# **Handout 1: Scope & Sequence of Skills-Based Health Education Standard**

1. **Grade Level(s)**

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| --- |
| **4th** |

1. **Choose the Standards (Standard Numbers):**

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| **1, 2, 5** |

1. **Choose the Content Area:**

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| **Mental and Emotional Health** |

1. **Choose Core Concepts Outcomes:**

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| **Identifies characteristics of a mentally and emotionally healthy person.** |
| **Identifies personal stressors at home, in school, and with friends.** |
|  |

1. **Choose Health Literacy Skills & Outcomes (List Health Literacy Skill for Each Outcome – Be Realistic):**

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| --- | --- |
| **Health Literacy Skill** | **Health Literacy Skill Outcomes** |
| **Decision-Making** | **Explains how family, culture, peers or media influence a decision related to mental and emotional health (e.g., dealing with interpersonal conflict, managing emotional stress).** |
| **Analyzing Influences** | **Identifies influences on mental health and emotional health behaviors. (family, peers, school, community)** |
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**6. Scope & Sequence of Core Concepts and Skill Outcomes – Sequencing Numbers 4 and 5:**

**Lesson 1**

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| **Core Concept Outcomes** |
| **Identifies characteristics of a mentally and emotionally healthy person.** |
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| **Health Literacy Skill Outcomes** |
| **Explains how family, culture, peers or media influence a decision related to mental and emotional health (e.g., dealing with interpersonal conflict, managing emotional stress).** |
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**Lesson 2**

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| **Core Concept Outcomes** |
| **Identifies personal stressors at home, in school, and with friends.** |
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| **Health Literacy Skill Outcomes** |
| **Identifies influences on mental health and emotional health behaviors. (family, peers, school, community)** |
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**Lesson 3**

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| **Core Concept Outcomes** |
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| **Health Literacy Skill Outcomes** |
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1. **Assessment: How do we know whether this student was successful?**

**Lesson 1**

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| **Identify an emotionally healthy person and explain why they considered this person to be emotionally healthy.** |

**Lesson 2**

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| **identify two potential stressors that they encounter at home, school, and when with their friends in their health journal.** |

**Lesson 3**

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