

FCPS ELEMENTARY HEALTH EDUCATION ESSENTIAL CURRICULUM
To be addressed by elementary school counselors

Kindergarten

HE.K00.10.02 Examine emotions and responses to various situations.

- HE.K00.10.02a Identify and define basic emotions/feelings
- HE.K00.10.02b Demonstrate expression of basic emotions/feelings appropriately
- HE.K00.10.02c Describe how it feels to be: happy, upset, calm, surprised
- HE.K00.10.02d Identify what makes you happy upset, calm, and surprised
- HE.K00.10.02e Demonstrate an understanding of non-violent strategies to resolve conflicts

HE.K00.10.05 Identify positive and negative character traits, that contribute to one's uniqueness

- HE.K00.10.05a Identify what makes you special
- HE.K00.10.05b Identify ways to make a friend

First Grade

HE.100.10.04 Identify how to make a good choice/decision.

- HE.100.10.04a Explain the meaning of the word choice/decision
- HE.100.10.04b Identify and describe what makes a good choice/decision: safe, respectful, legal, parent approval

HE.100.50.02 Identify the characteristics of a bully.

- HE.100.50.02a Describe examples of teasing
- HE.100.50.02b Describe examples of bullying (pushing/shoving-physical, threats-verbal)

Second Grade

HE.200.10.02 Examine emotions and responses to various situations.

- HE.200.10.02a Demonstrate the meaning of emotion
- HE.200.10.02b Categorize other words that mean happy, upset, calm, and surprised

HE.200.10.04 Identify choices available in order to make a choice/decision.

- HE.200.10.04a Identify factors that influence making decisions

HE.200.10.05 Identify positive and negative character traits that contribute to one's uniqueness.

- HE.200.10.05a Describe what makes your friend special
- HE.200.10.05b Explain how being a good friend demonstrates positive character

Third Grade

HE.300.10.02 Examine emotions.

HE.300.10.02a Identify different complex emotions: anxiety, frustration, doubt, grief, elation, other

HE.300.10.02b Recognize the importance of expression feelings verbally and non-verbally

HE.300.10.02c Model positive verbal and non-verbal responses to various Situations

HE.300.10.03 Identify the personal well-being.

HE.300.10.03c Describe the importance in belonging to a group

HE.300.10.03d Tell what it feels like to be included and excluded from a group

HE.300.10.04 Identify the positive and negative consequences of making a decision.

HE.300.10.04a Identify the difference between positive and negative consequences

HE.300.10.05 Identify positive and negative character traits that contribute to one's uniqueness.

HE.300.10.05a List personal strengths

HE.300.10.05b Identify strategies to promote self-improvement

HE.300.50.04 Identify teasing and bullying as harassment and their effects on the individual.

HE.300.50.04a Define teasing and bullying

HE.300.50.04b Recognize examples of teasing and bullying: isolation, name calling and other verbal, pushing and other physical

Fourth Grade

HE.400.10.02 Recognize how emotions influence behaviors.

HE.400.10.02a Demonstrate the ability to modify emotional responses

HE.400.10.02b Identify helpful and harmful emotional responses

HE.400.10.02c Relate human needs to human emotions

HE.400.10.02d Describe how emotions influence behaviors

HE.400.10.04 Identify the steps in the decision-making process.

HE.400.10.04b Examine decision making models

HE.400.10.05 Identify and use strategies to demonstrate care, consideration, and respect for self and others.

HE.400.10.05a Develop and model strategies to incorporate positive character traits into daily life

HE.400.10.05b Develop strategies for making and keeping friends

HE.400.50.04 Identify harassment as a form of violence.

HE.400.50.04a Define harassment

HE.400.50.04b Explain the effects of harassment on personal well-being

HE.400.50.04c Develop strategies to respond to harassment

Fifth Grade

HE.500.10.04 Apply the decision-making process to personal issues and problems.

HE.500.10.04a Recall the steps in the decision-making process

HE.500.10.04c Apply the decision-making process in various situations

HE.500.30.02 Identify health services available in the school and community.

HE.500.30.02d Identify careers in the health care field

HE.500.40.02 Describe how relationships change with peers throughout puberty.

HE.500.40.02a Identify various social groups: positive and negative

HE.500.40.02b Identify yourself as a member of social groups

HE.500.40.02c Identify male and female stereotypes and their impact on the individual and society

HE.500.50.04 Recognize sexual harassment as a form of violence.

HE.500.50.04a Define sexual harassment

HE.500.50.04b List examples of intimidating behaviors

HE.500.50.04c Identify strategies to overcome or prevent harassment

HE.500.50.04d Identify trusted adults to notify if harassment occurs

HE.500.50.04e Demonstrate an understanding of non-violent strategies to resolve conflict