

**HealthSmart
Alignment
with Wyoming
Health &
Safety
Content
Standards**



**GRADES
K-5**

HEALTH STANDARDS	GRADE K	GRADE 1	GRADE 2
Health Information, Concepts, Products, and Resources			
Students will access, analyze, and evaluate health information, products, and resources.			
2.HE.1.1 Identify people (e.g., school nurse, school counselor, trusted adult, family member, doctor, etc.) in and out of school who can help students improve their health and safety.	3, 7, 8, 9, 10, 11, 18, 19, 22	1, 9, 11, 17, 18, 29	4, 14, 25
Problem Solving and Decision Making			
Students will use critical thinking and systematic processes to examine health-related problems and make decisions that enhance health and prevent, reduce, or avoid health risks.			
2.HE.2.2 Identify how health-related choices (e.g., decision to sneeze into sleeve prevents spreading germs) affect self or others.	2, 5, 6, 7, 8, 9, 11, 13, 14, 15, 16, 17, 21, 22, 23, 24, 25, 26, 27, 29, 30	3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 21, 22, 23, 24, 25, 26, 28	3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 26
Effective Communication			
Students will demonstrate the ability to use interpersonal communication skills to enhance health and prevent, reduce, or avoid health risks.			
2.HE.3.2 Identify appropriate ways to communicate (e.g., speaking and listening with good eye contact, clear purpose, etc.) about health needs, wants, and feelings.	1, 2, 3, 9, 10, 11, 18, 19, 29	16, 17, 18, 20, 29	4, 15
Personal and Social Responsibility			
Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and preventing, reducing, or avoiding health risks.			
2.HE.4.1 Identify behaviors that improve or maintain personal health.	1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 12, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30	1, 2, 3, 4, 5, 6, 7, 8, 18, 21, 22, 23, 24, 25, 26, 27	1, 2, 3, 4, 5, 6, 7, 8, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 26
2.HE.4.4 Identify emotions (e.g., anger, sadness, joy, etc.) and how they are linked to behaviors.	2	4	3, 4
2.HE.4.11 Recognize how healthy and unhealthy behaviors affect self and others.	2, 5, 6, 7, 8, 9, 11, 13, 14, 15, 16, 17, 21, 22, 23, 24, 25, 26, 27, 29, 30	3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 21, 22, 23, 24, 25, 26, 28	3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 26

HEALTH STANDARDS	GRADE 3	GRADE 4	GRADE 5
Health Information, Concepts, Products, and Resources			
Students will access, analyze, and evaluate health information, products, and resources.			
5.HE.1.1 Demonstrate the ability to access appropriate health resources at school or in the community that help enhance health and prevent or reduce health risks.	1, 2, 15	3, 6, 15, 27	1, 4, 5, 9, 13, 31, 38
Problem Solving and Decision Making			
Students will use critical thinking and systematic processes to examine health-related problems and make decisions that enhance health and prevent, reduce, or avoid health risks.			
5.HE.2.4 Describe how others can influence health-related decisions.	3, 4, 15, 21, 27, 28	11, 13, 21	2, 7, 9, 11, 14, 19, 26, 28, 30, 36
5.HE.2.7 Use a decision-making process for a given health-related scenario (e.g., bullying, personal injury, nutrition, vaping).	13, 26	14, 28	12, 29
Effective Communication			
Students will demonstrate the ability to use interpersonal communication skills to enhance health and prevent, reduce, or avoid health risks.			
5.HE.3.1 Describe how verbal and non-verbal techniques improve health or reduce health risks (e.g., argument will not escalate if I use "I" messages and avoid blaming others).	4, 15, 16, 29	6, 13, 14, 15, 22, 23, 27	3
5.HE.3.3 Demonstrate the use of refusal strategies in a given scenario to prevent, reduce, or avoid health risks.	16, 29	13, 22, 23	28
Personal and Social Responsibility			
Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and preventing, reducing, or avoiding health risks.			
5.HE.4.1 Explain behaviors that improve/maintain personal health, and prevent, reduce, or avoid health risks.	1, 2, 3, 4, 5, 6, 7, 8, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 13, 14, 16, 17, 18, 19, 20, 21, 25, 26, 28	1, 2, 4, 5, 6, 7, 8, 11, 13, 16, 17, 18, 19, 20, 21, 24, 25, 26, 27, 30, 32, 33, 34, 35, 37
5.HE.4.6 Demonstrate the ability to manage stress and emotions in a socially acceptable manner (e.g., positive ways to express anger, alternatives to violence, etc.).	2	1, 2, 3, 4, 5, 6	2
5.HE.4.8 Set a short-term personal health goal and reflect on individual progress (e.g., brush teeth two times per day, walk 10,000 steps every day, 8-10 hours of sleep).	12, 22, 24	9, 19	22, 23
5.HE.4.10 Describe how individual, social, and cultural differences make us unique, and demonstrate the ability to value/show respect for others.	5	26	3
5.HE.4.11 Define various types of bullying, and the roles of the aggressor and bystanders in bullying situations (e.g., physical aggression, social/relational aggression, intimidation, verbal aggression, written aggression, cyber bullying, hazing, etc.).	14, 15		7, 8, 9