


	EARLY CHILDHOOD	KINDERGARTEN	GRADE ONE	GRADE TWO
Social & Emotional Health	<ul style="list-style-type: none"> Identifying basic expressions of emotions Using emotion words Discussing possible reasons for emotional expressions Recognizing emotions based on facial expressions, vocal intonations and body language Comparing and contrasting family characteristics Understanding and exploring what good friends do Identifying, practicing and evaluating problem solving Increasing self awareness and respecting the personal space of others (consent) Using polite words and manners in social interactions 	<ul style="list-style-type: none"> Showing respect and caring Making and keeping friends Understanding caring touch in positive relationships Identifying and expressing feelings Managing strong feelings Giving and receiving compliments and appreciation Being responsible at home and school Identifying people who can help 	<ul style="list-style-type: none"> Predicting feelings in others Asking how others feel Showing courtesy to others Demonstrating giving and receiving compliments or appreciation Describing ways family members and friends help each other Building friendships by listening Solving problems with a decision-making process (WIN) 	<ul style="list-style-type: none"> Identifying and expressing feelings Handling mixed feelings Expressing feelings and listening Discovering ways to show respect Managing anger and other strong feelings Practicing the WIN steps for decision-making
Nutrition & Physical Activity	<ul style="list-style-type: none"> Exploring bedtime routine, rest and relaxation Understanding the importance of food for good health Identifying healthy foods Understanding the importance of drinking water for good health Demonstrating ways to move and exercise Practicing yoga as method of exercise 	<ul style="list-style-type: none"> Choosing a variety in foods and snacks for good health Understanding that drinking water is good for health Categorizing foods and snacks into the five food groups Identifying why physical activity is good for health Knowing ways to be physically active 	<ul style="list-style-type: none"> Recognizing the importance of eating a variety of foods from all five food groups Describing the benefits of eating healthy snacks Discovering the benefits of drinking water Describing the benefits of physical activity Knowing how sleep, rest, and physical activity maintain health 	<ul style="list-style-type: none"> Reinforcing the importance of eating foods from all five food groups Explaining the different food groups when combining foods Identifying foods that should be limited Identifying the benefits of physical activity
Safety	<ul style="list-style-type: none"> Identifying and practicing ways to be safe Discuss and practice safety behaviors while riding in a vehicle (car, bus/van) Recognizing safety hazards to maintain personal safety Identifying and practicing safe behavior skills during fire emergencies/drills 	<ul style="list-style-type: none"> Recognizing dangerous and destructive situations that need adult help Demonstrating pedestrian safety Knowing rules for dangerous objects and weapons Understanding how and when to dial 911 Applying strategies to avoid unsafe touch Identifying trusted adults who can help 	<ul style="list-style-type: none"> Applying strategies and rules for wheeled recreation hazards, safety, and safety gear Preventing fire and burn hazards Demonstrating actions to take in a fire emergency Describing and practicing escaping situations that are dangerous, destructive, and disturbing and need adult help Escaping dangerous situations Defining an emergency and when to dial 911 Applying strategies to avoid and try to get away in cases of unsafe touch Demonstrating how to ask a trusted adult for help 	<ul style="list-style-type: none"> Assessing safe use of wheeled recreational equipment e.g., bicycles, skateboards, skates Identifying safety precautions in or near water Developing strategies for Internet safety Demonstrating strategies to avoid and try to get away in cases of unsafe touch Practicing how to avoid and trying to get away from unsafe situations and asking trusted adults for help
Alcohol, Tobacco, & Other Drugs	<div style="background-color: #4b4b9b; color: white; padding: 20px; text-align: center;"> <p>MICHIGAN MODEL FOR HEALTH™</p> <p>SCOPE & SEQUENCE</p> <p>Grades PreK-6</p> </div>	<ul style="list-style-type: none"> Knowing how to safely use over-the-counter and prescription medicines Identifying household products that can be dangerous Explaining rules for avoiding poisons Recognizing trustworthy sources of information 	<ul style="list-style-type: none"> Applying how to safely use over-the-counter and prescription medicines Defining what are Illicit drugs Identifying household products that can be dangerous Reviewing labels and ways to avoid poisons Recognizing adults as trustworthy sources of information about potential poisonous household products Identifying harmful chemicals in tobacco products Assessing dangers of secondhand smoke and e-cigarette aerosol and ways to avoid or reduce exposure 	<ul style="list-style-type: none"> Identifying sources of caffeine and their impact on the body Explaining that nicotine and alcohol are drugs and should be avoided Applying skills to avoid exposure to secondhand smoke and e-cigarette aerosol Identifying over-the-counter and prescription medicines and illicit drugs Applying rules for safe medicine use and refusal skills to avoid misuse of medicines (e.g. opioids) and illicit drugs
Personal Health & Wellness	<ul style="list-style-type: none"> Identifying practices for preventing the spread of germs, e.g., handwashing, coughing into arm Practicing proper handwashing Internalizing steps for using the bathroom at school e.g., Bathroom Sequence Chart Understanding the importance of following illness prevention rules and practices for coughing, sneezing and runny noses Practicing good oral health and hygiene, e.g., toothbrushing and flossing 	<ul style="list-style-type: none"> Practicing proper hand washing to prevent the spread of germs Demonstrating and explaining how to properly take care of teeth Encouraging peers to make positive choices for personal health 	<ul style="list-style-type: none"> Practicing skills for stopping the spread of germs e.g., covering sneezes and washing hands Explaining ways to take care of teeth 	<div style="text-align: center;"> <p>The model for healthy kids!</p>  <p>Michigan Model for Health</p> </div>

	GRADE THREE	GRADE FOUR	GRADE FIVE	GRADE SIX
Social & Emotional Health	<ul style="list-style-type: none"> Analyzing influences of positive role models and friends Making and keeping friends Recognizing special talents in self and others Respecting differences and supporting others Helping others who are bullied Identifying when to get help from adults Demonstrating thanks and appreciation Expressing annoyance respectfully 	<ul style="list-style-type: none"> Managing strong feelings Introducing I-Messages Practicing positive self-talk Describing effects of teasing and bullying Protecting self and others who are bullied and teased Demonstrating the WISE decision-making and problem-solving skills Developing non-violent conflict resolution skills 	<ul style="list-style-type: none"> Identifying feelings of different intensities in self and others Applying skills to manage strong feelings Applying I-messages Introducing positive self-talk Protecting self and others when bullied or harassed Demonstrating assertive communication and listening skills Identifying situations that could lead to trouble Practicing the WISE decision-making and problem-solving skills Demonstrating how to get help for self and others in dangerous situations Practicing non-violent conflict resolution skills Setting personal goals Advocating for a healthy school environment 	<ul style="list-style-type: none"> Analyzing positive and negative risks of friendships Demonstrating effective listening skills and expressing appreciation Understanding when to use assertive communication, including I-messages Practicing skills to manage strong feelings Dealing with angry feelings using the COOL steps Getting help when decision-making and problem-solving skills Evaluating solutions or problems and decisions Analyzing non-violent conflict resolution skills Defining and managing stress
Nutrition & Physical Activity	<ul style="list-style-type: none"> Identifying the Magic Numbers: 5 (food groups) and 60 (minutes of exercise) Analyzing how food advertising can impact eating behaviors Describing the three types of physical activity Developing a plan to be physically active Advocating for healthy eating and daily activity 	<ul style="list-style-type: none"> Describing the food groups and their benefits Identifying daily amounts to eat from each food group and how to estimate amounts Understanding how to “Fill Your Plate” with recommended quantity of food Analyzing the influence of food and beverage advertising Balancing the daily recommended amounts of physical activity and sleep Incorporating adequate sleep, rest, and physical activity into a healthy daily routine 	<ul style="list-style-type: none"> Identifying the six nutrients and their benefits Using food labels to determine information about a food Choosing water as a preferred beverage Analyzing the Dietary Guidelines when choosing foods Assessing meals using the “Fill Your Plate” visual Evaluating meals and making recommendations for improvement 	<ul style="list-style-type: none"> Preventing foodborne illnesses Understanding the benefits of healthy eating and physical activity Applying the dietary guidelines to an individual Analyzing body image and healthy weight Describing influences on eating, activity and sleep Using the Dietary Guidelines to make a personal plan Supporting others to eat healthy and be active
Safety	<ul style="list-style-type: none"> Identifying safe and unsafe passenger behaviors Describing how booster seats and safety belts help passengers stay safe Identifying and responding to dangerous, destructive and disturbing situations e.g., Internet hazards, weapons, unsafe touch Describing how to ask a trusted adult for help 	<ul style="list-style-type: none"> Preventing fire and burn hazards Creating and practicing a home fire escape plan Identifying differences between prescription (e.g. opioids) and over-the-counter medicines and rules for safe use Identifying strategies to prevent injuries Learning ways to stay safe when home alone Defining emergencies and how to make emergency phone calls Preventing injury from dangerous objects, including weapons Using the Internet safely and identifying online hazards Introducing setting personal boundaries and identifying safe, confusing, and unsafe touch Demonstrating strategies to avoid and to try to get away from unsafe touch 	<ul style="list-style-type: none"> Preventing injuries related to sun, water and ice Predicting safety hazards when home alone and how to stay safe Making an emergency phone call Developing safety strategies when in public places, including when alone in public places Recognizing personal boundaries, identifying safe, confusing, and unsafe touch and strategies for getting help Demonstrating strategies to avoid and to try to get away from unsafe touch 	<ul style="list-style-type: none"> Understanding seatbelt safety and impact of car passenger behavior Analyzing situations and using safety strategies when in public places, including escaping when weapons are present Demonstrating the ability to follow school procedures and escape in crisis situations Applying strategies to stay safe when using the Internet Getting adult help with Internet safety Advocating for self and others to practice safe behaviors online Setting personal boundaries, understanding safe, confusing, and unsafe touch, and reinforcing that unsafe touch is not a child's fault Reinforcing strategies to avoid and to try to get away from unsafe touch and get adult help
Alcohol, Tobacco, & Other Drugs	<ul style="list-style-type: none"> Knowing rules for safe medicine use Identifying how to prevent poisoning and actions to take if a poisoning emergency occurs Identifying the negative effects of tobacco use Recognizing strategies used by the media to encourage or discourage tobacco use Identifying the short- and long- term effects of alcohol Identifying the short- and long-term effects of marijuana Determining positive influences to stay drug free Introducing refusal skills to avoid alcohol, tobacco, marijuana, misuse of prescription medicine (e.g. opioids) and other drugs 	<ul style="list-style-type: none"> Reinforcing dangers of secondhand smoke and e-cigarette aerosol and ways to avoid or reduce exposure Exploring why individuals choose to drink or not to drink alcohol Explaining how decisions about alcohol and other drug use impact family and friends Analyzing how family and friends influence alcohol and other drug use decisions Describing the influence of advertising Identifying the short- and long-term effects of marijuana Applying refusal skills to avoid alcohol, tobacco, marijuana and other drugs 	<ul style="list-style-type: none"> Describing the dangers of inhalant use and medicine misuse and how to avoid risks Assessing the influence of family and peers on drug use Applying rules for safety around medicines including opioids and dangerous or unknown products Identifying the effects of using any form of tobacco and secondhand smoke and e-cigarette aerosol Advocating for someone to avoid tobacco use or quit using Analyzing tobacco advertisements Identifying the short- and long-term effects of marijuana Demonstrating refusal skills to avoid tobacco, inhalants, marijuana, opioids and other drugs Knowing the effects of alcohol and other drugs when driving a vehicle Explaining the impact alcohol and tobacco use has on friends and family Practicing ways to avoid riding with an impaired driver 	<ul style="list-style-type: none"> Assessing possible reasons people use or misuse alcohol, marijuana, or prescription drugs (e.g. opioids) Recognizing negative health effects of drug use and misuse of medicines (e.g. opioids) Analyzing drug use data Persuading others to stay drug free Recognizing the influences of family, society and peers on drug use Determining the impact of drug use on personal goals Explaining school rules and laws related to tobacco Reinforcing refusal skills to avoid alcohol, tobacco, marijuana, prescription medicine misuse (e.g. opioids) and other drugs Locating community and Internet resources that provide help and assessing their validity Demonstrating ways to be supportive of friends and family trying to quit drug use Describing ways to avoid riding with an impaired driver and what to do if it can't be avoided Demonstrating the benefits of living drug-free Making a drug-free commitment
Personal Health & Wellness	<ul style="list-style-type: none"> Describing basic body hygiene Practicing hand washing Planning for good body hygiene 		<ul style="list-style-type: none"> Explaining the importance of keeping the body clean Practicing proper hygiene Recognizing the influence of media on products purchased and on body image Analyzing advertisements for information 	<ul style="list-style-type: none"> Demonstrating skills for reducing the spread of germs
HIV Prevention		<ul style="list-style-type: none"> Defining HIV and AIDS Describing how HIV is and isn't transmitted Exploring how to protect oneself and others from HIV Understanding the importance of being compassionate when others are ill 	<ul style="list-style-type: none"> Defining HIV and AIDS Describing how HIV is and isn't transmitted Exploring how to protect oneself and others from HIV Understanding the importance of being compassionate when others are ill 	