Hawaii Health

# 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

**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

**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

**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

**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

**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

**Analyzing Influences — Understand the influences of culture, family, peers, media, tec fac**

**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 Skils 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

**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

**Goal-Setting Across Topic Areas**

2. Name a personal health goal and describe a plan to achieve it HE.K-2.6.2

**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