

Fifth Grade

Mental and Emotional Health

1 Summarize strategies to address persistent, challenging, or negative thoughts and emotions. 5.MEH.1

- 1 Identify ways to cope with challenging situations. 5.MEH.1.1
 - 2 Identify a parent, guardian, or trusted adult to talk with about feelings. 5.MEH.1.2
 - 2 Describe how the expression of emotions or feelings can help or hurt oneself or others. 5.MEH.1.3
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2 Investigate positive stress management strategies. 5.MEH.2

- 1 Compare and contrast personal current and newly identified stress management strategies. 5.MEH.2.1
 - 2 Implement new positive stress management strategies. 5.MEH.2.2
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3 Develop growth mindset strategies for everyday problems. 5.MEH.3

- 1 Explain how practicing a growth mindset can help solve challenging problems. 5.MEH.3.1
 - 2 Explain the importance of adjusting strategies and persistent effort to solve problems. 5.MEH.3.2
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Personal and Consumer Health

1 Utilize personal behaviors and practices that promote health and prevent disease. 5.PCH.1

- 1 Develop a personal hygiene plan. 5.PCH.1.1
 - 2 Outline personal strategies to obtain sufficient sleep and regular physical activity. 5.PCH.1.2
 - 3 Discuss the benefits of sunlight, and the importance of taking measures to prevent sunburn. 5.PCH.1.3
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2 Understand necessary steps to prevent and respond to unintentional injury. 5.PCH.2

- 1 Implement safety strategies to avoid causing injury to self and others. 5.PCH.2.1
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3 Understand body systems and organs, functions, and their care. 5.PCH.3

- 1 Summarize the functions of the organs which make up the digestive system. 5.PCH.3.1
 - 2 Interpret the relationship between and among the vessels and organs of the circulatory system. 5.PCH.3.2
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Interpersonal Communications and Healthy Relationships

1 Analyze healthy and effective interpersonal communications and relationships to enhance wellbeing. 5.ICHR.1

- 1 Recognize the dangers of communicating with known and unknown peers and adults within the community and online. 5.ICHR.1.1
- 2 Identify a parent, guardian, or trusted adult and resources for assistance with unhealthy communication with peers, adults, and strangers within the community and online. 5.ICHR.1.2
- 3 Categorize the factors of a healthy relationship with peers, family, and adults. 5.ICHR.1.3
- 4 Model appropriate strategies for conflict resolution for conflict/bullying. 5.ICHR.1.4

2 Summarize the changes that occur during puberty and adolescence. 5.ICHR.2

- 1 Define physical, mental-emotional, and cognitive changes. 5.ICHR.2.1
- 2 Identify valid accurate sources of information about puberty and development. 5.ICHR.2.2
- 3 Explain physical changes during puberty. 5.ICHR.2.3
- 4 Identify how peers, adults, resources, and cultural influences can impact behavioral choices and feelings during puberty. 5.ICHR.2.4
- 5 Analyze media messages as they relate to their influence on perceptions about desirable bodies. 5.ICHR.2.5

Nutrition and Physical Activity

1 Use tools and resources to interpret nutrition information. 5.NPA.1

- 1 Name the primary nutrients that each food group provides. 5.NPA.1.1
- 2 Using the USDA Food Groups plan a meal with 3-5 food groups included. 5.NPA.1.2
- 3 Calculate nutrients based on the components of a Nutrition Facts label. 5.NPA.1.3

2 Investigate external factors that affect which foods we eat. 5.NPA.2

- 1 Describe how family and culture influence food choices, other eating practices, and enjoyment of food. 5.NPA.2.1
- 2 Describe how school and community settings influence food choices and other eating practices and behaviors. 5.NPA.2.2
- 3 Describe how media/technology influence what and how we eat. 5.NPA.2.3

3 Evaluate the benefits of different activities for your body to promote wellness. 5.NPA.3

- 1 Develop a plan to implement a variety of physical activities into your daily routine that includes warm-up, stretching, and proper hydration. 5.NPA.3.1

Alcohol, Nicotine, Cannabis, and other Drugs

1 Understand health risks associated with using alcohol, nicotine, cannabis, and other drugs. 5.ANCOD.1

- 1 Explain the short-term and long-term effects of alcohol, nicotine, and cannabis misuse. 5.ANCOD.1.1
 - 2 Understand the effects of alcohol, nicotine, cannabis, and other drug misuse on others. 5.ANCOD.1.2
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2 Recognize why people misuse alcohol, nicotine, cannabis, and other drug products. 5.ANCOD.2

- 1 Identify personal and societal influences to use alcohol, nicotine, cannabis, and other drug products. 5.ANCOD.2.1
 - 2 Analyze the use of various marketing strategies to influence people to use alcohol, nicotine, cannabis, and other drug products. 5.ANCOD.2.2
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3 Apply risk reduction behaviors to protect oneself and others from alcohol, nicotine, cannabis, and other drug misuse. 5.ANCOD.3

- 1 Use refusal skills to resist the pressure to experiment with alcohol, nicotine, cannabis, and other drugs. 5.ANCOD.3.1
- 2 Create a plan for maintaining a drug-free lifestyle that includes challenges to the plan and ways of overcoming the challenges. 5.ANCOD.3.2