

Grade 1 Health Education Curriculum

- Demonstrates how to respond to emergency or unsafe situations, including how and when to dial 9-1-1.
- Identifies trusted adults who can help them.
- Role plays situations about potential dangers of touching, playing with, ingesting, or smelling any substance, including medicines.
- Discusses how to use the internet safely.
- Recognizes and respects differences and similarities in ways people and families think, act, learn, look, and live.
- Makes healthy eating choices, including eating enough fruits and vegetables daily.
- Recognizes their own feelings and others' feelings, including impulsive behaviors.
- Practices effective communication skills, including ways to interrupt conversations politely and ways to share and take-turns.
- Practices ways to deal with name-calling and teasing.
- Demonstrates calming-down techniques.

Scope and Sequence

Month	Unit Title and Topics
September- November	Healthy Relationships-Respectful and Responsible Behaviors: <i>Second Step: Empathy Unit I</i>
October	Nutrition (<i>HEART or Healthy Eating, Activity, and Reading Together</i>)
November	Internet Safety
December- February	Healthy Relationships- Respectful and Responsible Behaviors <i>Second Step: Problem Solving and Impulse Control Unit II</i>
February-March	Healthy Relationships-Respectful and Responsible Behaviors <i>Second Step: Anger Management Unit III</i>
March-May	Substance Abuse Prevention

The health education curriculum includes 2 presentations by the West Hartford Community Relations Police Officers.

1. *Pedestrian Safety – Crossing the Street and Playing Safely*
2. *Stranger Danger II- Including “Run, Remember, Report”*