



Health & Wellness

GRADE 2

© 2008

STANDARDS	PAGE REFERENCES
Standard 1: Healthy Lifestyles	
Goal 1.1: Acquire the essential skills to lead a healthy life.	
2.H.1.1.1 Describe the concepts of fitness and wellness. (787.01.a)	Student Edition: <i>Health Big Ideas Book</i> 20-21 <i>Reader: Keeping Clean and Fit</i> 10-11 <i>Reader: Your Feelings</i> 2-3 Teacher's Edition: T32, T33-T36, 22, 110; AC 105; CL 91; DR 5, 101; IBI 90
2.H.1.1.2 Recognize body signals that indicate sickness or wellness. (787.01.b)	Student Edition: <i>Life Skills Book</i> 18-19 <i>Reader: Fighting Germs</i> 2-3, 6-7, 8-9, 12-13 <i>Reader: Medicines and Drugs and You</i> 5 Teacher's Edition: 190; BR 172; DR 173, 179, 181, 185; TAI 189

STANDARDS	PAGE REFERENCES
2.H.1.1.3 Identify the rules and procedures for safe living. (787.01.c)	<p>Student Edition: <i>Health Big Ideas Book</i> 28-29, 37 <i>Life Skills Book</i> 12-13 <i>Reader: Health Helpers and You 2</i> <i>Reader: Keeping Clean and Fit</i> 5, 12 <i>Reader: Your Body</i> 15</p> <p>Teacher's Edition: BR 102; DR 63, 95; LR 64, 110; TAI 107, 120-121</p>
2.H.1.1.4 Identify personal emotions, how they are expressed, and appreciate the consequences of behavior choices. (787.01.d)	<p>Student Edition: <i>Reader: Keeping Clean and Fit</i> 14-15 <i>Reader: Your Feelings</i> 8-9, 12-13, 14-15</p> <p>Teacher's Edition: BR 12, 18; DR 13, 19, 21, 35, 109</p>
2.H.1.1.5 Identify tobacco, alcohol, medicines, and other drugs. (787.01.e)	<p>Student Edition: <i>Health Big Ideas Book</i> 32-33 <i>Life Skills Book</i> 16-17 <i>Reader: Medicines and Drugs and You</i> 2-3, 4-5, 6-7, 8-9, 10-11, 12-13 <i>Reader: Safety and You</i> 16</p> <p>Teacher's Edition: R41, R42; BR 134, 150, 152, 154, 156, 158; CA 147; DR 135, 151, 153, 155, 157, 159, 161; LR 168; TAI 116, 164-165, 167</p>
2.H.1.1.6 Explain the reasons for wise food selection. (787.01.f)	<p>Student Edition: <i>Health Big Ideas Book</i> 16-17 <i>Life Skills Book</i> 10-11 <i>Reader: Healthful Foods for You</i> 2-3, 4-5, 6-7, 8-9, 10-11</p> <p>Teacher's Edition: BR 72; DR 69, 73, 75, 79, 81, 85; LC 67; LSA 88; TAI 70-71, 76-77</p>
2.H.1.1.7 Identify physical characteristics of growth and development. (787.01.g)	<p>Student Edition: <i>Health Big Ideas Book</i> 10-11 <i>Reader: Your Body</i> 2-3, 4-5</p> <p>Teacher's Edition: R35; BR 46, 48; DR 47, 49</p>
2.H.1.1.8 Explain ways family membership changes. (787.01.h)	<p>Student Edition: <i>Reader: Getting Along</i> 2-3, 6-7</p> <p>Teacher's Edition: AC 31; BR 30; DR 31</p>

STANDARDS	PAGE REFERENCES
2.H.1.1.9 Identify how to choose a health product. (787.01.i)	<p>Student Edition: <i>Health Big Ideas Book</i> 20-21 <i>Life Skills Book</i> 20-21 <i>Reader: Health Helpers and You</i> 2-3</p> <p>Teacher’s Edition: 202; AC 187, 197; BR 96; DR 99, 195; IBI 90</p>
2.H.1.1.10 Describe the characteristics of a healthful environment. (787.01.j)	<p>Student Edition: <i>Health Big Ideas Book</i> 42-43 <i>Reader: Taking Care of Earth</i> 2-3, 4-5, 6-7, 8-9</p> <p>Teacher’s Edition: R45; BR 210; DR 207, 209, 211, 213</p>
<p>Standard 2: Risk Taking Behavior</p>	
<p>Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</p>	
2.H.2.1.1 Recognize ways illness is spread. (788.01.a)	<p>Student Edition: <i>Health Big Ideas Book</i> 38-39 <i>Reader: Fighting Germs</i> 4-5 <i>Reader: Healthful Foods for You</i> 14-15</p> <p>Teacher’s Edition: R43; AC 87; BR 86; DR 87; LR 190; TAI 176-177</p>
2.H.2.1.2 Identify consequences for one’s own behavior. (788.01.b)	<p>Student Edition: <i>Life Skills Book</i> 4-5, 6-7 <i>Reader: Getting Along</i> 12-13, 14-15 <i>Reader: Keeping Clean and Fit</i> 14-15 <i>Reader: Your Feelings</i> 4-5, 6-7, 14-15</p> <p>Teacher’s Edition: 22; AC 21; BR 10; DR 9, 11, 21, 37, 39, 109; TAI 6-7, 15, 41</p>
2.H.2.1.3 Identify temptations, curiosity, peer influence, and harmful risk-taking. (788.01.c)	<p>Student Edition: <i>Health Big Ideas Book</i> 34-35 <i>Life Skills Book</i> 12-13, 16-17 <i>Reader: Getting Along</i> 12-13 <i>Reader: Healthful Foods for You</i> 12-13 <i>Reader: Safety and You</i> 14-15, 16-17 <i>Reader: Your Feelings</i> 6-7</p> <p>Teacher’s Edition: 168; AC 63; BR 36, 84; DR 35, 37, 81, 85; TAI 107, 164-165, 167</p>

STANDARDS	PAGE REFERENCES
2.H.2.1.4 Identify behaviors that put a person at risk. (788.01.d)	<p>Student Edition: <i>Reader: Keeping Clean and Fit</i> 5, 7 <i>Reader: Medicines and Drugs and You</i> 6-7, 8-9, 12-13, 14-15 <i>Reader: Safety and You</i> 8-9, 14-15, 16-17, 21 <i>Reader: Your Feelings</i> 6-7</p> <p>Teacher’s Edition: AC 63; DR 97, 115, 119, 127, 135, 155, 157, 161; TAI 164-165</p>
Standard 3: Communication Skills for Healthy Relationships	
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	
2.H.3.1.1 Identify ways to show respect for self and others. (789.01.a)	<p>Student Edition: <i>Health Big Ideas Book</i> 6-7, 8-9 <i>Reader: Getting Along</i> 8-9, 10-11 <i>Reader: Keeping Clean and Fit</i> 14-15 <i>Reader: Your Feelings</i> 4-5, 10-11</p> <p>Teacher’s Edition: 42; BR 32; DR 9, 17, 33, 109; TAI 6-7, 41</p>
2.H.3.1.2 Describe refusal and decision-making skills. (789.01.b)	<p>Student Edition: <i>Life Skills Book</i> 6-7, 12-13, 16-17 <i>Reader: Getting Along</i> 12-13, 14-15 <i>Reader: Medicines and Drugs and You</i> 14-15 <i>Reader: Safety and You</i> 13, 14-15 <i>Reader: Your Feelings</i> 6-7</p> <p>Teacher’s Edition: AC 63, 119, 127, 165; BR 36; CA 1; DR 11, 37, 131, 133, 163; TAI 107, 167</p>
2.H.3.1.3 Demonstrate how to communicate with friends. (789.01.c)	<p>Student Edition: <i>Life Skills Book</i> 4-5, 6-7, 22-23 <i>Reader: Your Feelings</i> 8-9</p> <p>Teacher’s Edition: 42; AC 33, 35, 39, 117; DR 13; Tai 15</p>

STANDARDS	PAGE REFERENCES
Standard 4: Consumer Health	
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	
2.H.4.1.1 Identify age-appropriate health care items. (790.01.a)	Student Edition: <i>Health Big Ideas Book</i> 20-21, 37 <i>Reader: Fighting Germs</i> 15 <i>Reader: Health Helpers and You</i> 2-3 <i>Reader: Keeping Clean and Fit</i> 8-9 Teacher’s Edition: 110, 202; AC 187; BR 96, 194; DR 99, 195; IBI 90; TAI 120
2.H.4.1.2 Identify the different components of a health product label. (790.01.b)	Student Edition: <i>Reader: Health Helpers and You</i> 3 <i>Reader: Healthful Foods for You</i> 8-9, 13 <i>Reader: Medicines and Drugs and You</i> 5 Teacher’s Edition: 202; BR 78; DR 79, 85, 195; IBI 90
2.H.4.1.3 Identify community health workers and their roles. (790.01.c)	Student Edition: <i>Health Big Ideas Book</i> 40-41 <i>Reader: Fighting Germs</i> 5 <i>Reader: Health Helpers and You</i> 6-7 <i>Reader: Keeping Clean and Fit</i> 2-3, 6-7 Teacher’s Edition: R38; AC 207; BI 192; BR 92, 174, 202; CA 191; CL 193; IDR 93, 97, 199
Standard 5: Mental and Emotional Wellness	
Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.	
2.H.5.1.1 Identify actions that relate to emotions. (791.01.a)	Student Edition: <i>Life Skills Book</i> 4-5, 6-7 <i>Reader: Getting Along</i> 14-15 <i>Reader: Your Feelings</i> 8-9, 12-13 Teacher’s Edition: 22, 42; AC 109; BR 38; DR 13, 19, 39; LSA 16; TAI 15, 41
2.H.5.1.2 Recognize that people are unique and worthwhile, both physically and emotionally. (791.01.b)	Student Edition: <i>Reader: Your Feelings</i> 10-11 Teacher’s Edition: AC 17; BR 16

STANDARDS	PAGE REFERENCES
<p>2.H.5.1.3 Discuss benefits of exercise and how it can enhance mental and emotional health. (791.01.c)</p>	<p>Student Edition: <i>Health Big Ideas Book</i> 22-23 <i>Reader: Fighting Germs</i> 11, 12-13 <i>Reader: Keeping Clean and Fit</i> 10-11, 12-13 <i>Reader: Your Body</i> 10-11, 12-13</p> <p>Teacher’s Edition: R43; T32; AC 183; BR 60, 184; CL 91; DR 59, 61, 101, 103, 183, 185; LR 110, 190; TAI 104-105</p>
<p>2.H.5.1.4 Identify safe environments. (791.01.d)</p>	<p>Student Edition: <i>Health Big Ideas Book</i> 26-27, 28-29, 42-43 <i>Reader: Keeping Clean and Fit</i> 5 <i>Reader: Safety and You</i> 2-3, 4-5, 6-7, 10-11 <i>Reader: Taking Care of Earth</i> 2-3, 4-5, 6-7, 8-9</p> <p>Teacher’s Edition: BR 210; DR 115, 119, 125, 129, 207, 209, 211, 213; TAI 116-117, 120-121, 122-123</p>