



Recommended Kindergarten and P1/Grade 1 Curriculum Framework

Content: Health Education – Kindergarten and P1/Grade 1						
Topic: Friendships (Weeks 8-11)						
Content (What do your students need to KNOW?)	Demonstrators (What do your students need to be able to DO?)	Assessment (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	Activities (HOW will you teach it?)	Resources (What MATERIALS will you need?)	Differentiation (How will you reach the DIVERSITY of learners?)	Literacy Connection (How will you use READING and WRITING with this material?)
<p>PL-E-1.8.1 There are effective strategies (e.g., assertiveness, refusal skills) for dealing with peer pressure.</p> <p>PL-E-1.8.2 Stress management includes numerous strategies (e.g., exercising, listening to music, talking to a friend).</p> <p>PL-E-1.8.3 Violence can be prevented by employing strategies (e.g., conflict resolution, walking away, taking deep breaths, counting to 10, talking about feelings).</p> <p>PL-E-1.8.4 Coping strategies (e.g., goal setting, time management, decision-making processes) promote mental and emotional health.</p>	<p>Mental Wellness AE 2.32 Students demonstrate strategies for becoming and remaining mentally and emotionally healthy.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> Express basic feelings and emotions in a positive way. Practice interpersonal skills that contribute to healthy relationships and self-esteem. <p>POS-HE-P-27 Students will define friendship.</p> <p>POS-HE-P-28 Students will explain ways to develop friendships.</p> <p>POS-HE-P-29 Students will identify what they like about themselves and others.</p> <p>POS-HE-P-31 Students will discuss various types of emotions (e.g., happy, sad).</p>					



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	<p>POS-HE-P-32 Students will determine how to express emotions appropriately.</p> <p>POS-HE-P-33 Students will examine decision making strategies.</p>					