

Elementary Primary (Grades PK-2)

Content Area – Personal Health and Safety

Goal	Targets	Resources	Lessons	Character Trait
IV.A. Student Competency: Students incorporate wellness practices into daily living				
IV.A.i. Goal: Students will understand wellness as an element of healthy functioning	Identify healthy activities to do when alone.	Teasing and Bullying/ Cool, Calm, Confident/ CBT Toolbox	p. 17, 27, 47/ p. 21/ p. 78 p. 4	Respect Responsibility Integrity
	Identify things that are healthy and unhealthy	CBT Toolbox/ Finding Sunshine After the Storm	p. 81-85 & p. 7 p. 42-43	
IV.A.ii. Goal: Students will learn techniques for managing stress	Describe feelings related to stress.	You Decide About Teasing and Bullying/ Cool, Calm, Confident	p. 47, 52/ p. 63, 64	Responsibility Gratitude Courage
	Demonstrate understanding of stress & conflict & ways of managing feelings.	Cool, Calm, Confident	p. 66 p. 76-77	
IV.B. Student Competency: Students demonstrate resiliency and positive coping skills				
IV.B.i. Goal: Students will effectively manage change	Summarize what they can/cannot control in their lives & how they're different	Finding Sunshine After the Storm/ Relaxation & Stress Reduction/CBT Toolbox	p. 114 Activity 38/ p. 110	Responsibility Integrity Honesty
	Identify changes that have occurred in themselves	Finding Sunshine After the Storm/ Relaxation & Stress Reduction	p. 83 Activity 25	
IV.B.ii. Goal: Students will effectively manage transitions	Find strategies for feeling secure in a new class or school	You Decide About Teasing and Bullying/ CBT Toolbox	p. 12, 27/ p. 45/ p. 60-61	Respect Responsibility Caring Good Citizenship
	Become aware of changes that will occur as they continue through school and describe how people who care are available as needed	Finding Sunshine After the Storm/ CBT Toolbox	p. 100/ p. 109	

IV.C. Student Competency: Students possess assertiveness skills necessary for personal protection				
IV.C.i. Goal: Students will demonstrate the ability to set boundaries for physical, social, and emotional protection	Understand safe and unsafe touch.	Finding Sunshine After the Storm/ CBT Toolbox	p. 15 Activity 13 & 39-41/ Appropriate touching	Responsibility Caring Courage Honesty
	Understand the difference between good secrets and bad secrets.	Finding Sunshine After the Storm	Activity 20, 35 and 36/ p. 104/ p. 5 Activity 3	
IV.C.ii. Goal: Students will demonstrate an appreciation for the rights of others to have a physically, emotionally, and socially safe environment	Understand respect	Finding Sunshine After the Storm	p. 23 Activity 8/ p. 36	Respect Caring Integrity
	Understand kind and unkind behaviors	You Decide About Teasing and Bullying/ TBT	p. 17 Chapter 3/Activity: Make a chart & have students put words/actions in the correct column./ Kindness scenarios freebie	