

***HealthSmart* Alignment with Social Emotional Learning (SEL) Competencies**

Grades K–5

Grade K
Self-Awareness: The abilities to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.
<p>Lesson 1: We’re All Different and Special</p> <p>Lesson 2: Having Feelings</p> <p>Lesson 4: My Body Puzzle</p> <p>Lesson 10: Safe Feelings Are Healthy Feelings</p> <p>Lesson 20: Decide to Be Safe</p> <p>Lesson 24: Knowing and Moving Your Body Is Part of Being Healthy</p> <p>Lesson 30: I’m Healthy and Tobacco Free!</p>
Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.
<p>Lesson 2: Having Feelings</p> <p>Lesson 5: Keeping My Teeth Healthy</p> <p>Lesson 6: Washing Hands</p> <p>Lesson 7: Reading Body Signals</p> <p>Lesson 8: Responding to Injuries</p> <p>Lesson 23: Setting a Goal: Plenty of Water for Me!</p> <p>Lesson 25: Setting a Goal: Come Move with Me!</p> <p>Lesson 29: What to Do When Smoke Bothers You</p>
Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.
<p>Lesson 1: We’re All Different and Special</p> <p>Lesson 11: Feeling Safe at School: We Don’t Bully!</p>
Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.
<p>Lesson 3: Having People Who Care</p> <p>Lesson 11: Feeling Safe at School: We Don’t Bully!</p> <p>Lesson 28: Loving Family and Friends Who Smoke</p>
Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.
<p>Lesson 9: Getting Help When Sick or Hurt</p> <p>Lesson 20: Decide to Be Safe</p>

Grade 1
Self-Awareness: The abilities to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.
Lesson 4: Having All Kinds of Feelings Lesson 9: Being Safe Lesson 24: I Like and Move My Body
Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.
Lesson 4: Having All Kinds of Feelings Lesson 5: Handwashing for Health Lesson 6: Keeping Teeth Healthy Lesson 7: Dressing for the Weather Lesson 8: Getting Enough Sleep Lesson 23: Setting a Goal to Eat Breakfast or Drink More Water Lesson 25: Move More and Sit Less to Be Healthy
Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.
Lesson 1: Belonging Helps Keep Me Healthy Lesson 2: Families are Special and Different in Their Own Ways Lesson 3: Having Friends Lesson 18: We Don’t Bully at Our School Lesson 19: Sharing the Safety Smart Message Lesson 28: Sharing the Tobacco-Free Message
Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.
Lesson 1: Belonging Helps Keep Me Healthy Lesson 2: Families are Special and Different in Their Own Ways Lesson 3: Having Friends Lesson 18: We Don’t Bully at Our School Lesson 29: Family and Friends Want You to Be Tobacco Free
Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.
Lesson 20: You can Get Help for Unsafe Touch Lesson 27: Why People Smoke

Grade 2
Self-Awareness: The abilities to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.
Lesson 2: How Do We Grow and Change? Lesson 3: Troublesome Feelings Lesson 20: Liking and Moving Your Body
Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.
Lesson 3: Troublesome Feelings Lesson 5: Preventing Colds and Fighting Germs Lesson 6: Using Medicines Safely Lesson 7: Healthy Habits Lesson 13: Setting a Goal to Be Safety Smart Lesson 19: Setting a Goal to Eat 5 a Day Lesson 21: Setting a Goal to Move 60 a Day
Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.
Lesson 1: How do Families Grow and Change? Lesson 2: How Do We Grow and Change? Lesson 8: Helping Friends Stay Healthy Lesson 14: What We Know About Bullying Lesson 15: Taking a Stand Against Bullying
Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.
Lesson 1: How do Families Grow and Change? Lesson 4: Getting Help for Troublesome Feelings Lesson 14: What We Know About Bullying Lesson 15: Taking a Stand Against Bullying Lesson 25: Getting Support to Be Tobacco Free
Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.
Lesson 4: Getting Help for Troublesome Feelings Lesson 6: Using Medicines Safely Lesson 9: Being Safety Smart on the Street Lesson 10: Being Safety Smart as a Passenger Lesson 11: Being Safety Smart Around Water Lesson 12: Being Safety Smart When You Ride a Bike Lesson 15: Taking a Stand Against Bullying Lesson 26: Making the Choice to Be Tobacco Free

Grade 3
Self-Awareness: The abilities to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.
<p>Lesson 1: Being Healthy in Many Ways</p> <p>Lesson 2: Expressing Feelings in Healthy Ways</p> <p>Lesson 5: Valuing Self and Others</p> <p>Lesson 23: Move More, Sit Less</p> <p>Lesson 27: The Pressure Cooker</p>
Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.
<p>Lesson 2: Expressing Feelings in Healthy Ways</p> <p>Lesson 6: Avoiding Germs to Stay Healthy</p> <p>Lesson 8: Using Medicines in Safe Ways</p> <p>Lesson 9: Being Safety Smart</p> <p>Lesson 12: Setting My Goal to Be Safety Smart</p> <p>Lesson 22: My Goal to Eat Healthy</p> <p>Lesson 24: My Goal to Move More</p> <p>Lesson 29: Turning Off the Pressure</p>
Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.
<p>Lesson 3: Getting Along with Family</p> <p>Lesson 4: Getting Along with Friends</p> <p>Lesson 5: Valuing Self and Others</p> <p>Lesson 7: Helping Everyone Avoid Germs</p> <p>Lesson 10: Teaching Others to Be Safety Smart</p> <p>Lesson 14: Bullying: Myths and Facts</p> <p>Lesson 15: Preventing and Reporting Bullying</p> <p>Lesson 28: Where Does Pressure Come From?</p>
Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.
<p>Lesson 3: Getting Along with Family</p> <p>Lesson 4: Getting Along with Friends</p> <p>Lesson 14: Bullying: Myths and Facts</p> <p>Lesson 15: Preventing and Reporting Bullying</p> <p>Lesson 29: Turning Off the Pressure</p>

Grade 3 *(continued)*

Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

Lesson 8: Using Medicines in Safe Ways
 Lesson 13: Assessing Situations & Making Safe Choices
 Lesson 15: Preventing and Reporting Bullying
 Lesson 16: Dealing with Inappropriate Touch
 Lesson 26: Choosing to Be Tobacco and Alcohol Free

Grade 4

Self-Awareness: The abilities to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.

Lesson 1: What Is Stress?
 Lesson 2: What Causes Stress?
 Lesson 4: Troublesome Feelings & Signals for Support
 Lesson 12: Assessing My Risks
 Lesson 18: Being Active Every Day
 Lesson 25: Thinking About Growing and Changing

Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Lesson 3: Dealing with Stress in Healthy Ways
 Lesson 5: Self-Control for Troublesome Feelings
 Lesson 6: Getting Help for Troublesome Feelings
 Lesson 9: My Healthy Habit Goal
 Lesson 10: Understanding Risk Taking
 Lesson 11: Staying Safe at Home, at School and in the Community
 Lesson 13: You Can Resist Peer Pressure and Dares
 Lesson 19: My Daily Food and Activity Goal

Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

Lesson 14: Responding to Conflict
 Lesson 15: Conflict Resolution Skills
 Lesson 21: What Influences Tobacco and Alcohol Use?
 Lesson 24: Take It from Me—Be Drug Free!
 Lesson 26: Dealing with Growing Up and Changing

Grade 4 *(continued)*

Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

Lesson 13: You Can Resist Peer Pressure and Dares
 Lesson 14: Responding to Conflict
 Lesson 15: Conflict Resolution Skills
 Lesson 22: Saying NO Takes Practice
 Lesson 23: Practicing How to Say NO
 Lesson 27: Getting Help with Growing Up and Changing

Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

Lesson 6: Getting Help for Troublesome Feelings
 Lesson 14: Responding to Conflict
 Lesson 15: Conflict Resolution Skills
 Lesson 28: Decisions for a Healthy Future

Grade 5

Self-Awareness: The abilities to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.

Lesson 1: Being Emotionally Healthy
 Lesson 6: Protecting My Health Now and in the Future
 Lesson 14: Analyzing Media Messages & Violence
 Lesson 17: Understanding Food Amounts
 Lesson 18: Challenges to Healthy Eating: Junk Food
 Lesson 21: Physical Activity: What’s in It for Me?
 Lesson 32: Old Me, New Me

Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Lesson 4: Getting Accurate Health Information
 Lesson 22: Healthy Eating & Activity: Setting a Goal
 Lesson 23: Tracking My Progress
 Lesson 37: Choosing Sexual Abstinence

Grade 5 *(continued)*

Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

Lesson 2: Building Healthy Relationships
 Lesson 3: Respectful Communication
 Lesson 7: Understanding Bullying & Cyberbullying
 Lesson 8: Bullying: Feelings & Consequences
 Lesson 10: Understanding Fights
 Lesson 11: Fights, Feelings & Consequences
 Lesson 13: When Friends Need Help
 Lesson 15: Taking a Stand Against Violence
 Lesson 26: Alcohol & Peers
 Lesson 27: Alcohol & the Media
 Lesson 33: Understanding Puberty & New Responsibilities
 Lesson 36: Gender Roles & Expression

Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

Lesson 2: Building Healthy Relationships
 Lesson 3: Respectful Communication
 Lesson 7: Understanding Bullying & Cyberbullying
 Lesson 8: Bullying: Feelings & Consequences
 Lesson 10: Understanding Fights
 Lesson 11: Fights, Feelings & Consequences
 Lesson 28: Saying NO to Alcohol

Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

Lesson 9: Preventing & Reporting Bullying
 Lesson 12: Preventing & Avoiding Fights
 Lesson 13: When Friends Need Help
 Lesson 29: My Alcohol-Free Choice
 Lesson 31: When Friends & Family Use Alcohol
 Lesson 38: Seeking Information & Support