North Carolina Health Education

Second Grade

Mental and Emotional Health

1 Demonstrate healthy expression of emotions, mental wellness, and healthy behavior. 2.MEH.1

1 Demonstrate appropriate ways to express needs, wants and feelings. 2.MEH.1.1

2 Identify behaviors to avoid risk and promote mental wellness. 2.MEH.1.2

2 Examine the influence of peers, media, social media, technology, and the family on feelings, emotions, and behaviors. 2.MEH.1.3

2 Explain how challenges are opportunities for growth. 2.MEH.2

1 Model accessing a resource to get help with solving a problem. 2.MEH.2.1

2 Recount at least two strategies to solve a problem. 2.MEH.2.2

3 Identify strategies that can be applied to various situations to promote resiliency. 2.MEH.2.3

Personal and Consumer Health

1 Explain personal behaviors and practices that promote health and prevent disease. 2.PCH.1

1 Recall the benefits of good dental health. 2.PCH.1.1

2 Execute the proper techniques for brushing teeth. 2.PCH.1.2

3 Define sleep and its contribution to overall well-being. 2.PCH.1.3

4 Demonstrate ways to prevent the spread of germs that cause common communicable diseases. 2.PCH.1.4

5 Explain the dangers associated with excessive sun exposure and methods for protecting oneself from these dangers. 2.PCH.1.5

Interpersonal Communications and Healthy Relationships

1 Identify healthy and effective interpersonal communications and relationships to enhance wellbeing. 2.ICHR.1

1 Describe characteristics of a trusted friend. 2.ICHR.1.1

2 Demonstrate techniques of active listening. 2.ICHR.1.2

3 Identify the characteristics of bullying and develop skills to respond appropriately. 2.ICHR.1.3

4 Exemplify how to communicate with others with kindness and respect. 2.ICHR.1.4

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xplain where food and water come from and their importance to the ody. 2.NPA.1

1. Explain the importance of eating a variety of foods from different groups according to the USDA. 2.NPA.1.1
2. Classify foods into groups according to USDA. 2.NPA.1.2
3. Describe the body's signals when you are hungry and thirsty. 2.NPA.1.3
4. NPA.1.4 Compare and contrast possible benefits of eating a meal with family or friends versus eating alone. 2.NPA.1.4

2. **Examine the benefits of physical activity.** 2.NPA.2
   1. Explain why the body needs daily physical activity. 2.NPA.2.1

Alcohol, Nicotine, Cannabis, and other Drugs

1. **Understand household safety procedures for products and medicines with adult supervision.** 2.ANCOD.1
   1. Define medication and ways that it can be helpful and harmful. 2.ANCOD.1.1
   2. Identify the importance of following healthcare provider directions with medications. 2.ANCOD.1.2