

Second Grade

Mental and Emotional Health

1 Demonstrate healthy expression of emotions, mental wellness, and healthy behavior. 2.MEH.1

- 1 Demonstrate appropriate ways to express needs, wants and feelings. 2.MEH.1.1
- 2 Identify behaviors to avoid risk and promote mental wellness. 2.MEH.1.2
- 2 Examine the influence of peers, media, social media, technology, and the family on feelings, emotions, and behaviors. 2.MEH.1.3

2 Explain how challenges are opportunities for growth. 2.MEH.2

- 1 Model accessing a resource to get help with solving a problem. 2.MEH.2.1
- 2 Recount at least two strategies to solve a problem. 2.MEH.2.2
- 3 Identify strategies that can be applied to various situations to promote resiliency. 2.MEH.2.3

Personal and Consumer Health

1 Explain personal behaviors and practices that promote health and prevent disease. 2.PCH.1

- 1 Recall the benefits of good dental health. 2.PCH.1.1
- 2 Execute the proper techniques for brushing teeth. 2.PCH.1.2
- 3 Define sleep and its contribution to overall well-being. 2.PCH.1.3
- 4 Demonstrate ways to prevent the spread of germs that cause common communicable diseases. 2.PCH.1.4
- 5 Explain the dangers associated with excessive sun exposure and methods for protecting oneself from these dangers. 2.PCH.1.5

Interpersonal Communications and Healthy Relationships

1 Identify healthy and effective interpersonal communications and relationships to enhance wellbeing. 2.ICHR.1

- 1 Describe characteristics of a trusted friend. 2.ICHR.1.1
 - 2 Demonstrate techniques of active listening. 2.ICHR.1.2
 - 3 Identify the characteristics of bullying and develop skills to respond appropriately. 2.ICHR.1.3
 - 4 Exemplify how to communicate with others with kindness and respect. 2.ICHR.1.4
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Nutrition and Physical Activity

1 Explain where food and water come from and their importance to the body. 2.NPA.1

- 1 Explain the importance of eating a variety of foods from different groups according to the USDA. 2.NPA.1.1
- 2 Classify foods into groups according to USDA. 2.NPA.1.2
- 3 Describe the body's signals when you are hungry and thirsty. 2.NPA.1.3
- 4 NPA.1.4 Compare and contrast possible benefits of eating a meal with family or friends versus eating alone. 2.NPA.1.4

2 Examine the benefits of physical activity. 2.NPA.2

- 1 Explain why the body needs daily physical activity. 2.NPA.2.1

Alcohol, Nicotine, Cannabis, and other Drugs

1 Understand household safety procedures for products and medicines with adult supervision. 2.ANCOD.1

- 1 Define medication and ways that it can be helpful and harmful. 2.ANCOD.1.1
- 2 Identify the importance of following healthcare provider directions with medications. 2.ANCOD.1.2