

Grade 2

Wellness and Health Promotion WHP

- 1 Discuss how many of our personal values come from families, communities, and culture.** 2.WHP.1

- 2 Identify practices that reduce illness.** 2.WHP.2

- 3 Describe ways to protect vision, hearing, and teeth.** 2.WHP.3

- 4 Describe the benefits of getting enough sleep and potential problems associated with not getting enough sleep.** 2.WHP.4

- 5 Locate a trusted adult in the school building to help access valid and reliable health information and services.** 2.WHP.5

- 6 Describe ways in which schools and neighborhoods influence health behaviors.** 2.WHP.6

Safety and First Aid SFA

- 1 Demonstrate the importance of wearing helmets, pads, mouth guards, personal flotation devices, and other safety equipment during athletic and outdoor activities.** 2.SFA.1

- 2 List examples of dangerous behaviors that might lead to injuries.** 2.SFA.2

- 3 Identify trusted adults that help keep people safe at home, at school, and in the community.** 2.SFA.3

- 4 Identify why it is important that people of all abilities can safely access school and other buildings.** 2.SFA.4

- 5 Discuss threats of safety or harm and protective procedures, including those related to dangerous objects and firearms.** 2.SFA.5

- 6 Explain why it is important to ask a trusted adult before using online devices.** 2.SFA.6

Substance Use, Misuse, and Abuse SUB

- 1 Identify the difference between medicine to help people who are sick and other types of substances that can be harmful to the body.** 2.SUB.1

- 2 Describe how tobacco and secondhand smoke harms the body.** 2.SUB.2

- 3 Describe safety rules for over-the-counter and prescription drug use.** 2.SUB.3

4 List steps to take when offered substances. 2.SUB.4

Food, Nutrition, and Physical Activity FNP

- 1 Identify a variety of places and sources that food can come from and how it gets to people. 2.FNP.1**
 - 2 Identify the five major food groups and give an example of foods in each group. 2.FNP.2**
 - 3 Describe the importance of eating a variety of fruits and vegetables and identify foods that provide the nutrients required to help the body grow, learn, and develop. 2.FNP.3**
 - 4 Develop a plan and set a goal to keep hydrated and limit sugary beverages. 2.FNP.4**
 - 5 Explain how physical activity and eating patterns can affect a person's health. 2.FNP.5**
 - 6 Recognize how the foods that people eat can reflect cultural backgrounds and the area in which people live. 2.FNP.6**
 - 7 Recognize some people have intolerances and allergies to foods including nuts, wheat, eggs, shellfish, and dairy products. 2.FNP.7**
 - 8 Identify how people have different levels of access to foods. 2.FNP.8**
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Social, Emotional, and Mental Health SEM

- 1 TSEL Practice 1B Understand the stress response system (regulation and dysregulation) and what environments and experiences activate those responses. 2.SEM.1**
 - 2 TSEL Practice 1C Reflect on and evaluate how one's emotions, thoughts, and perspectives (including values, biases, and prejudices) can influence behavior. 2.SEM.2**
 - 3 Describe the different ways that people can experience or exhibit stress, anxiety, social isolation, and sadness. 2.SEM.3**
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Healthy Relationships and Violence/Abuse Prevention HRVP

- 1 TSEL Practice 4C Recognize and acknowledge when there is harm to self and others and identify when support, agency, and practices to repair and restore are needed. 2.HRVP.1**
 - 2 Demonstrate how to effectively identify and communicate needs, wants, and feelings in healthy ways. 2.HRVP.2**
 - 3 Discuss how diversity in race, gender, and ability enrich relationships and communities. 2.HRVP.3**
 - 4 Define bodily autonomy, personal boundaries, and consent. 2.HRVP.4**
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5 Recognize that friends, family, teachers, and community members can help each other. 2.HRVP.5

6 Recognize bullying, cyberbullying, and teasing in multiple types of relationships and the need to tell a trusted source that can help. 2.HRVP.6

7 Define and identify different forms of violence and abuse, including physical, verbal, sexual, and emotional. 2.HRVP.7

8 Identify that abuse is never a child's fault and describe how to communicate personal boundaries and report unsafe or or unwanted touch. 2.HRVP.8

Growth and Development GD

1 Recognize that humans grow and mature at different ages and in different ways. 2.GD.1

2 Recognize that there are many different types of families that may or may not be genetically related, including blended, adopted, and foster families. 2.GD.2