

Grade 3

Wellness Promotion and Disease Prevention

- 1 Identify the major organs of the body systems.** WE.3.1
- 2 Explain the importance of preventing the spread of germs, bacteria, and diseases.** WE.3.2
- 3 Demonstrate good dental hygiene and discuss potential consequences of poor oral health.** WE.3.3
- 4 Identify the food groups and recognize food provides energy and nutrients for growth and development.** WE.3.4

Wellness Information and Services

- 5 Define and demonstrate basic first aid procedures.** WE.3.5
- 6 Distinguish between situations that warrant contacting emergency services and situations that do not.** WE.3.6

Wellness Behaviors

- 7 Explain the importance of using appropriate protective gear for self and others (e.g., helmets, goggles, sunscreen, seatbelts and other safety protocols in various modes of transportation including seat positioning).** WE.3.7
- 8 Discuss and practice personal responsibility for hygiene.** WE.3.8
- 9 Demonstrate decision-making skills to avoid unhealthy risk-taking behaviors (e.g., swimming alone, talking with strangers, taking medicines without adult supervision).** WE.3.9
- 10 Model and practice ways to reduce stress (e.g., deep breathing, mindfulness).** WE.3.10
- 11 Discuss appropriate and inappropriate uses of over the counter (OTC) and prescription medication.** WE.3.11
- 12 Compare food choices based on nutritional value, recommended portion, and serving size.** WE.3.12
- 13 Demonstrate appropriate refusal skills (e.g., clear "no" statement, walk away, repeat refusal).** WE.3.13
- 14 Assess factors that contribute to achieving and maintaining a healthy body (e.g., food choices, physical activity).** WE.3.14

15 Understand how overall health is affected by different levels of passive technology use (e.g., minimal, moderate, or excessive screen time, video games). **WE.3.15**