

Michigan Model for Health Curriculum

| UNIT | GRADE | LESSON |
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| Social & Emotional Health | Kindergarten | Lesson 1: Learning to Show Respect and Caring |
| Social & Emotional Health | Kindergarten | Lesson 2: Making Friends |
| Social & Emotional Health | Kindergarten | Lesson 3: Caring Touch |
| Social & Emotional Health | Kindergarten | Lesson 4: So Many Different Feelings |
| Social & Emotional Health | Kindergarten | Lesson 5: What to Do About Strong Feelings |
| Social & Emotional Health | Kindergarten | Lesson 6: Sharing Our Feelings |
| Social & Emotional Health | Kindergarten | Lesson 7: Compliments and Appreciation |
| Social & Emotional Health | Kindergarten | Lesson 8: Being Responsible at Home and School |
| Nutrition & Physical Activity | Kindergarten | Lesson 1: Food Variety for Healthy Eating |
| Safety | Kindergarten | Lesson 1: Helping Ourselves Stay Safe |
| Safety | Kindergarten | Lesson 4: When and How to Phone 911 |
| Safety | Kindergarten | Lesson 5: Staying Personally Safe |
| Alcohol, Tobacco, & other Drugs | Kindergarten | Lesson 1: Being Safe With Medicines |
| Alcohol, Tobacco, & other Drugs | Kindergarten | Lesson 2: Poison Safety |
| Personal Health & Wellness | Kindergarten | Lesson 1: Germ Buster |
| Social & Emotional Health | 1st | Lesson 1: Predicting How People Feel |
| Social & Emotional Health | 1st | Lesson 2: Asking Others How They Feel |
| Social & Emotional Health | 1st | Lesson 3: Showing Courtesy to Others |
| Social & Emotional Health | 1st | Lesson 4: Appreciating Other People |
| Social & Emotional Health | 1st | Lesson 5: Helping Our Friends and Family |
| Social & Emotional Health | 1st | Lesson 6: Building Friendships by Listening |
| Social & Emotional Health | 1st | Lesson 7: Three Steps for Solving Problems and Making Decisions |
| Social & Emotional Health | 1st | Lesson 8: Practicing the WIN Steps |
| Nutrition & Physical Activity | 1st | Lesson 2: Making Healthy Snack Choices |
| Nutrition & Physical Activity | 1st | Lesson 3: Physical Activity, Rest, and Sleep |
| Safety | 1st | Lesson 1: Safety on Wheels |
| Safety | 1st | Lesson 4: Staying Safe in a Fire Emergency |
| Alcohol, Tobacco, & other Drugs | 1st | Lesson 3: Terrible Tobacco |
| Personal Health & Wellness | 1st | Lesson 1: Learning to Wash Your Hands the Right Way |
| Social & Emotional Health | 2nd | Lesson 1: Tending Our Garden of Feelings |
| Social & Emotional Health | 2nd | Lesson 2: Handling Mixed Feelings |
| Social & Emotional Health | 2nd | Lesson 3: Expressing Feeling Respectfully |
| Social & Emotional Health | 2nd | Lesson 4: Listening to Others With Respect |
| Social & Emotional Health | 2nd | Lesson 5: Everyone Deserves Respect |
| Social & Emotional Health | 2nd | Lesson 6: Showing Respect for Other People |
| Social & Emotional Health | 2nd | Lesson 7: Managing Anger and other Strong Feelings |
| Social & Emotional Health | 2nd | Lesson 8: Making Good Decisions |
| Social & Emotional Health | 2nd | Lesson 9: Practcing the WIN Steps |

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| Nutrition & Physical Activity | 2nd | Lesson 2: Combination Foods and Foods to Limit |
| Nutrition & Physical Activity | 2nd | Lesson 3: Physical Activity: Nutrition's Partner for Health |
| Safety | 2nd | Lesson 2: Water Safety |
| Safety | 2nd | Lesson 3: Surfing on the Internet |
| Alcohol, Tobacco, & other Drugs | 2nd | Lesson 1: Kids and Caffeine: A Shaky Mix |
| Alcohol, Tobacco, & other Drugs | 2nd | Lesson 2: Staying Away From Nicotine and Alcohol |
| Alcohol, Tobacco, & other Drugs | 2nd | Lesson 3: Saying "No" to Secondhand Smoke |
| Social & Emotional Health | 3rd | Lesson 1: Identifying Positive Role Models and Friends |
| Social & Emotional Health | 3rd | Lesson 2: Creating Positive Friendships |
| Social & Emotional Health | 3rd | Lesson 3: Everyone Has Special Talents |
| Social & Emotional Health | 3rd | Lesson 4: Respecting Our Differences |
| Social & Emotional Health | 3rd | Lesson 5: Helping Others by Protecting Them From Bullies |
| Social & Emotional Health | 3rd | Lesson 6: Helping Others and Getting Help |
| Social & Emotional Health | 3rd | Lesson 7: Expressing Thanks and Appreciation |
| Social & Emotional Health | 3rd | Lesson 8: Expressing Annoyance Respectfully |
| Nutrition & Physical Activity | 3rd | Lesson 2: Don't Be Tricked by Advertising |
| Nutrition & Physical Activity | 3rd | Lesson 4: My Plan to Be Physically Active |
| Safety | 3rd | Lesson 1: Three Keys to Passenger Safety |
| Safety | 3rd | Lesson 4: Street Smarts |
| Alcohol, Tobacco, & other Drugs | 3rd | Lesson 2: The negative Effects of Tobacco Use |
| Alcohol, Tobacco, & other Drugs | 3rd | Lesson 3: Tobacco and the Media |
| Alcohol, Tobacco, & other Drugs | 3rd | Lesson 4: Alcohol and Alcoholism |
| Personal Health & Wellness | 3rd | Lesson 1: Hello Hygiene and Goodbye Germs |
| Social & Emotional Health | 4th | Lesson 1: Using Self-Control to Manage Strong Feelings |
| Social & Emotional Health | 4th | Lesson 2: Feeling Better Through Positive Self-Talk |
| Social & Emotional Health | 4th | Lesson 3: Bullying Hurts Everyone, but No One is Helpless |
| Social & Emotional Health | 4th | Lesson 4: Practcing Ways to Protect Self and Others From Bullying |
| Social & Emotional Health | 4th | Lesson 5: Making WISE Decisions |
| Social & Emotional Health | 4th | Lesson 6: Practicing the WISE Steps for Decision Making |
| Social & Emotional Health | 4th | Lesson 7: More Practice Making Decisions the WISE Way |
| Social & Emotional Health | 4th | Lesson 8: What to Do When You Disagree |
| Social & Emotional Health | 4th | Lesson 9: Practicing Ways to Resolve Conflicts |
| Nutrition & Physical Activity | 4th | Lesson 2: Serve Up Good Nutrition |
| Nutrition & Physical Activity | 4th | Lesson 3: Food Advertising Influences |
| Safety | 4th | Lesson 4: Staying Safe When Home Alone |
| Safety | 4th | Lesson 5: Dangerous Objects and Weapons |
| Alcohol, Tobacco, & other Drugs | 4th | Lesson 1: Dangers of Second Hand Smoke |
| Alcohol, Tobacco, & other Drugs | 4th | Lesson 2: Why Not Alcohol |
| Alcohol, Tobacco, & other Drugs | 4th | Lesson 4: Advertising and Drugs |
| HIV & Reproductive Health | 4th | Lesson 1: HIV and Infections-What to Do and What Not to Do |

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| Puberty | 4th | Lesson 1: A Climate for Growth |
| Puberty | 4th | Lesson 2: New Life |
| Puberty | 4th | Lesson 3: Families and Roles |
| Puberty | 4th | Lesson 4: Social and Emotional Changes |
| Puberty | 4th | Lesson 5: Growing Up Male |
| Puberty | 4th | Lesson 6: Growing Up Female |
| Social & Emotional Health | 5th | Lesson 1: Managing Strong Feelings |
| Social & Emotional Health | 5th | Lesson 2: Telling Others What Bothers Us |
| Social & Emotional Health | 5th | Lesson 3: Healthy Ways to Handle Harassment or Bullying |
| Social & Emotional Health | 5th | Lesson 4: Practicing Positive Ways to End Bullying |
| Social & Emotional Health | 5th | Lesson 5: Speaking With Respect for Self and Others |
| Social & Emotional Health | 5th | Lesson 6: Listening With Respect |
| Social & Emotional Health | 5th | Lesson 7: Making WISE Decisions to Avoid Trouble |
| Social & Emotional Health | 5th | Lesson 8: Practicing the WISE Way to Avoid Trouble |
| Social & Emotional Health | 5th | Lesson 9: Getting Help From Adults for People in Danger |
| Social & Emotional Health | 5th | Lesson 10: Using a Secret Formula to Resolve Conflicts |
| Social & Emotional Health | 5th | Lesson 11: Finding Healthy Solutions to Conflicts |
| Social & Emotional Health | 5th | Lesson 12: Practicing Our Conflict Resolution Skills |
| Social & Emotional Health | 5th | Lesson 13: Setting Positive Goals for Health and Happiness |
| Social & Emotional Health | 5th | Lesson 14: Making Our School a Caring and Respectful Place |
| Nutrition & Physical Activity | 5th | Lesson 1: What's in Food |
| Nutrition & Physical Activity | 5th | Lesson 2: More about Nutrients and Using Food Labels |
| Safety | 5th | Lesson 2: Staying Sate at Home Alone |
| Safety | 5th | Lesson 3: Staying Safe in Public |
| Alcohol, Tobacco, & other Drugs | 5th | Lesson 1: Inhalants - More Dangerous Than You Think |
| Alcohol, Tobacco, & other Drugs | 5th | Lesson 2: Tabacco and Your Health |
| Alcohol, Tobacco, & other Drugs | 5th | Lesson 3: What's in an Ad |
| Alcohol, Tobacco, & other Drugs | 5th | Lesson 4: Saying "No" to Tobacco and Inhalants |
| Personal Health & Wellness | 5th | Lesson 2: Become a Savvy Consumer |
| HIV & Reproductive Health | 5th | Lesson 1: HIV Infection-Prevention and Compassion |
| Puberty | 5th | Lesson 1: Ready, Set, Grow! |
| Puberty | 5th | Lesson 2: Puberty and the Male Reproductive System |
| Puberty | 5th | Lesson 3: Puberty and the Female Reproductive System |
| Puberty | 5th | Lesson 4: Reproduction |
| Puberty | 5th | Lesson 5: Personal Hygiene and Healthy Habits |
| Puberty | 5th | Lesson 6: Media Messages |
| Social & Emotional Health | 6th | Lesson 1: Taking Healthy Risks in Friendships |
| Social & Emotional Health | 6th | Lesson 2: Listening to and Appreciating Our Friends and Others |
| Social & Emotional Health | 6th | Lesson 3: Speaking Assertively and Respectfully |
| Social & Emotional Health | 6th | Lesson 4: Managing Strong Feelings in Healthy Ways |

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| Social & Emotional Health | 6th | Lesson 5: Expressing Anger Without Angry Behaviors |
| Social & Emotional Health | 6th | Lesson 6: Getting Help From Others |
| Social & Emotional Health | 6th | Lesson 7: Making Healthy Decisions |
| Social & Emotional Health | 6th | Lesson 8: Practicing How to Make Decisions and Solve Problems |
| Social & Emotional Health | 6th | Lesson 9: Finding Ways to Resolve Conflict |
| Social & Emotional Health | 6th | Lesson 10: Learning How to Manage Stress |
| Nutrition & Physical Activity | 6th | Lesson 1: CSI Food Illness |
| Nutrition & Physical Activity | 6th | Lesson 4: Built to Last |
| Safety | 6th | Lesson 5: Protecting Yourself From Hazards, Hackers, and Humiliation While on the Internet-Part I |
| Safety | 6th | Lesson 6: Protecting Yourself From Hazards, Hackers, and Humiliation While on the Internet-Part II |
| Alcohol, Tobacco, & other Drugs | 6th | Lesson 2: Common Myths About Drugs That Claim to Help You |
| Alcohol, Tobacco, & other Drugs | 6th | Lesson 5: Drug Use Hurts Your Friends, Family, and Future, Too |
| Alcohol, Tobacco, & other Drugs | 6th | Lesson 6: Youth Tobacco Laws and Policies: What and Why |
| Alcohol, Tobacco, & other Drugs | 6th | Lesson 9: If in Doubt, Don't Go |
| Personal Health & Wellness | 6th | Lesson 1: Germ Busters |
| Puberty | 6th | Lesson 1: Growing Together |
| Puberty | 6th | Lesson 2: Building Blocks of Life |
| Puberty | 6th | Lesson 3: Fetal Development |
| Puberty | 6th | Lesson 4: How My Body Works |
| Puberty | 6th | Lesson 5: Emotions and Relationships |
| Puberty | 6th | Lesson 6: Growing Strong |
| A Winning Team: Healthy Eating and Physical Activity | 7th | Lesson 1: Figuring Out the Nutrition and Physical Activity Rumor Mill |
| A Winning Team: Healthy Eating and Physical Activity | 7th | Lesson 4: Finding out the Right Physical Activities for Me |
| A Winning Team: Healthy Eating and Physical Activity | 7th | Lesson 5: Healthy Body Image and Weight |
| Choosing who I am, Choosing who I become | 7th | Lesson 1: Why do you act that way |
| Choosing who I am, Choosing who I become | 7th | Lesson 2: Character Traits in Action |
| A Winning Team: Healthy Eating and Physical Activity | 8th | Lesson 6: Finding Power Calories |
| A Winning Team: Healthy Eating and Physical Activity | 8th | Lesson 7: Packages can trick us |
| A Winning Team: Healthy Eating and Physical Activity | 8th | Lesson 11: Moving Forward towards healthy eating and physical activity |
| Choosing who I am, Choosing who I become | 8th | Lesson 11: Becoming the person you want to be |
| Choosing who I am, Choosing who I become | 8th | Lesson 12: The courage to act |