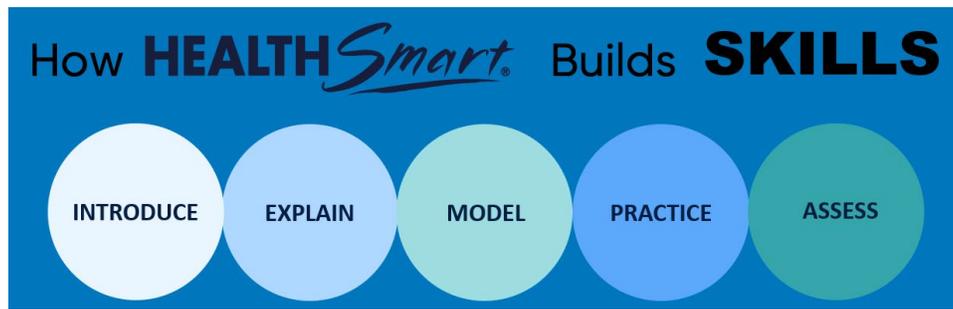


Skills-Based Lessons in *HealthSmart* Grades K–5



***HealthSmart* uses a research-based, step-by-step approach to skills development.**

First, the teacher **introduces the skill** and helps students relate it to their lives through examples. Then the teacher **explains the sequential and specific steps** for the successful performance of the skill. A very important next step is to **model the entire skill sequence** for students, going through each step and giving examples. Students then have the opportunity for **guided practice of the skill** through structured roleplays, large-group discussion or small-group work with support from the teacher. Finally, teachers can **assess** mastery as students demonstrate the skill on their own and receive feedback and reinforcement.

Grade	Lesson
Analyzing Influences	
Grade 3	Lesson 21: Food Choices and Influences
Grade 3	Lesson 28: Where Does Pressure Come From
Grade 4	Lesson 21: What Influences Tobacco and Alcohol Use?
Grade 5	Lesson 14: Analyzing Media Messages and Violence
Accessing Resources	
Grade 1	Lesson 11: You Can Think Ahead to Get Places Safely
Grade 2	Lesson 25: Getting Support to Be Tobacco Free
Grade 5	Lesson 4: Getting Accurate Information
Grade 5	Lesson 38: Seeking Information and Support
Interpersonal Communication	
Kindergarten	Lesson 1: We're All Different and Special
Kindergarten	Lesson 3: Having People Who Care
Kindergarten	Lesson 9: Getting Help When Sick or Hurt
Kindergarten	Lesson 19: You Can Call for Help When You Need It
Grade 1	Lesson 17: You Can Call for Help in an Emergency
Grade 1	Lesson 18: We Don't Bully at Our School
Grade 1	Lesson 20: You Can Get Help for Unsafe Touch

Skills-Based Lessons in *HealthSmart* Grades K–5

Interpersonal Communication <i>(continued)</i>	
Grade 1	Lesson 29: Family and Friends Want You to Be Tobacco Free
Grade 2	Lesson 4: Getting Help with Troublesome Feelings
Grade 2	Lesson 15: Taking a Stand Against Bullying
Grade 3	Lesson 3: Getting Along with Friends
Grade 3	Lesson 16: Dealing with Inappropriate Touch
Grade 3	Lesson 29: Turning Off the Pressure
Grade 4	Lesson 6: Getting Help for Troublesome Feelings
Grade 4	Lesson 13: You Can Resist Peer Pressure and Dares
Grade 4	Lesson 14: Responding to Conflict
Grade 4	Lesson 15: Conflict Resolution Skills
Grade 4	Lesson 22: Saying NO Takes Practice
Grade 4	Lesson 23: Practicing How to Say NO
Grade 4	Lesson 27: Getting Help with Growing Up and Changing
Grade 5	Lesson 3: Respectful Communication
Grade 5	Lesson 28: Saying NO to Alcohol
Grade 5	Lesson 31: When Friends and Family Use Alcohol
Decision Making	
Kindergarten	Lesson 20: Decide to Be Safe
Grade 2	Lesson 9: Being Safety Smart on the Street
Grade 2	Lesson 10: Being Safety Smart as a Passenger
Grade 2	Lesson 11: Being Safety Smart Around Water
Grade 2	Lesson 12: Being Safety Smart When You Ride a Bike
Grade 2	Lesson 26: Making the Choice to Be Tobacco Free
Grade 3	Lesson 13: Assessing Situations and Making Safe Choices
Grade 3	Lesson 26: Choosing to Be Tobacco and Alcohol Free
Grade 4	Lesson 28: Decision Making for a Healthy Future
Grade 5	Lesson 29: My Alcohol-Free Choice

Skills-Based Lessons in *HealthSmart* Grades K–5

Goal Setting	
Kindergarten	Lesson 23: Setting a Goal: Plenty of Water for Me!
Kindergarten	Lesson 25: Setting a Goal: Come Move with Me!
Grade 1	Lesson 8: Getting Enough Sleep
Grade 1	Lesson 23: Setting a Goal to Eat Breakfast or Drink More Water
Grade 2	Lesson 13: Setting a Goal to Be Safety Smart
Grade 2	Lesson 19: Setting a Goal to Eat 5 a Day
Grade 2	Lesson 20: Setting a Goal to Move 60 a Day
Grade 3	Lesson 12: Setting My Goal to Be Safety Smart
Grade 3	Lesson 22: My Goal to Eat Healthy
Grade 3	Lesson 24: My Goal to Move More
Grade 4	Lesson 9: My Healthy Habit Goal
Grade 4	Lesson 19: My Daily Eating and Activity Goal
Grade 5	Lesson 22: Healthy Eating and Activity: Setting a Goal
Grade 5	Lesson 23: Tracking My Progress
Practicing Health-Enhancing Behaviors	
Kindergarten	Lesson 2: Having Feelings
Kindergarten	Lesson 5: Keeping My Teeth Healthy
Kindergarten	Lesson 6: Washing Hands
Kindergarten	Lesson 13: You Can Be Safe When You Walk
Kindergarten	Lesson 14: You Can Be Safe When You Cross the Street
Kindergarten	Lesson 29: What to Do When Smoke Bothers You
Grade 1	Lesson 5: Handwashing for Health
Grade 1	Lesson 6: Keeping Teeth Healthy
Grade 1	Lesson 10: You Can Be Safe Walking and Crossing
Grade 1	Lesson 16: What to Do During a Fire
Grade 2	Lesson 3: Troublesome Feelings
Grade 2	Lesson 5: Preventing Colds and Fighting Germs
Grade 2	Lesson 22: Stretching My Body
Grade 3	Lesson 6: Avoiding Germs to Stay Healthy

Skills-Based Lessons in *HealthSmart* Grades K–5

Practicing Health-Enhancing Behaviors <i>(continued)</i>	
Grade 4	Lesson 3: Dealing with Stress in Healthy Ways
Grade 4	Lesson 5: Self-Control for Troublesome Feelings
Advocacy	
Kindergarten	Lesson 30: I'm Healthy and Tobacco Free!
Grade 1	Lesson 3: Having Friends
Grade 1	Lesson 19: Sharing the Safety Smart Message
Grade 1	Lesson 22: We Drink Plenty of Water
Grade 1	Lesson 28: Sharing the Tobacco Free Message
Grade 2	Lesson 8: Helping Friends Stay Healthy
Grade 2	Lesson 15: Taking a Stand Against Bullying
Grade 2	Lesson 16: Drinking Water to Be Healthy
Grade 3	Lesson 7: Helping Everyone Avoid Germs
Grade 3	Lesson 11: Safety-Smart Presentations
Grade 3	Lesson 15: Preventing and Reporting Bullying
Grade 4	Lesson 21: Take It from Me—Be Drug Free!
Grade 5	Lesson 9: Preventing and Reporting Bullying
Grade 5	Lesson 15: Taking a Stand Against Violence
Grade 5	Lesson 27: Alcohol and the Media
Grade 5	Lesson 36: Gender Roles and Expression