

# Grades K, 1, 2

Adopted 2005

**Core Concepts —  
Understand concepts  
related to health  
promotion and disease  
prevention**

**Mental and Emotional Health**

1. Describe appropriate ways to express feelings [HE.K-2.1.1](#)
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**Healthy Eating and Physical Activity**

2. Explain the benefits associated with exercise [HE.K-2.1.2](#)
  3. Describe the benefits associated with a healthy diet [HE.K-2.1.3](#)
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**Promoting Safety and Preventing Violence and Unintentional Injury**

4. Describe barriers and situations that are safe, risky, or harmful to self and others [HE.K-2.1.4](#)
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**Personal Health and Wellness**

5. Describe how individuals can promote and protect their own health [HE.K-2.1.5](#)
  6. Describe helpful and harmful substances and their proper use [HE.K-2.1.6](#)
  7. Describe the benefits associated with personal cleanliness [HE.K-2.1.7](#)
  8. Describe the signs and symptoms of common illness and strategies one can use to avoid spreading or catching illnesses [HE.K-2.1.8](#)
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**Accessing Information —  
Access valid health  
information and health-  
promoting products and  
services**

**Health Information, Products, and Services Across Topic Areas**

1. Name people in the school and community who provide health support for others [HE.K-2.2.1](#)
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**Self-Management —  
Practice health-  
enhancing behaviors  
and reduce health risks**

**Mental and Emotional Health**

1. Describe personal stressors and ways to deal with stressful situations [HE.K-2.3.1](#)
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**Analyzing Influences —  
Understand the  
influences of culture,  
family, peers, media,  
technology, and other  
factors on health**

**Factors Influencing Health Across Topic Areas**

1. Describe internal (e.g., one's own feelings, moods, curiosity, physical well-being) and external (e.g., family, school, media) factors that influence health behaviors [HE.K-2.4.1](#)
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**Interpersonal  
Communication — Use  
interpersonal  
communication skills to  
enhance health**

**Communication Skills Across Topic Areas**

1. Use effective verbal and nonverbal communication [HE.K-2.5.1](#)
  2. Use effective and appropriate ways to express feelings, wants, and needs [HE.K-2.5.2](#)
  3. Describe basic refusal skills [HE.K-2.5.3](#)
  4. Describe how to be a good friend and responsible family member [HE.K-2.5.4](#)
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**Decision-Making and  
Goal-Setting — Use  
decision-making and  
goal-setting skills to  
enhance health**

**Decision-Making Across Topic Areas**

1. Explain when and who to ask for help in making health-related decisions and setting goals [HE.K-2.6.1](#)
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**Goal-Setting Across Topic Areas**

2. Name a personal health goal and describe a plan to achieve it [HE.K-2.6.2](#)
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**Advocacy — Advocate  
for personal, family, and  
community health**

**Advocacy Across Topic Areas**

1. Describe ways to help others promote and protect their own health [HE.K-2.7.1](#)