

Maryland Comprehensive Health Education Framework

Grade 1

[Maryland Comprehensive Health Education Framework](#)

Mental and Emotional Health

- Describe appropriate ways to express one's emotions and practice positive coping skills. 1a.1.2 (Move, Move, Move)
- Identify a variety of own emotions and ways the body signals these emotions. MSDE 1a.1.3 (Move, Move, Move)
- Identify how others may be feeling based on verbal and nonverbal cues and respond in a healthy way. 1a.1.4 (Second Step & Physical Education)
- Describe appropriate ways to express one's emotions and practice positive coping skills. 1a.1.2 (Second Step)

Safety and Violence Prevention

- Identify safety hazards in the community. 1d.1.3 (Move, Move, Move)
- Practice actions that help one to stay safe around strangers. 1d.1.5 (Move, Move, Move)
- Identify and access adults who can help children. 1d.1.9 (Move, Move, Move)
- Explain that everyone has the right to tell others not to touch their body when they do not want to be touched and to have those boundaries respected by others. 1d.1.13 (School Counseling)
- Identify parts of the body that are private on self or others. 1d.1.14 (School Counseling)

Healthy Eating

- Identify the benefits of drinking water. 1e.1.1 (Physical Education)
- Identify nutritious choices from each food group. 1e.1.3 (Move, Move, Move)
- Define the concept of moderation and the idea that "all foods fit." 1e.1.7 (Physical Education)

[National Health Education Standards](#)

Standard 4: Interpersonal Communication

Demonstrate listening skills to enhance health. 4.E1.b