

# MAINTAIN WELLNESS

## Grade 4

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**STUDENTS WILL DEMONSTRATE THE DECISION-MAKING SKILLS NECESSARY FOR MAINTAINING WELLNESS.**

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### HEALTH HABITS

Apply health habits

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### SELF-ESTEEM / RELATIONSHIPS

Develop and understanding of self-esteem, different types of love, anger, frustration, and friends

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### PUBERTY / SEXUALITY (boys and girls are separated for presentations)

Understand the anatomy/physiology of menstruation

Identify the changes that occur during puberty and how to cope with them

Develop an awareness of the intense feelings that can be caused by the physical changes of puberty and how to deal with them

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### DISEASES

Demonstrate an awareness of disease and avoidance of microbes

Exhibit disease prevention techniques

Identify universal precautions: hand washing, use of disposable gloves, clean-up Procedures

# MAINTAIN WELLNESS

## Grade 5

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**STUDENTS WILL DEMONSTRATE THE DECISION-MAKING SKILLS NECESSARY FOR MAINTAINING WELLNESS.**

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### HEALTH HABITS

- Select foods based on nutritional value
- Exhibit healthy grooming techniques
- Engage in proper posture
- Practice proper exercise and rest habits
- Use prescription and over the counter drugs properly
- Use healthful techniques to deal with stress and feelings; e.g., deep breathing

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### RELATIONSHIPS

1. Work cooperatively in groups
2. Demonstrate ability to compromise
3. Select friends and activities to improve emotional wellness

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### PUBERTY / SEXUALITY **(boys and girls are separated for presentations)**

- Understand the anatomy/physiology of their own reproductive system
- Identify the changes that occur during puberty and how to cope with them
- Develop an awareness of the intense feelings that can be caused by the physical changes of puberty and how to deal with them

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### DISEASES

- Care for skin as a defense against disease
- Select nutrition, exercise and rest patterns to resist disease
- Select ways to minimize contact with harmful microorganisms
- Identify universal precautions: hand washing, use of disposable gloves, clean-up procedures

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### FAMILY LIFE

- Discuss at home, school and peer relationships
- State home as one of the main support systems in maintaining wellness

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### SELF-ESTEEM

- Acceptance of individual sexual development regardless of where peers are at