

Grade 4 Health Education Curriculum

- Describes the harmful effects of using tobacco and other harmful substances.
- Practices refusal and decision-making skills.
- Determines the necessary procedures for basic first aid.
- Makes healthy eating choices, particularly at lunch.
- Sets goals to improve eating choices.
- Practices effective communication skills, including how to express concern and appreciation and ways to deal with criticism.
- Practices using problem-solving strategies in social situations, including the ability to see different points of views.
- Demonstrates calming-down techniques in a variety of situations, including times when they are angry or fearful.
- Identifies ways to access help or support when needed from trusted adults, including if on the internet.

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 and Cyber bullying
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. *Responsibility and Home Safety*
2. *Bicycle Safety II*