North Carolina Health Education

Third Grade

Mental and Emotional Health

1 **Explore characteristics of healthy expression of emotions, mental wellness, and personal awareness that contribute to wellbeing.** 3.MEH.1

- 1 Identify the body's physical response and appropriate ways to express needs, wants, and feelings. 3.MEH.1.1
- 2 Elaborate on the influence of peers, social media, technology, and the family on feelings, emotions, and behaviors. 3.MEH.1.2
- 2 Explore strategies that can be applied to promote a growth mindset and resiliency. 3.MEH.1.3
- 4 Summarize how to access resources for assistance with feelings, various challenges, and mental wellness. 3.MEH.1.4

2 **Explain how challenges are opportunities for growth.** 3.MEH.2

- 1 Describe how persistent effort and trying alternate strategies can help solve a problem. 3.MEH.2.1
- 2 List at least two resources for help to solve a challenging problem. 3.MEH.2.2

3 **Define stress and understand how positive and negative stressors can affect wellbeing.** 3.MEH.3

- 1 Explain how positive stress management techniques are beneficial for our overall wellness. 3.MEH.3.1
- 2 Construct a list of positive self-management techniques and resources you can use to cope with stress. 3.MEH.3.2

Personal and Consumer Health

1 **Apply personal behaviors and practices that promote health and prevent disease.** 3.PCH.1

- 1 Recognize dental hygiene practices prevent plaque, gum disease and cavities. 3.PCH.1.1
- 2 Implement proper flossing to prevent tooth decay and gum disease. 3.PCH.1.2
- 3 Explain the importance of personal hygiene in supporting one's health. 3.PCH.1.3
- 4 Describe how sleep and regular physical activity benefit your health. 3.PCH.1.4

2 **Explain necessary steps to prevent and respond to unintentional injury.** 3.PCH.2

- Demonstrate methods for prevention of common unintentional injuries. 3.PCH.2.1
- Summarize methods that increase and reduce injuries in and around water. 3.PCH.2.2

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3 Identify ways to prevent injuries from firearms. 3.PCH.2.3

4 Implement a plan to escape fire at home while avoiding smoke inhalation. 3.PCH.2.4

Interpersonal Communications and Healthy Relationships

1 Explain healthy and effective interpersonal communications and relationships to enhance wellbeing. 3.ICHR.1

1 Identify behaviors that promote healthy relationships with families and peers. 3.ICHR.1.1

2 Demonstrate effective communication skills and personal boundaries to enhance respect and well-being for others and self. 3.ICHR.1.2

3 Recognize the causes of conflict and apply appropriate strategies for resolution. 3.ICHR.1.3

Nutrition and Physical Activity

1 Recall why the body needs a variety of foods. 3.NPA.1

1 Recall the food groups and what foods are in each food group, according to the USDA. 3.NPA.1.1

2 Identify food group components of a variety of example meals. 3.NPA.1.2

3 Plan activities for fitness and recreation during out of school hours. 3.NPA.1.3

2 Investigate factors that influence which foods we eat. 3.NPA.2

1 List the factors that influence which foods you eat. 3.NPA.2.1

2 List the body's signals when you are hungry and thirsty. 3.NPA.2.2

3 Examine the benefits of physical activity. 3.NPA.3

1 Categorize different activities for all levels of ability in order to promote overall wellness. 3.NPA.3.1

Alcohol, Nicotine, Cannabis, and other Drugs

1 Apply household safety procedures for products and medicines with adult supervision. 3.ANCOD.1

1 Summarize how medications can help with common health problems. 3.ANCOD.1.1

2 Explain the consequences of disregarding medical recommendations for prescription and nonprescription medications. 3.ANCOD.1.2

2 Apply strategies involving risk reduction behaviors to protect self and others from the negative effects of alcohol, nicotine, and other drugs. 3.ANCOD.2

1 Recognize refusal skills when confronted or pressured to use alcohol, nicotine, cannabis, or other drugs. 3.ANCOD.2.1

2 Identify refusal skills when personal safety is at risk. 3.ANCOD.2.2