

## Grade 4 (Print Edition)

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The student materials in *HealthSmart* Grade 4 address the following Common Core State Standards in English Language Arts.

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### Personal & Family Health

#### Lesson 1, Activity 3

Stress and Me W.4.1; L.4.6

#### Lesson 2, Activity 2

Simple or Serious Conflict? RL.4.1,2,3,4

Safe, Peaceful and Fair Solutions RL.4.1,2,3,4; W.4.2; SL.4.1; L.4.6

#### Keep the Learning Alive (1)

We Handle Conflict! SL.4.1,2,6

#### Lesson 3, Activity 1

Growing and Changing Survey RI.4.2; W.4.1,2; L.4.4,6

The Way I See Things W.4.1,2,8; SL.4.1,2,6

#### Lesson 3, Activity 2

Tape Measure Template RI.4.2

Measure Up! RI.4.2; W.4.2

#### Lesson 3, Activity 3

Dear Chris Questions RL.4.1,2,3,4; W.4.1,2; SL.4.1,2,6

#### Lesson 3, Activity 4

30 Things I Can Do W.4.1,2

#### Lesson 3, Activity 5

5 Steps to Growing Up Healthy W.4.2; SL.4.3

#### Lesson 3, Activity 6

The Door to My Future W.4.1,2; SL.4.1,2,6

Got a Minute? Talking About the Future SL.4.1

#### Lesson 3, Activity 7

Letter to Me! RI.4.1,2,3,4; W.4.1,2

Letter from the Teacher RI.4.1,2,3,4

#### Lesson 3, Activity 8

Help for Me RI.4.1,2,3,4; W.4.2

#### Keep the Learning Alive (2)

I Like My Growing and Changing Body! SL.4.1,2,6

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### Safety & Injury Prevention

#### Lesson 1, Activity 1

Thinking and Talking About Taking Risks W.4.1,2,3; SL.4.1

Table Talk: Safety Smart Families SL.4.1

#### Lesson 1, Activity 2

How Safe Am I? RI.4.1,2,3,4; W.4.2; SL.4.1,2,6; L.4.6

#### Key to Common Core Abbreviations

Language Forms:

RL = Reading Literature

RI = Reading Informational

Text

W = Writing

SL = Speaking & Listening

L = Language

The grade level follows the language form.

The specific standards addressed follow the grade level, separated by commas.

For example: W.4.2,4 = Writing, Grade 4, Standards 2 and 4.

**Lesson 1, Activity 3**

How Safe Do I Feel? RI.4.1,2,3,4; W.4.1,2; SL.4.1,2,6; L.4.6

**Lesson 2, Activity 1**

Kenny—Someone Like You RI.4.1,2,3,4; W.4.1,2,3

**Lesson 2, Activity 2**

Signals for Me W.4.1,2; SL.4.1,2,6

**Lesson 2, Activity 3**

What's Happening? What's Needed? RI.4.1,2,3,4; W.4.2; SL.4.1,2,6; L.4.6

**Lesson 3, Activity 1**

Resist the Pressure RI.4.1,2,3,4; W.4.2; SL.4.1,2,6; L.4.4,6

Resisting Pressure Tool Sheet RI.4.1,2,3,4; W.4.2

It's Up to You! RI.4.1,2,3,4; W.4.1,2; L.4.6

**Keep the Learning Alive**

We Don't Take Dares from Others! SL.4.1

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**Nutrition & Physical Activity**

**Lesson 1, Activity 1**

Food Groups Booklet W.4.2; SL.4.3

**Lesson 1, Activity 3**

Table Talk: Our Top 10 Healthy Snacks SL.4.1

**Lesson 1, Activity 4**

My Daily Food and Exercise Journal W.4.1,2,7

**Keep the Learning Alive (1)**

I Eat Healthy Every Day! SL.4.1,2,6

**Lesson 2, Activity 1**

My Compliment Mirror L.4.2,6

Got a Minute? Talking About Body Image SL.4.1

**Keep the Learning Alive (2)**

I Get Plenty of Exercise! SL.4.1,2,6

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**Tobacco & Alcohol Prevention**

**Lesson 2, Activity 2**

Check-It-Out Tool Sheet RI.4.1,2,3,4; W.4.2

**Lesson 2, Activity 3**

Create a Roleplay RI.4.1,2,3,4; W.4.1,2,3; SL.4.1,2,6; L.4.6

Got a Minute? Talking About Staying Away from Tobacco and Alcohol SL.4.1

**Lesson 3, Activity 1**

Take It from Me W.4.2

Take It from Us: How to Be Tobacco and Alcohol Free W.4.1,2; SL.4.1,2,6; L.4.6

**Keep the Learning Alive**

We Are Tobacco and Alcohol Free! SL.4.1,6