

Grade 3

Physical and Personal Wellness CH.3.2

1 Demonstrate the ability to make and communicate appropriate food choices. CH.3.2.1

- a Describe a variety of nutritious breakfast foods. CH.3.2.1.A
 - b Plan a meal based on the food groups. CH.3.2.1.B
 - c Explain the concepts of eating in moderation. CH.3.2.1.C
 - d Demonstrate refusal skills in dealing with unhealthy eating situations. CH.3.2.1.D
 - e Identify how family, peers, and media influence healthy eating. CH.3.2.1.E
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Social and Emotional Wellness CH.3.3

1 Utilize knowledge and skills to treat self and others with care and respect. CH.3.3.1

- a Identify the characteristics of someone who has self-respect and positive self-esteem. CH.3.3.1.A
 - b Acknowledge the value of personal and others' talents and strengths. CH.3.3.1.B
 - c Summarize the importance of respecting the personal space and boundaries of others. CH.3.3.1.C
 - d Discuss the importance of treating others the way you would like to be treated. CH.3.3.1.D
 - e Give examples of skills that develop and maintain healthy relationships as well as strong friendships. CH.3.3.1.E
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2 Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others. CH.3.3.2

- a Demonstrate effective interpersonal communication skills necessary to express emotions, personal needs, and wants in a healthy way. CH.3.3.2.A
 - b Describe positive ways to show care, consideration, and concern for others. CH.3.3.2.B
 - c Identify how to show respect for individual differences. CH.3.3.2.C
 - d Demonstrate how to communicate about personal boundaries directly, respectfully, and assertively. CH.3.3.2.D
 - e Identify potential conflicts that arise within relationships and strategies to resolve those conflicts. CH.3.3.2.E
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Prevention and Risk Management CH.3.4

1 Examine the dangers of using tobacco and marijuana products and exposure to secondhand smoke. CH.3.4.1

- a Identify the short- and long-term physical effects of using tobacco, marijuana, and exposure to secondhand smoke. CH.3.4.1.A
 - b Describe the dangers of prolonged exposure to secondhand smoke and demonstrate strategies to avoid exposure. CH.3.4.1.B
 - c Understand that marijuana, illegal drugs, prescription drugs, alcohol, and tobacco can be addicting, but can be treated. CH.3.4.1.C
 - d Describe the benefits of abstaining from or discontinuing tobacco and nonprescribed marijuana use. CH.3.4.1.D
 - e Demonstrate the ability to assertively refuse an unwanted item. CH.3.4.1.E
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2 Describe pro-social behaviors and skills that enhance healthy interactions with others. CH.3.4.2

- a Give examples of pro-social behaviors such as helping others, being respectful of others, cooperation, consideration and being kind. CH.3.4.2.A
 - b Set a goal and a plan to be helpful and supportive to another person at school or at home. CH.3.4.2.B
 - c Describe how responding to anger can be positive and/or negative. CH.3.4.2.C
 - d Demonstrate strategies for self-control that can manage anger and other strong feelings in positive ways. CH.3.4.2.D
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3 Identify ways to prevent injuries at home, in school, and in the community. CH.3.4.3

- a Define how injuries can occur at home, in school and in the community. CH.3.4.3.A
- b Create a personal safety plan and explain how it will be used at home, in school, and in the community (e.g., bike safety, pedestrian safety, emergency situations). CH.3.4.3.B
- c Identify safety rules around modern technology, including the internet. CH.3.4.3.C