1 Identify the dangers of using tobacco and marijuana products and exposure to secondhand smoke.** CH.2.4.1

- a Describe the dangers of using tobacco or non-prescribed marijuana. CH.2.4.1.A
- b State reasons why and identify strategies to avoid secondhand smoke from tobacco and marijuana. CH.2.4.1.B
- c Demonstrate the ability to assertively refuse an unwanted item or pressure from a peer. CH.2.4.1.C

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**2 Identify safe and proper use of household products.** CH.2.4.2

- a Access information regarding safe and proper household products (e.g., using trusted adults, warning symbols on labels). CH.2.4.2.A
- b Explain that taking medications incorrectly can be harmful, including vitamins. CH.2.4.2.B
- c Articulate the proper and safe use of products and substances found in the home that can be harmful if used inappropriately. CH.2.4.2.C
- d Identify the dangers of edible marijuana or tobacco products. CH.2.4.2.D

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**3 Demonstrate how to respond appropriately to various types of bullying.** CH.2.4.3

- a Identify examples of physical bullying. CH.2.4.3.A
- b Identify examples of social bullying (e.g., rumors, gossiping, excluding others). CH.2.4.3.B
- c Describe the difference between verbal and nonverbal bullying (e.g., dirty looks, sticking out the tongue). CH.2.4.3.C
- d Identify why making fun of others is harmful to self and others CH.2.4.3.D
- e Explain how to advocate for yourself and someone else who is being bullied. CH.2.4.3.E

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**4 Demonstrate interpersonal communication skills to prevent injury or to ask for help in an emergency or unsafe situation.** CH.2.4.4

- a Demonstrate how to make a decision to call 911 or other emergency numbers for help. CH.2.4.4.A
- b Demonstrate effective refusal skills to avoid unsafe situations. CH.2.4.4.B
- c Describe the use of safety equipment for specific activities and sports such as biking. CH.2.4.4.C
- d Identify ways to reduce or prevent the risk of injuries around water. CH.2.4.4.D
- e Develop an awareness of how modern technology can create a distraction that leads to unsafe situations (e.g., looking down in a crowd, unaware of traffic, awareness of others). CH.2.4.4.E