

	Kindergarten	Grade One	Grade Two	Grade Three	Grade Four	Grade Five	Grade Six
Social and Emotional Health	<ul style="list-style-type: none"> - Showing respect and caring - Making and keeping friends - Caring touch in positive relationships - Identifying and describing feelings - Managing strong feelings - Recognizing and expressing feelings - Giving and receiving compliments and appreciation - Being responsible at home and school - Identifying people who can help 	<ul style="list-style-type: none"> - Skills for predicting potential feelings of others - Skills for finding out how others feel - Showing courtesy to others - Demonstrate giving and receiving compliments or appreciation - Ways family members and friends help each other - Listening skills for friendships - Decision-making and problem-solving skills 	<ul style="list-style-type: none"> - Identifying and expressing feelings - Handling mixed feelings - Expressing feelings respectfully - Listening with respect - Everyone deserves respect - Showing respect - Managing strong feelings - Making good decisions: WIN - Practicing WIN 	<ul style="list-style-type: none"> - Positive role models and friends - Making and keeping friends - Everyone has special talents - Respecting differences - Helping others by protecting them from bullies - Helping others and getting help - Expressing thanks and appreciation - Expressing annoyance respectfully 	<ul style="list-style-type: none"> - Managing strong feelings, including I-messages - Positive self-talk - Effects of teasing and bullying and what to do to protect self and others - Decision-making and problem-solving skills - Non-violent conflict resolution skills 	<ul style="list-style-type: none"> - Identifying feelings of different intensities in self and others - Managing strong feelings, including I-messages & positive self-talk - Effects of teasing and bullying & what to do to protect self and others - Assertive communication - Listening skills - Identifying situations that could lead to trouble - Decision-making and problem-solving skills - Importance of telling adults if self or others are in dangerous situations - Non-violent conflict resolution skills - Goal setting - Advocate for a healthy school environment 	<ul style="list-style-type: none"> - Positive and negative risks of friendships - Listening skills - Appreciation - Assertive communication, including I-messages - Managing strong feelings - Angry feelings versus angry behavior - Criteria for getting help - Decision-making and problem-solving skills - Criteria for evaluating solutions - Non-violent conflict resolution skills - Stress management
Nutrition and Physical Activity	<ul style="list-style-type: none"> - Variety in foods and snacks for good health - Drinking water for good health - Categorize foods and snacks into the five food groups - Importance of physical activity for good health - Examples of ways to be physically active 	<ul style="list-style-type: none"> - Importance of eating a variety of foods from all five food groups - Benefits of eating healthy snacks - Benefits of drinking water - Benefits of physical activity - How sleep, rest, and physical activity maintain health 	<ul style="list-style-type: none"> - Food groups - Combining foods and foods to limit - Benefits of physical activity 	<ul style="list-style-type: none"> - Magic Numbers: 5 and 60 - Food advertising and impact on eating - Three types of physical activity - Developing a plan to be physically active - Advocate for healthy eating and daily activity 	<ul style="list-style-type: none"> - Food groups and their benefits - Daily amounts to eat from each food group and how to estimate amounts - "Fill Your Plate" visual - Influence of food & beverage advertising - Daily recommended amounts of physical activity and sleep - Personal assessment and goal setting to get adequate sleep, rest, and physical activity 	<ul style="list-style-type: none"> - Six nutrients and their benefits - Using food labels to determine information about a food - Water as a preferred beverage - Use of Dietary Guidelines when choosing foods - "Fill Your Plate" visual - Analyze a favorite meal - Evaluate a peer's meal and make recommendations for improvement 	<ul style="list-style-type: none"> - Prevention of foodborne illness - Benefits of healthy eating and physical activity - Dietary guidelines applied to individuals - Body image and healthy weight - Influences on eating, activity and sleep - Use of Dietary Guidelines to make a personal plan - Supporting others to eat healthy and be active
Safety	<ul style="list-style-type: none"> - Dangerous and destructive situations that need adult help - Pedestrian safety - Rule for dangerous objects and weapons - How and when to dial 911 - Avoiding inappropriate touch - Trusted adults who can help 	<ul style="list-style-type: none"> - Wheeled recreation hazards, safety, and safety gear - Fire and burn hazards and how to prevent - Actions to take in a fire emergency - Situations that are dangerous, destructive, and disturbing and need adult help - Escaping dangerous situations - Define emergency and how to make emergency phone call - Avoiding inappropriate touch - Trusted adults who can help 	<ul style="list-style-type: none"> - Wheeled recreation safety: bicycles, skateboards, skates - Water safety - Internet safety - Personal safety - Practicing personal safety skills 	<ul style="list-style-type: none"> - Three keys to passenger safety: safety belts, booster seats, back seat - Safety belt smarts - Identifying and responding to unsafe situations - Street smarts: internet, personal, safety, weapons 	<ul style="list-style-type: none"> - Fire and burn hazards and how to prevent - Home fire escape plan - Home safety hazards and how to prevent injuries - Home alone safety strategies - Define emergency and how to make emergency phone call - How to prevent injury from dangerous objects, including weapons - Child sexual abuse and abduction prevention 	<ul style="list-style-type: none"> - Safety hazards around water and ice and how to prevent injuries - Sun safety - Home alone safety strategies - How to make emergency phone call - Safety strategies when in public places, including when alone in public places - Child sexual abuse and abduction prevention 	<ul style="list-style-type: none"> - Seatbelt safety and impact of car passenger behavior - Safety strategies when in public places, including escaping when weapons are present - School procedures for school crisis situations - Strategies to safe when using the Internet - How to get adult help - Advocacy for others to practice safe behaviors - Child sexual abuse and abduction prevention
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> - How to safely use over-the-counter and prescription medicines - Household products that can be dangerous - Rules for avoiding poisons - Trustworthy sources of information 	<ul style="list-style-type: none"> - How to safely use over-the-counter and prescription medicines - Illicit drugs - Household products that can be dangerous - Rules for avoiding poisons - Trustworthy sources of information - Harmful chemicals in tobacco products - Dangers of secondhand smoke and ways to avoid or reduce exposure 	<ul style="list-style-type: none"> - Caffeine - Staying away from nicotine and alcohol - Saying "No" to secondhand smoke 	<ul style="list-style-type: none"> - Medicines and poisons - Negative effects of tobacco use - Tobacco and media - Alcohol and alcoholism - Positive influences - Refusal skills 	<ul style="list-style-type: none"> - Dangers of secondhand smoke and ways to avoid or reduce exposure - Reasons individuals choose to drink or not to drink - Decisions about alcohol and other drug use impact family and friends - Family and friends influence alcohol and other drug use decisions - Influence of advertising - Refusal skills 	<ul style="list-style-type: none"> - Dangers of inhalant use and how to avoid exposure - Influence of family and peers on drug use - Rules for safety around dangerous or unknown products - Effects of smoking tobacco, secondhand smoke, & use of spit tobacco - Advocate for someone to avoid tobacco use or quit using - Analyze tobacco advertisements - Refusal skills - Effects of alcohol, especially on driving a vehicle - Impact of alcohol and tobacco use on friends and family - Ways to avoid riding with a driver who has been drinking and what to do if it can't be avoided 	<ul style="list-style-type: none"> - Possible reasons people use or don't use drugs - Negative health effects of drug use - Analysis of drug use data - Persuasion skills for encouraging others to stay drug free - Influence of family, society and peers on drug use - Impact of drug use on goals - School rules and laws related to tobacco - Refusal skills - Valid resources for drug problems - Ways to avoid riding with a driver who has been drinking and what to do if it can't be avoided - Benefits of remaining drug free and making a drug-free commitment
Personal Health and Wellness	<ul style="list-style-type: none"> - Hand washing GERMS - Taking care of teeth - Encouraging peers to make positive choices for personal health 	<ul style="list-style-type: none"> - Skills for stopping the spread of germs: covering sneezes and washing hands - Taking care of teeth 	<p>For more information about the <i>Michigan Model for Health</i>[®], contact your local Health Coordinator or visit www.emc.cmich.edu/mm</p>	<ul style="list-style-type: none"> - Basic hygiene: Care of the Body - Hand washing GERMS - Planning for good hygiene 	<p><i>The Michigan Model for Health</i>[®] is a skills-based, evidence-based, K-12 curriculum.</p>	<ul style="list-style-type: none"> - Importance of and rationale for keeping the body clean - Hygiene concerns and solutions - Influence of media, including advertisements on products purchased and on body image - Analyze advertisements for information 	<ul style="list-style-type: none"> - Skills for reducing the spread of germs
HIV	<h1>Michigan Model for Health[®]</h1> <h2>K-6 Scope & Sequence Chart</h2>				<ul style="list-style-type: none"> - Define HIV and AIDS - How HIV isn't transmitted - How HIV is transmitted: blood-to-blood contact and touching used needles or syringes - How to protect self and others - Importance of being compassionate when others are ill 	<ul style="list-style-type: none"> - Define HIV and AIDS - How HIV isn't transmitted - How HIV is transmitted: sharing used needles or syringes, having sex with infected person, infected mother to child - How to protect self and others - Importance of being compassionate when others are ill 	