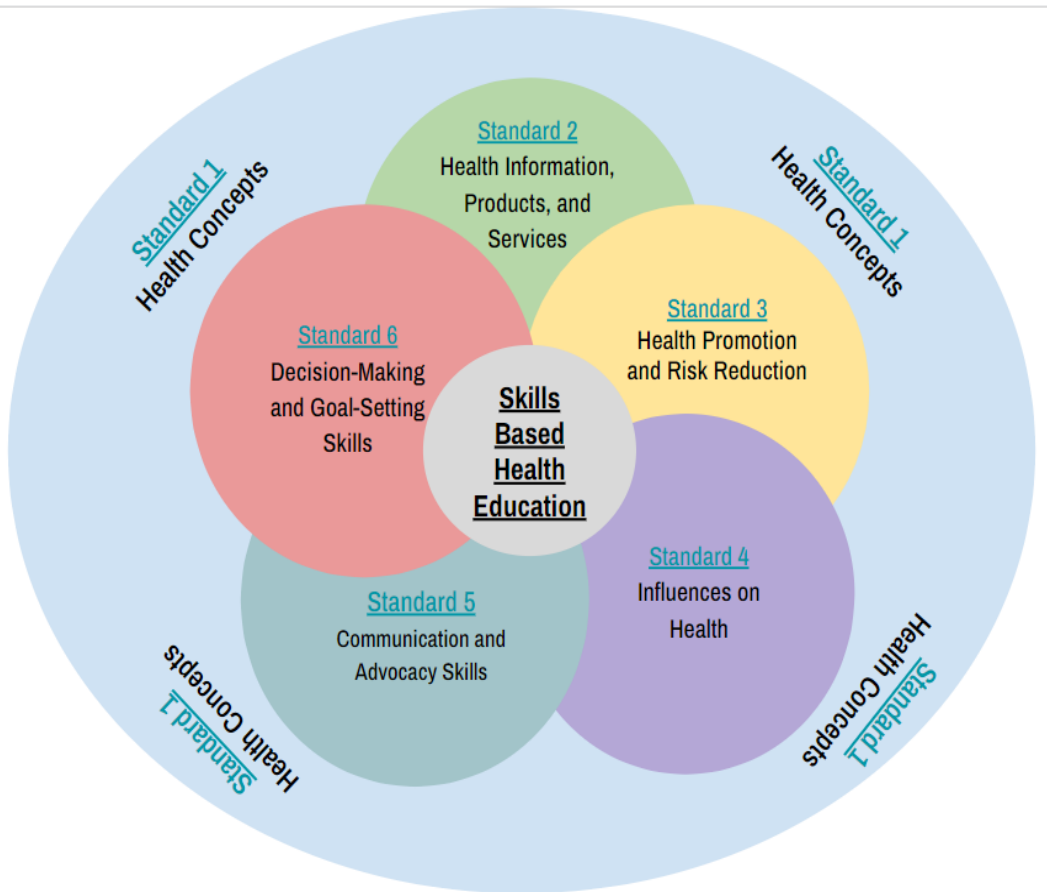


Standard 3 Resource Document by Grade Span



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 3	
<p>Health Promotion and Risk Reduction: Health literate students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks for self and others.</p>	<p>Suggestions & Resources Below are resources that can help you with planning your lessons and curriculum.</p>

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<p>3.1 Health-Enhancing Behaviors and Self-Management</p>	<p>Students apply health-enhancing behaviors to improve personal health including self-management skills.</p>			<p>https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/goal-setting/</p> <p>https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/decision-making/</p> <p>https://ymiclassroom.com/wp-content/uploads/2022/07/nch2022_kit-k2.pdf</p>
<p style="text-align: center;">K</p> <p>Students name health-enhancing behaviors to improve personal health including self-management skills.</p>	<p style="text-align: center;">Grade 1</p> <p>Students describe health-enhancing behaviors to improve personal health including self-management skills.</p>	<p style="text-align: center;">Grade 2</p> <p>Students apply health-enhancing behaviors to improve personal health including self-management skills.</p>		
<p>3.2 Avoiding/Reducing Health Risks</p>	<p>Students explain behaviors to help avoid or reduce personal health risks.</p>			<p>Fire Safety https://sparkyschoolhouse.org/</p> <p>Internet Safety https://www.commonsense.org/education/articles/23-great-lesson-plans-for-internet-safety</p> <p>Pedestrian Safety https://www.codot.gov/programs/bikeped/saferoutes/lesson-plans/CDOTSafetyLessonPlansGradesK2.pdf</p> <p>https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum</p> <p>Gun Safety https://eddieeagle.nra.org/</p>
<p style="text-align: center;">K</p> <p>Students name behaviors to help avoid or reduce personal health risks.</p>	<p style="text-align: center;">Grade 1</p> <p>Students recognize behaviors to help avoid or reduce personal health risks.</p>	<p style="text-align: center;">Grade 2</p> <p>Students explain behaviors to help avoid or reduce personal health risks.</p>		

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Basic Safety

<https://www.kidshealth.org/en/kids/watch/>

Samples of Curriculum Lessons & Materials

Identifying and dealing with emotions

https://ymiclassroom.com/wp-content/uploads/2022/07/nch2022_kit-k2.pdf

<https://sel4me.maine.gov/> - lots of different lesson to choose from focusing on SEL

Hygiene lesson plans

<https://www.lysol.com/our-mission/here-for-healthy-schools/healthy-habits>

<https://healthpoweredkids.org/lessons/hand-washing-a-weapon-against-germs/>

<https://www.scrubclub.org/>

Medicine Safety

<https://generationrx.org/toolkits/elementary/>

General Safety - see websites listed above and

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

<https://classroom.kidshealth.org/classroom/index.jsp?Grade=pk&Section=personal>

Traffic/Pedestrian safety

https://sonomasaferroutes.org/sites/default/files/lesson_5.pdf

Healthy Foods

<https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum> - broken down by grade levels, 1-2 and 3-4

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Stress/Self-Care

<https://kidshealthhub.ca/2022/02/03/self-care/>

Self-Management

<https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/self-management/>

<https://sel4me.maine.gov/> - contains several types of lessons on self-management and other SEL topics

May Include:

- Healthy foods.
- Personal hygiene skills, including hand-washing.
- Variety of safety skills for different situations.
- Safe and harmful substances found at home and school.
- Basic signs, symbols, and warning labels for health and safety.

Grade 3-5

Standard 3			
Health Promotion and Risk Reduction: Health literate students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks for self and others.		Suggestions & Resources Below are resources that can help you with planning your lessons and curriculum.	
3.1 Health-Enhancing Behaviors and Self-Management	Students demonstrate health-enhancing behaviors to improve or maintain personal health including self-management skills.		
	Grade 3	Grade 4	Grade 5
	Students examine health-enhancing	Students explain health-enhancing	Students demonstrate
		Maine Dairy Council https://www.drinkmainemilk.org/category/dairy-in-school/ Mental Health Resources https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/Mental_Health_Resources.pdf	

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	behaviors to improve or maintain personal health including self-management skills.	behaviors to improve or maintain personal health including self-management skills.	health-enhancing behaviors to improve or maintain personal health including self-management skills.	https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/Grades_3-5_Mental_Health_Literacy_Instructional_Units.pdf
3.2 Avoiding/Reducing Health Risks	Students demonstrate a variety of behaviors to help avoid or reduce health risks to self and others.			<p>Internet Safety https://www.commonsense.org/education/articles/23-great-lesson-plans-for-internet-safety</p> <p>Pedestrian Safety https://www.codot.gov/programs/bikeped/saferoutes/lesson-plans/CDOTSafetyLessonPlansGradesK2.pdf https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum</p> <p>Gun Safety https://eddieeagle.nra.org/</p> <p>Maine Coalition Against Sexual Assault https://www.mecasa.org/our-programs.html</p>
Samples of Curriculum Lessons & Materials Medicine Safety				

Grade 3	Grade 4	Grade 5
Students examine a variety of behaviors to help avoid or reduce personal health risks to self and others.	Students explain a variety of behaviors to help avoid or reduce personal health risks to self and others.	Students demonstrate a variety of behaviors to help avoid or reduce health risks to self and others.

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<https://www.scholastic.com/otc-med-safety/teachers/index.html>

Self-management

<https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/self-management/>

<https://sel4me.maine.gov/> - contains several types of lessons on self-management and other SEL topics

Stress

https://headsup.scholastic.com/app/uploads/sites/default/files/NIDA_YR19_INS3_DownloadAll.pdf

https://phecanada.ca/sites/default/files/content/docs/teach-resiliency/Stress-Lessons-Educators-Guide-en%20%281%29_0.pdf

Healthy Foods

<https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum> - broken down by grade levels, 3-4 and 5-6

Personal Health

<https://classroom.kidshealth.org/classroom/index.jsp?Grade=35&Section=personal>

May Include:

- Healthy menus.
- Basic care of the human body.
- Healthy and safe ways to recognize, deal with, or avoid threatening situations.
- Injury prevention and safety strategies for personal health.

Grade 6-8

Standard 3

Health Promotion and **Risk Reduction:** [Health literate](#) students

Suggestions & Resources

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

Standard 3 Resource Document by Grade Span

demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks for self and others.				
3.1 Health-Enhancing Behaviors and Self-Management	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;">3.1.6-8a - Students explain the importance of assuming responsibility for personal health behaviors.</td> <td style="width: 50%; padding: 5px;">3.1.6-8b - Students apply health-enhancing behaviors to improve or maintain the health of self and others, including self-management skills.</td> </tr> </table>	3.1.6-8a - Students explain the importance of assuming responsibility for personal health behaviors.	3.1.6-8b - Students apply health-enhancing behaviors to improve or maintain the health of self and others, including self-management skills.	<p>Mental Health https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/Mental_Health_Resources.pdf</p> <p>https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/Grades_6-8_Mental_Health_Literacy_Instructional_Units.pdf</p> <p>SEL https://www.maine.gov/doe/sel/sel4me</p> <p>Nutrition https://www.drinkmainemilk.org/category/nutrition/</p>
3.1.6-8a - Students explain the importance of assuming responsibility for personal health behaviors.	3.1.6-8b - Students apply health-enhancing behaviors to improve or maintain the health of self and others, including self-management skills.			
3.2 Avoiding/Reducing Health Risks	Students demonstrate health-enhancing behaviors to avoid or reduce health risks to self and others.	<p>Self-Management https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/self-management/</p> <p>Substance Use Prevention</p>		
<p>Samples of Curriculum Lessons & Materials</p> <p>Personal Health https://classroom.kidshealth.org/classroom/index.jsp?Grade=68&Section=personal</p> <p>Health Problems, including substance use https://classroom.kidshealth.org/classroom/index.jsp?Grade=68&Section=problems</p> <p>Safety and Injury Prevention</p>				

Standard 3 Resource Document by Grade Span

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

Self-Management

<https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/self-management/>

Substance Abuse Prevention

<https://catch.org/program/vaping-prevention#get-started>

<https://med.stanford.edu/cannabispventiontoolkit.html>

<https://med.stanford.edu/tobaccopreventiontoolkit.html>

<https://nida.nih.gov/research-topics/parents-educators/lesson-plans>

May Include:

-Healthy practice and/or behavior to maintain or improve their own health in each of the following areas:

- personal hygiene
- healthy eating
- physical activity
- tobacco, alcohol, and other drug use prevention.

-Ways to recognize, avoid, or change situations that threaten the safety of self and others.

-Injury prevention and response strategies including first aid for personal and family health.

Grade 9-Diploma

Standard 3

Health Promotion and Risk Reduction: [Health literate](#) students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks for self and others.

Suggestions & Resources

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

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<p>3.1 Health-Enhancing Behaviors and Self-Management</p>	<p>3.1.9-Da - Students analyze the role of individual responsibility for enhancing health.</p>	<p>3.1.9-Db - Students evaluate health-enhancing behaviors to improve or maintain the health of self and others, including self-management skills.</p>	<p>https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/Mental_Health_Resources.pdf</p> <p>https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/Grades_9-12_Mental_Health_Literacy_Instructional_Units.pdf</p> <p>https://www.rmc.org/wp-content/uploads/2020/06/Self-Management_9-12_Overview.pdf</p> <p>https://www.livingcompass.org/assessment-introduction</p>
<p>3.2 Avoiding/Reducing Health Risks</p>	<p>Students assess health-enhancing behaviors to avoid or reduce health risks to self and others</p>	<p>American Heart Association CPR & First Aid Instruction</p> <p>https://nida.nih.gov/videos/swiss-cheese-model-drug-addiction</p> <p>https://www.stopthebleed.org/</p>	
<p>Samples of Curriculum Lessons & Materials</p> <p>May Include:</p> <ul style="list-style-type: none"> -Healthy practices and/or behaviors to maintain or improve the health of self and others in each of the following areas: <ul style="list-style-type: none"> ● healthy eating ● physical activity ● tobacco, alcohol, and other drug use prevention ● prevention of STDs, HIV and unintended pregnancy. -Ways to recognize, avoid, or change situations that threaten the safety of self and others. -Injury prevention and response strategies including first aid for personal, family, and community health. 			