

	Kindergarten	Grade One	Grade Two	Grade Three	
Social and Emotional Health	<ul style="list-style-type: none"> - Showing respect and caring - Making and keeping friends - Caring touch in positive relationships - Identifying and describing feelings - Managing strong feelings - Recognizing and expressing feelings - Giving and receiving compliments and appreciation - Being responsible at home and school - Identifying people who can help 	<ul style="list-style-type: none"> - Skills for predicting potential feelings of others - Skills for finding out how others feel - Showing courtesy to others - Demonstrate giving and receiving compliments or appreciation - Ways family members and friends help each other - Listening skills for friendships - Decision-making and problem-solving skills 	<ul style="list-style-type: none"> - Identifying and expressing feelings - Handling mixed feelings - Expressing feelings respectfully - Listening with respect - Everyone deserves respect - Showing respect - Managing strong feelings - Making good decisions: WIN - Practicing WIN 	<ul style="list-style-type: none"> - Positive role models and friends - Making and keeping friends - Everyone has special talents - Respecting differences - Helping others by protecting them from bullies - Helping others and getting help - Expressing thanks and appreciation - Expressing annoyance respectfully 	
Nutrition and Physical Activity	<ul style="list-style-type: none"> - Variety in foods and snacks for good health - Drinking water for good health - Categorize foods and snacks into the five food groups - Importance of physical activity for good health - Examples of ways to be physically active 	<ul style="list-style-type: none"> - Importance of eating a variety of foods from all five food groups - Benefits of eating healthy snacks - Benefits of drinking water - Benefits of physical activity - How sleep, rest, and physical activity maintain health 	<ul style="list-style-type: none"> - Food groups - Combining foods and foods to limit - Benefits of physical activity 	<ul style="list-style-type: none"> - Magic Numbers: 5 and 60 - Food advertising and impact on eating - Three types of physical activity - Developing a plan to be physically active - Advocate for healthy eating and daily activity 	
Safety	<ul style="list-style-type: none"> - Dangerous and destructive situations that need adult help - Pedestrian safety - Rule for dangerous objects and weapons - How and when to dial 911 - Avoiding inappropriate touch - Trusted adults who can help 	<ul style="list-style-type: none"> - Wheeled recreation hazards, safety, and safety gear - Fire and burn hazards and how to prevent - Actions to take in a fire emergency - Situations that are dangerous, destructive, and disturbing and need adult help - Escaping dangerous situations - Define emergency and how to make emergency phone call - Avoiding inappropriate touch - Trusted adults who can help 	<ul style="list-style-type: none"> - Wheeled recreation safety: bicycles, skateboards, skates - Water safety - Internet safety - Personal safety - Practicing personal safety skills 	<ul style="list-style-type: none"> - Three keys to passenger safety: safety belts, booster seats, back seat - Safety belt smarts - Identifying and responding to unsafe situations - Street smarts: internet, personal, safety, weapons 	
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> - How to safely use over-the-counter and prescription medicines - Household products that can be dangerous - Rules for avoiding poisons - Trustworthy sources of information 	<ul style="list-style-type: none"> - How to safely use over-the-counter and prescription medicines - Illicit drugs - Household products that can be dangerous - Rules for avoiding poisons - Trustworthy sources of information - Harmful chemicals in tobacco products - Dangers of secondhand smoke and ways to avoid or reduce exposure 	<ul style="list-style-type: none"> - Caffeine - Staying away from nicotine and alcohol - Saying "No" to secondhand smoke 	<ul style="list-style-type: none"> - Medicines and poisons - Negative effects of tobacco use - Tobacco and media - Alcohol and alcoholism - Positive influences - Refusal skills 	
Personal Health and Wellness	<ul style="list-style-type: none"> - Hand washing GERMS - Taking care of teeth - Encouraging peers to make positive choices for personal health 	<ul style="list-style-type: none"> - Skills for stopping the spread of germs: covering sneezes and washing hands - Taking care of teeth 	<p>For more information about the <i>Michigan Model for Health™</i>, contact your local Health Coordinator or visit www.mmhclearinghouse.org</p>		<ul style="list-style-type: none"> - Basic hygiene: Care of the Body - Hand washing GERMS - Planning for good hygiene

HIV

Michigan Model for Health™ K-6 Scope & Sequence Chart