



Recommended Kindergarten and P1/Grade 1 Curriculum Framework

<b>Content: Health Education – Kindergarten and P1/Grade 1</b>						
<b>Topic: Wellness Strategies (Weeks 22-26)</b>						
<b>Content</b> (What do your students need to KNOW?)	<b>Demonstrators</b> (What do your students need to be able to DO?)	<b>Assessment</b> (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	<b>Activities</b> (HOW will you teach it?)	<b>Resources</b> (What MATERIALS will you need?)	<b>Differentiation</b> (How will you reach the DIVERSITY of learners?)	<b>Literacy Connection</b> (How will you use READING and WRITING with this material?)
<p><b>PL-E-1.8.1</b> There are effective strategies (e.g., assertiveness, refusal skills) for dealing with peer pressure.</p> <p><b>PL-E-1.8.2</b> Stress management includes numerous strategies (e.g., exercising, listening to music, talking to a friend).</p> <p><b>PL-E-1.8.3</b> Violence can be prevented by employing strategies (e.g., conflict resolution, walking away, taking deep breaths, counting to 10, talking about feelings).</p> <p><b>PL-E-1.8.4</b> Coping strategies (e.g., goal setting, time management, decision-making processes) promote mental and emotional health.</p>	<p><b>Mental Wellness</b></p> <p><b>AE 2.32</b> Students demonstrate strategies for becoming and remaining mentally and emotionally healthy.</p> <p><b>DEMONSTRATORS</b></p> <ul style="list-style-type: none"> <li>Express basic feelings and emotions in a positive way.</li> <li>Demonstrate techniques for stress management.</li> </ul> <p><b>POS-HE-P-33</b> Students will examine decision-making strategies.</p> <p><b>POS-HE-P-34</b> Students will demonstrate respect for others.</p>					



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