

Elementary Intermediate (Grades 3-5) Content Area – Personal Health and Safety

Goal	Targets	Resources	Lessons	Character Trait
IV.A. Student Competency: Students incorporate wellness practices into daily living				
IV.A.i. Goal: Students will understand wellness as an element of healthy functioning	Become aware of the need to have time for themselves	Finding Sunshine After the Storm CBT Toolbox	p. 70-72-73 Activity 21-22 p. 203	Respect Responsibility Integrity
	Become aware of the positive and negative effects of healthy & unhealthy choices.	Finding Sunshine After the Storm Cool, Calm and Confident	p. 41 Activity 14 and 78-81 Activity 24 Activity 2	
IV.A.ii. Goal: Students will learn techniques for managing stress	Understand that personal decisions can result in stress.	Finding Sunshine After the Storm Cool, Calm and Confident	Activity 5 p. 63-65 Activity 16 p. 66-79 Activity 17-19	Responsibility Gratitude Courage
	Describe appropriate methods for managing stress.	Workbook: Teasing and Bullying Cool, Calm and Confident	p. 7 p. 71 Activity 18	
IV.B. Student Competency: Students demonstrate resiliency and positive coping skills				
IV.B.i. Goal: Students will effectively manage change	Analyze ways they have/don't have control over their environment.	Workbook: Teasing and Bullying Finding Sunshine After..	p. 12; Lesson 3 Activity 22	Responsibility Integrity Honesty
	Demonstrate understanding of changes that have occurred in themselves & their peers.	Finding Sunshine After the Storm Cool, Calm, and Confident Teasing & Bullying	p. 93-94 Activity 29 p. 33-40 Activity 9&10 Lesson 4	
IV.B.ii. Goal: Students will effectively manage transitions	Analyze their thoughts and feelings about how their environment differs.	Finding Sunshine After the Storm Cool, Calm, and Confident	p. 61-67 Activity 19 Activity 20 & 30	Respect Responsibility Caring Good Citizenship
	Describe the people who are available to help them when needed.	Teasing and Bullying Finding Sunshine After the Storm	p. 27-31 p. 23 Activity 8	

IV.C. Student Competency: Students possess assertiveness skills necessary for personal protection				
IV.C.i. Goal: Students will demonstrate the ability to set boundaries for physical, social, and emotional protection	Describe feelings associated with safe and unsafe touch.	CBT Toolbox Finding Sunshine After the Storm	p. 45 Activities 13, 14, 15	Respect Caring Integrity Courage Honesty
	Understand the importance of involving an adult in matters related to safety and personal protection.	CBT Toolbox Finding Sunshine After the Storm	p. 182 Activity 36	
IV.C.ii. Goal: Students will demonstrate an appreciation for the rights of others to have a physically, emotionally, and socially safe environment	Identify respectful & disrespectful behaviors & the difference between rudeness and bullying.	You Decide About Teasing and Bullying Cool, Calm, Confident	p. 13 Activity 30	Respect Caring Integrity
	Describe appropriate responses to bullying	You Decide About Teasing and Bullying	p. 10 p. 22 Activity 4	