NDSU Let's Move in Home School
Health Education Program

Health **Skills Taught** in Classes:
- Goal setting
- Analyzing influences
- Interpersonal communication
- Accessing resources
- Decision making
- Advocacy
- Managing your health

---

**Potential Content Topics (PreK – K)**
- The 5 senses
- Safety (at home, at play, in the community)
- Family
- Social-emotional learning
- Nutrition
- Practicing good hygiene
- Medicine/drugs
- Being active

**Potential Content Topics (Grades 1-2)**
- Nutrition
- Tobacco
- Practicing good hygiene
- Medicine/drugs
- Social-emotional learning
- The body (being sick, movement, seeing, breathing, the heart)
- Family
- Brain
- Heart
- Safety at home
- Being active

**Potential Content Topics (Grades 3-4)**
- Nutrition
- Tobacco
- Safety at home
- Social-emotional learning
- Medicine/drugs
- Family
- Community health
- Keeping a positive attitude
- Alcohol
- Bones and muscles
- Body difficulties (deafness, blindness, paralysis, diabetes, etc.)
- Being active

**Potential Content Topics (Grades 5+)**
- Nutrition
- Medicine/drugs
- First aid
- Social-emotional learning
- Central nervous system
- Emotional health
- Being a smart consumer
- Being active
- Tobacco
- Alcohol