North Carolina Health Education

First Grade

Mental and Emotional Health

1 **Understand the connection between healthy expressions of emotions, mental wellness, and healthy behaviors.** 1.MEH.1

- 1 Identify appropriate ways to express needs, wants and feelings. 1.MEH.1.1
- 2 Describe how different situations impact emotions and vary among individuals. 1.MEH.1.2
- 2 Utilize effective communication to express and cope with emotions. 1.MEH.1.3

2 **Remember that effort and practice lead to improved skills.** 1.MEH.2

- 1 Identify more than one strategy to solve a problem. 1.MEH.2.1
- 2 Identify resources to get help with solving a problem. 1.MEH.2.2

Personal and Consumer Health

1 **List various personal behaviors and practices that promote health and prevent disease.** 1.PCH.1

- 1 Explain that germs produce illness and can be spread from one person to another. 1.PCH.1.1
- 2 Demonstrate measures for preventing the spread of germs. 1.PCH.1.2
- 3 Summarize the transition between primary and permanent teeth and steps for seeking help for dental problems. 1.PCH.1.3
- 4 Use appropriate clothing according to the weather. 1.PCH.1.4

2 **Understand necessary steps to prevent and respond to unintentional injury.** 1.PCH.2

- 1 Identify and describe situations that cause injury. 1.PCH.2.1
- 2 Identify items that can cause burns and strategies to prevent fire and burn injury. 1.PCH.2.2
- 3 Execute the Stop, Drop, and Roll response. 1.PCH.2.3
- 4 Execute an emergency phone call. 1.PCH.2.4

Interpersonal Communications and Healthy Relationships

1 **Recognize healthy and effective interpersonal communications and relationships.** 1.ICHR.1

- 1 Explain the importance of demonstrating respect for the personal space and boundaries of others. 1.ICHR.1.1
- Describe positive characteristics that are unique to each individual. 1.ICHR.1.2

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3 Demonstrate how to tell a parent, guardian, or trusted adult when feeling threatened or unsafe. 1.ICHR.1.3

4 Recognize that anyone who has experienced bullying or mistreatment is not at fault. 1.ICHR.1.4

5 Demonstrate effective refusal skills, including saying no and moving away to enforce personal boundaries for yourself and others. 1.ICHR.1.5

6 Identify a parent, guardian, or trusted adult within your home, school and community who can be informed when feeling threatened or harmed. 1.ICHR.1.6

Nutrition and Physical Activity

1 **Describe where food and water come from and their importance to the body.** 1.NPA.1

1 Name the reasons why we need to drink water. 1.NPA.1.1

2 Explore a variety of foods and why it's important to eat them 1.NPA.1.2

3 Categorize the sources of a variety of foods. 1.NPA.1.3

2 **Recognize the benefits of physical activity for the body.** 1.NPA.2

1 List physical activities that are beneficial to your body. 1.NPA.2.1

2 Describe enjoyable physical activities that can be done inside and outside of school. 1.NPA.2.2

Alcohol, Nicotine, Cannabis, and other Drugs

1 **Understand household safety procedures for products and medicines with adult supervision.** 1.ANCOD.1

1 Recognize the harmful effects of medicine when used incorrectly. 1.ANCOD.1.1

2 Recognize how to behave safely with medicines and household cleaners. 1.ANCOD.1.2

3 Explain the importance of asking a parent, guardian, or trusted adult before handling household products. 1.ANCOD.1.3

4 Identify strategies for reporting harmful substances. 1.ANCOD.1.4