

# Grade 4

## Physical and Personal Wellness CH.4.2

### **1 Demonstrate the ability to set a goal in order to enhance personal nutrition.** CH.4.2.1

- a Set a goal to improve food choices based on appropriate nutritional content, value, and calories. CH.4.2.1.A
  - b Explain the importance of eating a variety of foods from all the food groups. CH.4.2.1.B
  - c Identify healthy foods (including snacks) in appropriate portion sizes based on your personal lifestyle. CH.4.2.1.C
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### **2 Describe the connection between food intake and physical health.** CH.4.2.2

- a Explain that both eating habits and level of physical activity affect a person's overall well-being and ability to learn. CH.4.2.2.A
  - b Explain body signals that tell people when they are hungry and when they are full. CH.4.2.2.B
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### **3 Explain how the dimensions of wellness are interrelated and impact personal health.** CH.4.2.3

- a Explain the physical, social, and emotional dimensions of personal health and wellness and how they interact. CH.4.2.3.A
  - b Define wellness. CH.4.2.3.B
  - c Assess how modern technology can impact your social, emotional, and physical health and wellness. CH.4.2.3.C
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## Social and Emotional Wellness CH. 4.3

### 1 Identify positive behaviors that support healthy relationships. CH. 4.3.1

- a Discuss factors that support healthy relationships with friends and family. CH. 4.3.1.A
  - b Discuss how culture and tradition influence personal and family structures. CH. 4.3.1.B
  - c Describe different kinds of families, and discuss how families can provide emotional support, set boundaries, and limits. CH. 4.3.1.C
  - d Identify the positive ways that peers and family members show support, care, and appreciation for one another. CH. 4.3.1.D
  - e Identify problem solving strategies to support healthy relationships. CH. 4.3.1.E
  - f Describe the importance of having and identifying a parent or trusted adult as a support. CH. 4.3.1.F
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### 2 Comprehend concepts related to stress and stress management. CH. 4.3.2

- a Identify personal stressors at home, with friends, in school, and in the community. CH. 4.3.2.A
  - b List physical and emotional reactions to stressful situations. CH. 4.3.2.B
  - c Identify positive and negative ways of dealing with stress. CH. 4.3.2.C
  - d Identify when you should seek help from a trusted adult in dealing with stress. CH. 4.3.2.D
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## Prevention and Risk Management CH. 4.4

### 1 Identify positive and negative uses for medicines. CH. 4.4.1

- a Describe the purpose of prescribed and over-the-counter medicines and how they can be used or misused in the treatment of common medical problems. CH. 4.4.1.A
  - b Demonstrate the ability to read, understand, and follow labels such as those on common household medicines. CH. 4.4.1.B
  - c Summarize the risks associated with the inappropriate use of over-the-counter medicines, prescriptions, and vitamins. CH. 4.4.1.C
  - d Describe the steps to take if over-the-counter or prescription drugs are used incorrectly. CH. 4.4.1.D
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### 2 Demonstrate the ability to use interpersonal communication skills to refuse or avoid using drugs (marijuana, illegal drugs, prescription drugs, alcohol, and tobacco). CH. 4.4.2

- a Demonstrate effective verbal and nonverbal ways to refuse pressures to use marijuana, illegal drugs, abuse of prescription drugs, alcohol, and tobacco. CH. 4.4.2.A
- b Describe strategies on how to avoid the use of marijuana, illegal drugs, abuse of prescription drugs, alcohol, and tobacco. CH. 4.4.2.B
- c Examine the factors that influence a person's decision to use or not to use marijuana, illegal drugs, prescription drugs, alcohol, and tobacco. CH. 4.4.2.C

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**3 Demonstrate skills necessary to prevent a conflict from escalating to violence.** CH.4.4.3

- a Demonstrate simple conflict resolution techniques to diffuse a potentially violent situation. CH.4.4.3.A
- b Describe situations that lead to violence, the consequences of violent behavior, and the importance of resolving conflict through effective communication skills. CH.4.4.3.B
- c Explain a more positive alternative than using violence to resolve a conflict. CH.4.4.3.C
- d Explain the potential dangers of having weapons at home, in school, and in the community. CH.4.4.3.D