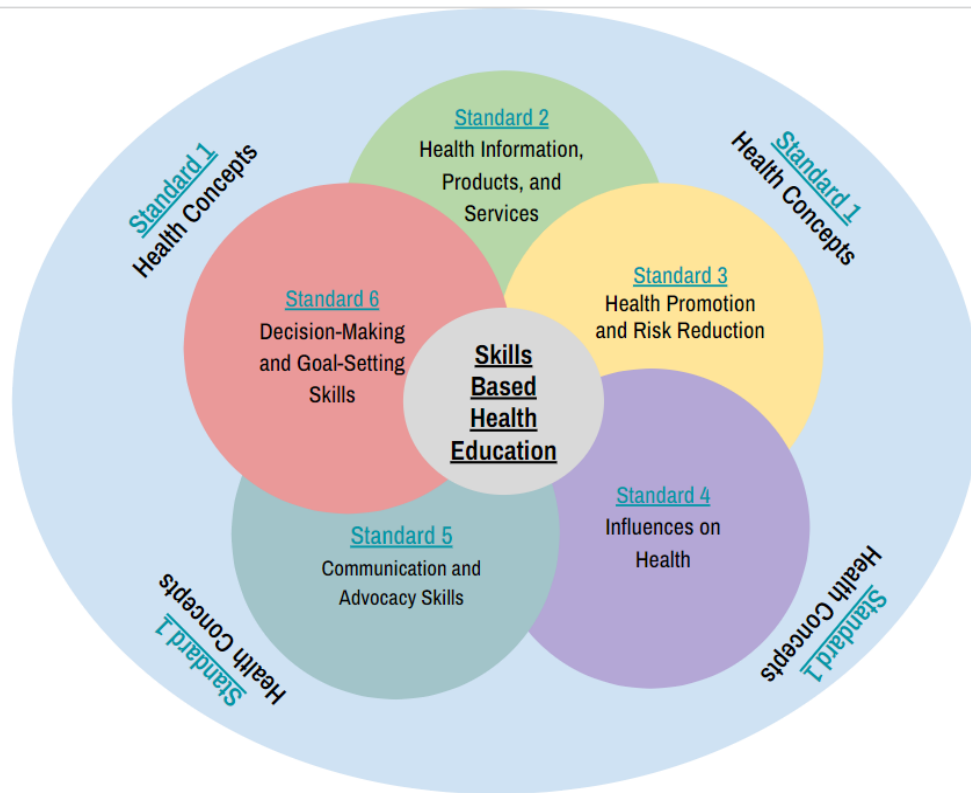


Standard 1 Resource Document by Grade Span



The Maine Department of Education emphasizes a skills-based approach to health education instruction. A [skills-based approach](#) braids together the skills, and content knowledge. This approach aims to develop health literacy, and empower students to maintain and enhance their health and wellness.

Health education content knowledge is most impactful when used to apply a skill in a meaningful way. It is important to select topics that are relevant to your students and provide them with the functional knowledge they need to know in order to develop and apply the health skills. Thus, health content is taught through skills development.

Grade K-2

| Standard 1 | | | |
|--|---|--|---|
| Health Concepts: Health literate students comprehend concepts related to health promotion and disease prevention to enhance health. | | Suggestions & Resources Below are resources that can help you with planning your lessons and curriculum. <i>See below for Samples of Curriculum Lessons & Materials</i> | |
| 1.1 Health Concepts, Behaviors and Personal Health | K | Grade 1 | Grade 2 |
| | | | Bullying https://www.pacer.org/bullying/classroom/elementary/ele-lesson-plan.asp |

Standard 1 Resource Document by Grade Span

| | | | | |
|---|--|--|---|---|
| | <p>Students describe how healthy behaviors impact personal health, including healthy relationships; nutrition; safety and injury prevention; and substance use prevention.</p> | <p>Students describe how healthy and unhealthy behaviors impact personal health, including healthy relationships; nutrition; safety and injury prevention; and substance use prevention.</p> | <p>Students predict how healthy and unhealthy behaviors affect personal health, including healthy relationships; nutrition; safety and injury prevention; and substance use prevention.</p> | <p>https://www.stopbullying.gov/kids</p> <p>Nutrition https://www.fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten</p> <p>Substance Use Prevention https://generationrx.org/toolkits/elementary/</p> <p>Injury Prevention & Safety https://playgroundsafety.org/</p> <p>https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire/fire-safety-for-kids.html</p> <p>https://www.cdc.gov/healthyschools/bam/injury.htm</p> |
| <p>1.2 Dimensions of Health</p> | <p style="text-align: center;">K</p> <p>Students name the dimensions of health including physical and social health.</p> | <p style="text-align: center;">Grade 1</p> <p>Students identify dimensions of health including physical, mental, social, emotional and health.</p> | <p style="text-align: center;">Grade 2</p> <p>Students recognize the multiple dimensions of health including physical, mental, social, and emotional.</p> | <p>General Health Topics https://kidshealth.org/</p> <p>https://www.maine.gov/doe/sel/sel4me</p> <p>https://learnwithmoose.maine.gov/PreK-2nd-grade</p> <p>https://www.cdc.gov/healthyschools/bam/teachers.htm</p> <p>https://kidshealthhub.ca/kindergarten-grade-2/</p> |

Standard 1 Resource Document by Grade Span

| | | | | |
|-------------------------------------|---|---------|---------|---|
| | | | | https://www.intheknow.com/post/teacher-bandaids-lesson-equity-equality/ (different physical, mental, emotional, social needs) |
| 1.3 Health Conditions | K | Grade 1 | Grade 2 | <p>Flu- https://www.cdc.gov/flu/pdf/freeresources/updated/teaching-childrenflu.pdf</p> <p>COVID-19- https://classroommagazines.scholastic.com/support/coronavirus.html</p> <p>Handwashing/Hygiene https://www.scrubclub.org/</p> |
| 1.4 Environment and Personal Health | K | Grade 1 | Grade 2 | <p>Environmental https://www.epa.gov/students/lesson-plans-teacher-guides-and-online-environmental-resources-educators-health</p> <p>Bullying https://www.stopbullying.gov/kids</p> |
| 1.5 Growth and Development | K | Grade 1 | Grade 2 | <p>https://www.georgearmstrongelementary.org/pdf/sexual_health_curriculum//K-2/Kindergarten/Lesson%201-My%20Body%20Poster/Lesson%201%20-%20Private%20vs%20Public%20Lesson%20Plan.pdf</p> <p>https://angirrami.com/wp-content/uploads/2021/06/My-</p> |

Standard 1 Resource Document by Grade Span

[Body-Parts-extension-activities-English.pdf](#)

Samples of Curriculum Lessons & Materials

General Topics

<https://classroom.kidshealth.org/classroom/>

Substance Use Prevention

<https://www.fda.gov/media/73758/download>

Safety

<https://learnwithmoose.maine.gov/module/2549/safety-first/overview>

<https://playgroundsafety.org/sites/default/files/2018-11/Kid%20Checker%20form.pdf>

Dental Health - K-1

<https://www.mouthhealthy.org/en/resources/lesson-plans>

<https://www.colgate.com/en-us/oral-health-education>

Hygiene

https://www.boredpanda.com/teacher-teaches-kids-butt-wiping-balloons/?utm_source=google&utm_medium=organic&utm_campaign=organic

<https://learnwithmoose.maine.gov/module/2843/how-can-i-take-care-me/overview>

Dimensions of Health

<https://learnwithmoose.maine.gov/module/952/how-does-kindness-relate-healthy-habit-physical-activity/overview>

<https://learnwithmoose.maine.gov/module/2843/how-can-i-take-care-me/overview>

<https://learnwithmoose.maine.gov/module/1014/all-about-me/overview>

Standard 1 Resource Document by Grade Span

Mental/Emotional Health

<https://learnwithmoose.maine.gov/module/2240/how-can-we-express-our-emotions/overview>

Nutrition

<https://learnwithmoose.maine.gov/module/2552/lets-eat-healthy/overview>

<https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum> - grade levels K-1 and 2-3

Environmental Health

<https://learnwithmoose.maine.gov/module/262/how-can-i-use-my-environment-inspire-healthy-habits/overview>

Grade 3-5

| Standard 1 | | | |
|--|---------|--|---------|
| Health Concepts: Health literate students comprehend concepts related to health promotion and disease prevention to enhance health. | | Suggestions & Resources Below are resources that can help you with planning your lessons and curriculum. | |
| 1.1 Health Concepts, Behaviors and Personal Health | Grade 3 | Grade 4 | Grade 5 |
| | | | |
| | | General Health Topics https://classroom.kidshealth.org/classroom/ | |
| | | Healthy Relationships Puberty Curriculum Download - Maine Family Planning (Grade 4 or 5) https://amaze.org/ | |
| | | Personal Safety 5th Grade Personal Body Safety and Harassment Prevention Curriculum - need to have permission to access this document | |

Standard 1 Resource Document by Grade Span

| | | | | |
|---|--|--|---|--|
| | <p>Students describe how healthy behaviors impact personal health, including healthy relationships; nutrition; safety and injury prevention; and substance use prevention.</p> | <p>Students describe how healthy and unhealthy behaviors impact personal health, including healthy relationships; nutrition; safety and injury prevention; and substance use prevention.</p> | <p>Students predict how healthy and unhealthy behaviors affect personal health, including healthy relationships; nutrition; safety and injury prevention; and substance use prevention.</p> | <p>https://www.childrenssafetypartnership.org/</p> <p>Nutrition https://www.fns.usda.gov/tn/school https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum</p> <p>Substance Use & Prevention https://www.tobaccofreekids.org/ https://www.bevapefree.org/educators#ElementarySchool https://www.scholastic.com/otc-med-safety/teachers/index.html https://asklistenlearn.org/teachers/</p> <p>Injury Prevention & Safety https://www.maine.gov/dhhs/mecdc/population-health/inj/documents/2010injuryviolencepreventiontoolkits.pdf https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire/fire-safety-for-kids.html https://www.cdc.gov/healthyschools/bam/injury.htm</p> |
| <p>1.2 Dimensions of Health</p> | <p style="text-align: center;">Grade 3</p> <hr/> <p>Students recall the dimensions of health</p> | <p style="text-align: center;">Grade 4</p> <hr/> <p>Students define the dimensions of health</p> | <p style="text-align: center;">Grade 5</p> <hr/> <p>Students explain the dimensions of health</p> | <p>General Health Topics https://www.maine.gov/doe/sel/sel4me https://classroom.kidshealth.org/classroom/</p> |

Standard 1 Resource Document by Grade Span

| | | | | |
|-------------------------------------|---|--|---|--|
| | including physical, mental, social, and emotional. | including physical, mental, social, and emotional. | including physical, mental, social, and emotional. | https://kidshealthhub.ca/grade-3-5/ https://learnwithmoose.maine.gov/3rd-5th-grade https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-wellness/dimensions-of-student-wellness https://www.intheknow.com/post/teacher-bandaid-lesson-equity-equality/ (different physical, mental, emotional, social needs) |
| 1.3 Health Conditions | <p style="text-align: center;">Grade 3</p> <hr/> Students identify ways to prevent and detect common childhood health conditions. | <p style="text-align: center;">Grade 4</p> <hr/> Students identify ways to prevent, detect, treat, and/or manage common childhood health conditions. | <p style="text-align: center;">Grade 5</p> <hr/> Students describe ways to prevent, detect, treat, and/or manage common childhood health conditions | Disease Prevention https://prevention.nih.gov/ https://www.cdc.gov/handwashing/training-education.html COVID-19 https://classroommagazines.scholastic.com/support/coronaviruses.html |
| 1.4 Environment and Personal Health | <p style="text-align: center;">Grade 3</p> <hr/> | <p style="text-align: center;">Grade 4</p> <hr/> | <p style="text-align: center;">Grade 5</p> <hr/> | https://kidshealthhub.ca/grade-3-5/ Bullying https://www.stopbullying.gov/kids https://www.pacer.org/bullying/ |

Standard 1 Resource Document by Grade Span

| | | | | |
|----------------------------|---|--|---|---|
| | Students explain ways a safe and healthy environment can promote personal health. | Students explain ways a safe and healthy environment can positively and negatively impact personal health. | Students identify current health issues that relate to one's environment and the impact on personal health. | |
| 1.5 Growth and Development | Grade 3 | Grade 4 | Grade 5 | <p>Puberty</p> <p>Puberty Curriculum Download - Maine Family Planning (grade 4 or 5)</p> <p>https://www.always.com/en-us/puberty-education-programs-for-teachers-students-and-parents</p> |
| | Students recognize that bodies change at different rates. | Students explore ways their bodies grow, change, and develop through adolescence. | Students describe how their bodies grow, change, and develop physically, mentally, socially, and emotionally through adolescence. | |

Samples of Curriculum Lessons & Materials

Dimensions of Health

<https://learnwithmoose.maine.gov/module/1986/healthy-me-become-health-or-wellness-influencer/overview>

Friendship Lesson Plan, grades 2-4

<http://www.elementaryschoolcounseling.org/making-and-keeping-friends.html>

Friendship Lesson Plan, grade 1

<https://3rs.org/wp-content/uploads/3rscurric/documents/1-Lesson-1-3Rs-Friendships.pdf>

Bullying Lesson Plan - elementary

Standard 1 Resource Document by Grade Span

<https://www.pacer.org/bullying/classroom/elementary/ele-lesson-plan.asp>

<https://www.pacer.org/bullying/classroom/elementary/ele-lesson-plan.asp>

Disease Lesson Plans - elementary

https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/k_12communicable.pdf

<https://resources.finalsite.net/images/v1583273767/highlineschoolsorg/k6iwpj7n8owtkxqdpzq/K-5CommunicableDiseasePreventionLessonPlan3220.pdf>

<https://www.doe.virginia.gov/instruction/health/healthsmartva/gr4/gr4-hp-7-disease-awareness-prevention.pdf>

General Topics

<https://classroom.kidshealth.org/classroom/>

<https://kidshealthhub.ca/grade-3-5/>

Environmental Health - elementary

<https://www.epa.gov/students/lesson-plans-teacher-guides-and-online-environmental-resources-educators-health>

Puberty, several lesson plans - <https://teachingsexualhealth.ca/teachers/grade/grade-4/>

<https://learnwithmoose.maine.gov/module/2619/growing-making-healthy-choices/overview>

Grade 6-8

Standard 1

Health Concepts: [Health literate](#) students comprehend concepts related to health promotion and disease [prevention](#) to enhance health.

Suggestions & Resources

Below are resources that can help you with planning your lessons and curriculum.

Standard 1 Resource Document by Grade Span

| | | |
|---|---|--|
| <p>1.1 Health Concepts, Behaviors and Personal Health</p> | <p>Students explain the importance of assuming responsibility for behaviors and the impact it has on personal health related to healthy sexuality; nutrition; safety and injury prevention; and substance abuse prevention.</p> | <p>Nutrition https://fns-prod.azureedge.us/sites/default/files/sump_level3.pdf https://www.mainehealth.org/Lets-Go/Community/Schools</p> |
| <p>1.2 Dimensions of Health</p> | <p>Students explain the interrelationship of the dimensions of health including physical, mental, emotional, and social.</p> | <p>Curriculum - Nourish: Food + Community</p> |
| <p>1.3 Health Conditions</p> | <p>Students investigate causes of health conditions and ways to reduce, prevent, treat, and/or manage them.</p> | <p>Healthy Sexuality https://mainefamilyplanning.org/for-educators/teaching-materials/ https://teachingsexualhealth.ca/teachers/</p> |
| <p>1.4 Environment and Personal Health</p> | <p>Students determine how the environment and other factors impact personal health.</p> | <p>https://www.sarssm.org/in-schools.html http://www.advocatesforyouth.org/wp-content/uploads/2018/10/3Rs-LessonGuide_6-8.pdf https://slowchathealth.com/2019/10/01/dimensions-of-we https://amaze.org/ Safety & Injury Prevention https://classroom.kidshealth.org/classroom/index.jsp?Grade=68&Section=personal https://www.childrenssafetypartnership.org/contact.html Substance Abuse Prevention https://catch.org/program/vaping-prevention#get-started https://med.stanford.edu/cannabispreventiontoolkit.html</p> |

Standard 1 Resource Document by Grade Span

| | | |
|--|--|---|
| | | <p>https://med.stanford.edu/tobaccopreventiontoolkit.html</p> <p>https://nida.nih.gov/research-topics/parents-educators/lesson-plans</p> <p>Dimensions of Health</p> <p>https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4957.pdf</p> <p>Health Conditions</p> <p>https://www.cdc.gov/chronicdisease/index.htm</p> <p>Environment and Personal Health</p> <p>https://kidshealthhub.ca/grade-6-8/</p> <p>https://www.projectschoollwellness.com/</p> |
|--|--|---|

Samples of Curriculum Lessons & Materials

General Health Topics

<https://learnwithmoose.maine.gov/6th-8th-grade>

<https://classroom.kidshealth.org/classroom/>

https://sel4me.maine.gov/#sign_in

Nutrition

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nutrition-activities-classroom.pdf>

https://fns-prod.azureedge.us/sites/default/files/sump_level3.pdf

<https://johnstalkerinstitute.org/resource/lessons-for-middle-hs/>

Safety and Injury Prevention

Standard 1 Resource Document by Grade Span

<https://www.cdc.gov/healthyschools/bam/injury.htm>

Substance Use Prevention

See resources listed to the right of the standard

May Include:

- The importance of assuming responsibility for personal health.
- The relationship between healthy and unhealthy behaviors and personal health.
- The possible barriers to practicing healthy behaviors.
- How environment impacts personal health.
- How family history can impact personal health.
- How appropriate health care can promote personal health.

Grade 9-Diploma

| Standard 1 | | |
|---|---|--|
| Health Concepts: Health literate students comprehend concepts related to health promotion and disease prevention to enhance health. | | Suggestions & Resources Below are resources that can help you with planning your lessons and curriculum. |
| 1.1 Health Concepts, Behaviors and Personal Health | Students analyze the impact of complex health issues on personal health related to healthy sexuality ; nutrition; safety and injury prevention; and substance abuse prevention. | Sexual Health https://teachingsexualhealth.ca/teachers/sexual-health-education/ https://amaze.org/ |
| 1.2 Dimensions of Health | Students analyze the impact of current health issues on the dimensions of health including physical, mental, emotional, and social. | https://www.throughthesedoors.org/education-prevention/yaapp-young-adult-abuse-prevention-program/ https://www.sarssm.org/in-schools.html |
| 1.3 Health Conditions | Students analyze causes of health conditions and ways to reduce, prevent, treat, and/or manage them. | https://mainefamilyplanning.org/for-educators/teaching- |

Standard 1 Resource Document by Grade Span

| | | |
|--|---|---|
| <p>1.4 Environment and Personal Health</p> | <p>Students analyze how one's environment and other factors impact personal health.</p> | <p>materials/best-practices-curriculum-download/</p> <p>https://3rs.org</p> <p>https://everfi.com/k-12/</p> <p>https://sexetc.org/</p> <p>Nutrition</p> <p>https://www.cdc.gov/prc/study-findings/nutrition_physical-activity.html</p> <p>Curriculum - Nourish: Food + Community</p> <p>Safety & Injury Prevention</p> <p>https://www.childrenssafetypartnership.org/contact.html</p> <p>https://www.namimaine.org/suicideprevention</p> <p>Substance Abuse & Prevention</p> <p>https://med.stanford.edu/cannabispreventiontoolkit.html</p> <ul style="list-style-type: none">● <i>Risk Reduction Curriculum:</i> https://drugpolicy.org/resource/safety-first-real-drug-education-teens● https://s3.us-west-2.amazonaws.com/public.projectalert.com/pa_overview.pdf <p>https://med.stanford.edu/tobaccopreventiontoolkit.html</p> <p>https://learn.genetics.utah.edu/content/addiction/</p> <p>Neuroscience - Teen Brain Development</p> |
|--|---|---|

Standard 1 Resource Document by Grade Span

| | | |
|---|--|--|
| | | <p>http://brainu.org/neuroscience-concepts-activities-grade-level-high-school-grades-9-12</p> <p>https://www.fi.edu/your-brain/teen-brain-curriculum</p> <p>Biopsychosocial Model of Health</p> <p>https://s3-eu-west-1.amazonaws.com/tutor2u-media/resource-samples/06-IB-Psych-Health-Optional-Companion-SAMPLE.pdf</p> <p>https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf</p> <p>Health Conditions</p> <p>https://www.cdc.gov/mobile/applications/sto/web-app.html</p> <p>Environmental Health (<i>Social Determinants of Health</i>)</p> <p>https://repository.gheli.harvard.edu/repository/collection/ (SDOH)</p> <p>Stress management and mindfulness education (SEL)</p> |
| <p>Samples of Curriculum Lessons & Materials</p> <p>May Include:</p> <ul style="list-style-type: none">-Individual responsibility for enhancing health.-How healthy behaviors can positively impact health status.-Barriers to practicing healthy behaviors.-Personal susceptibility to, and the potential severity of, injury or illness if engaging in unhealthy behaviors.-How environment and personal health are interrelated.-How genetics and family history can impact personal health.-The relationship between access to health care and health status. | | |