

Grade 4 (Digital Edition)

HealthSmart Grade 4 meets the following Common Core State Standards in English Language Arts.

Reading Informational Text

Standard 1

Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

Lesson 12: Letter to Me, Letter from the Teacher

Lesson 13: Help for Me

Lesson 15: How Safe Am I?

Lesson 16: How Safe Do I Feel?

Lesson 20: Resisting Pressure Tool Sheet

Lesson 29: Check-It-Out Tool Sheet

Standard 2

Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Lesson 6: Growing and Changing Survey

Lesson 7: Tape Measure Template, Measure Up!

Lesson 12: Letter to Me, Letter from the Teacher

Lesson 13: Help for Me

Lesson 15: How Safe Am I?

Lesson 16: How Safe Do I Feel?

Lesson 20: Resisting Pressure Tool Sheet

Lesson 29: Check-It-Out Tool Sheet

Standard 3

Explain events, procedures, ideas or concepts in a historical, scientific or technical text, including what happened and why, based on specific information in the text.

Lesson 12: Letter to Me, Letter from the Teacher

Lesson 13: Help for Me

Lesson 15: How Safe Am I?

Lesson 16: How Safe Do I Feel?

Lesson 20: Resisting Pressure Tool Sheet

Lesson 29: Check-It-Out Tool Sheet

Standard 4

Determine the meaning of general academic and domain-specific words and phrases in a text relevant to a grade 4 topic or subject area.

Lesson 12: Letter to Me, Letter from the Teacher

Lesson 13: Help for Me

Lesson 15: How Safe Am I?

Lesson 16: How Safe Do I Feel?

Lesson 20: Resisting Pressure Tool Sheet

Lesson 29: Check-It-Out Tool Sheet

Reading Literature

Standard 1

Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

Lesson 5: Simple or Serious Conflict?; Safe, Peaceful and Fair Solutions

Lesson 8: Dear Chris Questions

Lesson 17: Kenny—Someone Like You

Lesson 19: What's Happening? What's Needed?

Lesson 20: Resist the Pressure, It's Up to You

Lesson 30: Create a Roleplay

Standard 2

Determine a theme of a story, drama or poem from details in the text; summarize the text.

Lesson 5: Simple or Serious Conflict?; Safe, Peaceful and Fair Solutions

Lesson 8: Dear Chris Questions

Lesson 17: Kenny—Someone Like You

Lesson 19: What's Happening? What's Needed?

Lesson 20: Resist the Pressure, It's Up to You

Lesson 30: Create a Roleplay

Standard 3

Describe in depth a character, setting or event in a story or drama, drawing on specific details in the text.

Lesson 5: Simple or Serious Conflict?; Safe, Peaceful and Fair Solutions

Lesson 8: Dear Chris Questions

Lesson 17: Kenny—Someone Like You

Lesson 19: What's Happening? What's Needed?

Lesson 20: Resist the Pressure, It's Up to You

Lesson 30: Create a Roleplay

Standard 4

Determine the meaning of words and phrases as they are used in a text.

Lesson 5: Simple or Serious Conflict?; Safe, Peaceful and Fair Solutions

Lesson 8: Dear Chris Questions

Lesson 17: Kenny—Someone Like You

Lesson 19: What's Happening? What's Needed?

Lesson 20: Resist the Pressure, It's Up to You

Lesson 30: Create a Roleplay

Writing

Standard 1

Write opinion pieces on topics or texts, supporting a point of view with reasons and information.

Lesson 3: Stress and Me

Lesson 6: Growing and Changing Survey, The Way I See Things

Lesson 8: Dear Chris Questions

Lesson 9: 30 Things I Can Do

Lesson 11: The Door to My Future

HealthSmart Alignment to ELA Common Core State Standards Listed by Standard
Grade 4, Digital Edition

Lesson 12: Letter to Me
Lesson 14: Thinking and Talking About Taking Risks
Lesson 15: How Safe Do I Feel?
Lesson 17: Kenny—Someone Like You
Lesson 18: Signals for Me
Lesson 20: It's Up to You!
Lesson 24: My Daily Food and Exercise Journal
Lesson 30: Create a Roleplay
Lesson 31: Take It from Us: How to Be Tobacco and Alcohol Free

Standard 2

Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

Lesson 5: Safe, Peaceful and Fair Solutions
Lesson 6: Growing and Changing Survey, The Way I See Things
Lesson 7: Measure Up!
Lesson 8: Dear Chris Questions
Lesson 9: 30 Things I Can Do
Lesson 10: 5 Steps to Growing Up Healthy
Lesson 11: The Door to My Future
Lesson 12: Letter to Me
Lesson 13: Help for Me
Lesson 14 Thinking and Talking About Taking Risks
Lesson 15: How Safe Am I?
Lesson 16: How Safe Do I Feel?
Lesson 17: Kenny—Someone Like You
Lesson 18: Signals for Me
Lesson 19: What's Happening? What's Needed?
Lesson 20: Resist the Pressure, Resisting Pressure Tool Sheet, It's Up to You!
Lesson 21: Food Groups Booklet
Lesson 24: My Daily Food and Exercise Journal
Lesson 29: Check-It-Out Tool Sheet
Lesson 30: Create a Roleplay
Lesson 31: Take It from Me, Take It from Us: How to Be Tobacco and Alcohol Free

Standard 3

Write narratives to develop real or imagined experiences or events using effective technique, descriptive details and clear event sequences.

Lesson 14: Thinking and Talking About Taking Risks
Lesson 17: Kenny—Someone Like You
Lesson 30: Create a Roleplay

Standard 7

Conduct short research projects that build knowledge through investigation of different aspects of a topic.

Lesson 24: My Daily Food and Exercise Journal

Standard 8

Recall relevant information from experiences or gather relevant information from print and digital sources; take notes and categorize information, and provide a list of sources.

Lesson 6: The Way I See Things

Speaking and Listening

Standard 1

Engage effectively in a range of collaborative discussions with diverse partners on grade 4 topics and texts; building on others' ideas and expressing their own clearly.

Lesson 5: Safe, Peaceful and Fair Solutions, We Handle Conflict!

Lesson 6: The Way I See Things

Lesson 8: Dear Chris Questions, I Like My Growing and Changing Body!

Lesson 11: The Door to My Future, Got a Minute? Talking About the Future

Lesson 14: Thinking and Talking About Taking Risks, Table Talk: Safety Smart Families

Lesson 15: How Safe Am I?

Lesson 16: How Safe Do I Feel?

Lesson 18: Signals for Me

Lesson 19: What's Happening? What's Needed?

Lesson 20: Resist the Pressure, We Don't Take Dares from Others!

Lesson 23: Table Talk: Our Top 10 Healthy Snacks, I Eat Healthy Every Day!

Lesson 24: I Get Plenty of Exercise!

Lesson 25: Got a Minute? Talking About Body Image

Lesson 30: Create a Roleplay, Got a Minute? Talking About Staying Away from Tobacco and Alcohol

Lesson 31: Take It from Us: How to Be Tobacco and Alcohol Free, We Are Tobacco and Alcohol Free!

Standard 2

Paraphrase portions of a text read aloud or information presented in diverse media and formats, including visually, quantitatively and orally.

Lesson 5: We Handle Conflict!

Lesson 6: The Way I See Things

Lesson 8: Dear Chris Questions, I Like My Growing and Changing Body!

Lesson 11: The Door to My Future

Lesson 15: How Safe Am I?

Lesson 16: How Safe Do I Feel?

Lesson 18: Signals for Me

Lesson 19: What's Happening? What's Needed?

Lesson 20: Resist the Pressure

Lesson 23: I Eat Healthy Every Day!

Lesson 24: I Get Plenty of Exercise!

Lesson 30: Create a Roleplay

Lesson 31: Take It from Us: How to Be Tobacco and Alcohol Free

Standard 3

Identify the reasons and evidence a speaker provides to support particular points.

Lesson 10: 5 Steps to Growing Up Healthy

Lesson 21: Food Groups Booklet

Standard 6

Differentiate between contexts that call for formal English and situations where informal discourse is appropriate; use formal English when appropriate to task and situation.

Lesson 5: We Handle Conflict!

Lesson 6: The Way I See Things

Lesson 8: Dear Chris Questions, I Like My Growing and Changing Body!

Lesson 11: The Door to My Future

Lesson 15: How Safe Am I?

Lesson 16: How Safe Do I Feel?

Lesson 18: Signals for Me

Lesson 19: What's Happening? What's Needed?

Lesson 20: Resist the Pressure

Lesson 23: I Eat Healthy Every Day!

Lesson 24: I Get Plenty of Exercise!

Lesson 30: Create a Roleplay

Lesson 31: Take It from Us: How to Be Tobacco and Alcohol Free, We Are Tobacco and Alcohol Free!

Language

Standard 2

Demonstrate command of the conventions of standard English capitalization, punctuation and spelling when writing.

Lesson 25: My Compliment Mirror

Standard 4

Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grade 4 reading and content, choosing flexibly from an array of strategies.

Lesson 6: Growing and Changing Survey

Lesson 20: Resist the Pressure

Standard 6

Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases, including those that signal precise actions, emotions or states of being and that are basic to a particular topic.

Lesson 3: Stress and Me

Lesson 5: Safe, Peaceful and Fair Solutions

Lesson 6: Growing and Changing Survey

Lesson 15: How Safe Am I?

Lesson 16: How Safe Do I Feel?

Lesson 19: What's Happening? What's Needed?

Lesson 20: Resist the Pressure, It's Up to You!

Lesson 25: My Compliment Mirror

Lesson 30: Create a Roleplay

Lesson 31: Take It from Us: How to Be Tobacco and Alcohol Free