

## Grade 3 Health Education Curriculum

- Makes healthy eating choices, including eating a variety of foods that are lower in added sugar, fat and sodium.
- Explains safe practices of using medicines, including over the counter medicines and prescriptions.
- Identifies similarities and differences between one’s thinking, actions, appearance and lifestyles and those of others.
- Develops conflict resolution strategies.
- Practices effective communication skills, including how to make conversations and ways to use assertive strategies when necessary.
- Practices using problem-solving strategies in social situations, such as resisting peer pressure and resisting the impulse to steal or lie.
- Demonstrates calming-down techniques in a variety of situations, including times when they are stressed.
- Identifies ways to access help or support when needed from trusted adults, including if on the internet.
- Practices using the internet safely with an emphasis on netiquette

### **Scope and Sequence**

<b>Month</b>	<b>Unit Title and Topics</b>
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. *Substance Abuse I*
2. *Child Abuse and Discipline-safe and unsafe touch*