

Grade 2 Health Education Curriculum

- Defines and practices good personal hygiene to promote healthy living.
- Makes healthy eating choices, including eating a variety of food daily including fruits and vegetables.
- Recognizes feelings and is able to sort them by small, medium and large.
- Practices effective communication skills, including verbalizing feelings and assuming others' perspectives.
- Demonstrates calming-down techniques.
- Discusses how to use the Internet safely with an emphasis on privacy.
- Names trusted adults who can help them.
- Explains safe practices when taking medicines.
- Explains potential dangers of touching, playing with, ingesting, smelling or inhaling any substance.

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. Building Character-healthy relationships with family and friends*
- 2. Bicycle Safety 1*