

Grade 5

Wellness Promotion and Disease Prevention

- 1** Identify seven dimensions of total wellness (e.g., physical, emotional, social, intellectual, spiritual, environmental, and occupational). [WE.5.1](#)
- 2** Describe the importance of proper nutrition and appropriate food choice. [WE.5.2](#)
- 3** Recognize potentially dangerous situations (e.g., bullying, harassment, drug use, criminal activities) and know how to obtain help. [WE.5.3](#)
- 4** Identify environmental hazards (e.g., poisonous plants, insect bites/stings, pollution). [WE.5.4](#)
- 5** Describe precautions and reactions to extreme weather conditions. [WE.5.5](#)

Wellness Information and Service

- 6** Describe how family, peers, community, and culture influence and support personal health practices and behaviors. [WE.5.6](#)
- 7** Identify legal and illegal drugs. [WE.5.7](#)
- 8** Discuss ways that technology can have a positive and negative influence on personal health. [WE.5.8](#)
- 9** Discuss how media may influence future behaviors (e.g., tobacco and alcohol use, violence, relationships). [WE.5.9](#)

Wellness Behaviors

- 10** Analyze and interpret nutritional value food labels. [WE.5.10](#)
- 11** Identify effective verbal and non-verbal communication skills (e.g., body language, restating, listening). [WE.5.11](#)
- 12** Demonstrate refusal skills to avoid risky behaviors or situations (e.g., drug use, criminal activity, being alone with a stranger, inappropriate digital communication). [WE.5.12](#)
- 13** Demonstrate assertive responses when asking for help in an emergency. [WE.5.13](#)
- 14** Set a personal health goal, identify resources to assist in achieving the goal, and track progress toward its achievement. [WE.5.14](#)
- 15** Distinguish between safe, risky, or harmful relationships and list strategies to reduce threatening situations (e.g., anger management, positive peer-pressure). [WE.5.15](#)

16 Demonstrate techniques for managing stress (e.g., exercising, meditation). WE.5.16

17 Identify strategies to change unhealthy behaviors. WE.5.17