

Grades K, 1, 2

Adopted 2005

**Core Concepts —
Understand concepts
related to health
promotion and disease
prevention**

Mental and Emotional Health

1. Describe appropriate ways to express feelings [HE.K-2.1.1](#)
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Healthy Eating and Physical Activity

2. Explain the benefits associated with exercise [HE.K-2.1.2](#)
 3. Describe the benefits associated with a healthy diet [HE.K-2.1.3](#)
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Promoting Safety and Preventing Violence and Unintentional Injury

4. Describe barriers and situations that are safe, risky, or harmful to self and others [HE.K-2.1.4](#)
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Personal Health and Wellness

5. Describe how individuals can promote and protect their own health [HE.K-2.1.5](#)
 6. Describe helpful and harmful substances and their proper use [HE.K-2.1.6](#)
 7. Describe the benefits associated with personal cleanliness [HE.K-2.1.7](#)
 8. Describe the signs and symptoms of common illness and strategies one can use to avoid spreading or catching illnesses [HE.K-2.1.8](#)
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**Accessing Information —
Access valid health
information and health-
promoting products and
services**

Health Information, Products, and Services Across Topic Areas

1. Name people in the school and community who provide health support for others [HE.K-2.2.1](#)
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**Self-Management —
Practice health-
enhancing behaviors
and reduce health risks**

Mental and Emotional Health

1. Describe personal stressors and ways to deal with stressful situations [HE.K-2.3.1](#)
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**Analyzing Influences —
Understand the
influences of culture,
family, peers, media,
technology, and other
factors on health**

Factors Influencing Health Across Topic Areas

1. Describe internal (e.g., one's own feelings, moods, curiosity, physical well-being) and external (e.g., family, school, media) factors that influence health behaviors [HE.K-2.4.1](#)
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**Interpersonal
Communication — Use
interpersonal
communication skills to
enhance health**

Communication Skills Across Topic Areas

1. Use effective verbal and nonverbal communication [HE.K-2.5.1](#)
 2. Use effective and appropriate ways to express feelings, wants, and needs [HE.K-2.5.2](#)
 3. Describe basic refusal skills [HE.K-2.5.3](#)
 4. Describe how to be a good friend and responsible family member [HE.K-2.5.4](#)
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**Decision-Making and
Goal-Setting — Use
decision-making and
goal-setting skills to
enhance health**

Decision-Making Across Topic Areas

1. Explain when and who to ask for help in making health-related decisions and setting goals [HE.K-2.6.1](#)
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Goal-Setting Across Topic Areas

2. Name a personal health goal and describe a plan to achieve it [HE.K-2.6.2](#)
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**Advocacy — Advocate
for personal, family, and
community health**

Advocacy Across Topic Areas

1. Describe ways to help others promote and protect their own health [HE.K-2.7.1](#)