**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

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**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