

Grades K, 1, 2

Adopted 2005

Core Concepts — Understand concepts related to health promotion and disease prevention

Mental and Emotional Health

1. Describe appropriate ways to express feelings [HE.K-2.1.1](#)
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Healthy Eating and Physical Activity

2. Explain the benefits associated with exercise [HE.K-2.1.2](#)
 3. Describe the benefits associated with a healthy diet [HE.K-2.1.3](#)
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Promoting Safety and Preventing Violence and Unintentional Injury

4. Describe barriers and situations that are safe, risky, or harmful to self and others [HE.K-2.1.4](#)
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Personal Health and Wellness

5. Describe how individuals can promote and protect their own health [HE.K-2.1.5](#)
 6. Describe helpful and harmful substances and their proper use [HE.K-2.1.6](#)
 7. Describe the benefits associated with personal cleanliness [HE.K-2.1.7](#)
 8. Describe the signs and symptoms of common illness and strategies one can use to avoid spreading or catching illnesses [HE.K-2.1.8](#)
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Accessing Information — Access valid health information and health- promoting products and services

Health Information, Products, and Services Across Topic Areas

1. Name people in the school and community who provide health support for others [HE.K-2.2.1](#)
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Self-Management — Practice health- enhancing behaviors and reduce health risks

Mental and Emotional Health

1. Describe personal stressors and ways to deal with stressful situations [HE.K-2.3.1](#)
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Analyzing Influences — Understand the influences of culture, family, peers, media, technology, and other factors on health

Factors Influencing Health Across Topic Areas

1. Describe internal (e.g., one's own feelings, moods, curiosity, physical well-being) and external (e.g., family, school, media) factors that influence health behaviors [HE.K-2.4.1](#)
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Interpersonal Communication — Use interpersonal communication skills to enhance health

Communication Skills Across Topic Areas

1. Use effective verbal and nonverbal communication [HE.K-2.5.1](#)
 2. Use effective and appropriate ways to express feelings, wants, and needs [HE.K-2.5.2](#)
 3. Describe basic refusal skills [HE.K-2.5.3](#)
 4. Describe how to be a good friend and responsible family member [HE.K-2.5.4](#)
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Decision-Making and Goal-Setting — Use decision-making and goal-setting skills to enhance health

Decision-Making Across Topic Areas

1. Explain when and who to ask for help in making health-related decisions and setting goals [HE.K-2.6.1](#)
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Goal-Setting Across Topic Areas

2. Name a personal health goal and describe a plan to achieve it [HE.K-2.6.2](#)
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Advocacy — Advocate for personal, family, and community health

Advocacy Across Topic Areas

1. Describe ways to help others promote and protect their own health [HE.K-2.7.1](#)