

Grades 3-5 Overview: Health

Cancer Basics

Lesson 1

Cancer 101

Cancer Risk Reduction

Lesson 2

Can you control your risk?

Coping with Cancer

Lesson 3

Name it to tame it

Lesson 4

Communication is Key

National Health Education Standards

1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

2: Students will analyze the influence of family, peers, & media, technology, and other factors on health behaviors.

4: Students will demonstrate the ability to use interpersonal communication skills to enhance health & avoid or reduce health risk

5: Students will demonstrate the ability to use decision-making skills to enhance health.

7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

8: Students will demonstrate the ability to advocate for personal, family, and community health.

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Grades 3-5 Overview: Social and Emotional Learning

CASEL Social Emotional Learning Competencies

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Communication is Key

Self-Awareness: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.

Responsible Decision-Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

Self-Management: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

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Grades 3-5 Overview: English Language Arts

College and Career Readiness Anchor Standards for Writing K-5th Grade

Text Types and Purposes

Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.

College and Career Readiness Anchor Standards for Speaking and Listening K-5th Grade

Comprehension and Collaboration

Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.

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