



**Non-Traditional Instruction (NTI) for
Elementary School Health Education**

Kindergarten

NHES #1: Concepts	NHES #2: Analyzing Influences	NHES #3: Accessing Resources	NHES # 4: Interpersonal Communication	NHES #6: Goal Setting
<p>Safety Talk to a parent/guardian about the why washing your hands and taking a bath is important</p> <p>Talk to a parent/guardian how you can be keep from getting hurt when playing with others</p>	<p>Safety Talk to a parent/guardian about people in your life that help you make choices. What choices do they help you make?</p>	<p>Talk to a parent/guardian about who do you go to when you don't feel good at school and at home.</p>	<p>Talk to a parent/guardian about how you let someone know that you are listening to the person speaking</p> <p>Talk to a parent/guardian about what you do to let people know how you are feeling in a safe healthy way.</p>	<p>Talk to a parent/guardian about three things you can do to be healthier.</p> <p>Talk to a parent/guardian about who you would go to help you reach your goals.</p>
<p>NHES #7: Self-Management</p>	<p>NHES #8: Advocacy</p>			
<p>Talk to a parent/guardian about how germs/viruses/diseases are spread from person to person.</p>	<p>Talk to a parent/guardian about what someone could do to encourage others to keep from getting sick.</p>			



Grade 1

NHES #1: Concepts	NHES #2: Analyzing Influences	NHES #3: Accessing Resources	NHES # 4: Interpersonal Communication	NHES #5: Decision Making
<p>Talk to a parent/guardian about appropriate ways to express the following emotions: sadness, anger, and happiness.</p>	<p>Talk to a parent/guardian about what family members do to make someone sad, mad and happy.</p>	<p>Talk to a parent/guardian about the people at school and in your family that are responsible for keeping you safe and healthy.</p>	<p>With your parent/guardian, show and tell them what it means to be a good listener.</p> <p>Talk to a parent/guardian about different people that you trust to share your feelings, needs and wants with.</p>	<p>Talk to a parent/guardian and come up with a list of three situations that you can solve on your own and three others that you would need help with.</p>
<p>NHES #6: Goal Setting</p>	<p>NHES #7: Self-Management</p>	<p>NHES #8: Advocacy</p>		
<p>Talk to a parent/guardian about what someone could do to improve your body, the way you think, and how you handle your emotions.</p> <p>Talk to a parent/guardian about what you can do if you were in danger (fire, stranger, crossing the street).</p>	<p>Talk to a parent/guardian about how to keep from getting sick.</p>	<p>Talk to a parent/guardian what the family can do to be healthier.</p>		



Grade 2

NHES #1: Concepts	NHES #2: Analyzing Influences	NHES #3: Accessing Resources	NHES # 4: Interpersonal Communication	NHES #5: Decision Making
<p>List three positive things that would happen if you are respectful, kind, safe, responsible at school or at home.</p> <p>Why is it harmful/hurtful to make fun of someone based on the way the person looks.</p>	<p>List three things a community could do to help you make healthy/good choices.</p>	<p>List five adults that keep you safe and healthy at school and in the community.</p> <p>List one adult you would go to when you don't feel safe.</p>	<p>Talk to a parent/guardian about their favorite topic. While listening, show them what it looks like to be a good listener.</p>	<p>Give two situations that you can make decisions on your own. Then give two situations that you will need help making a decision.</p>
<p>NHES #6: Goal Setting</p> <p>List three people who would support and encourage you to reach a healthy goal.</p>	<p>NHES #7: Self-Management</p> <p>Give five actions that can cause harm to someone.</p>	<p>NHES #8: Advocacy</p> <p>Draw a picture to encourage other students to be physically active.</p>		



Grade 3

NHES #1: Concepts	NHES #2: Analyzing Influences	NHES # 4: Interpersonal Communication	NHES #6: Goal Setting	NHES #7: Self-Management
<p>Share or draw five dangerous behaviors that might lead to injuries.</p>	<p>Explain how your friends sometimes influences good and bad behaviors.</p> <p>Watch three commercials and then write down how each one made you feel.</p> <p>List five different ways that your community effects the choices you make.</p>	<p>Talk to a parent/guardian about different types of refusal skills that you can use to avoid or reduce bad situations.</p>	<p>What is a goal?</p> <p>What is an example of a short-term goal. What is an example of a long-term goal?</p> <p>Choose one: Create a short-term goal for your physical, mental or emotional health.</p>	<p>Why is it important to develop positive health habits?</p> <p>List five things you can do to reduce or prevent sickness and injuries.</p>
<p>NHES #8: Advocacy</p> <p>Write what you believe people can do to improve people's health.</p>				

Grade 4

NHES #1: Concepts	NHES #2: Analyzing Influences	NHES #3: Accessing Resources	NHES # 4: Interpersonal Communication	NHES #5: Decision Making
<p>With that definition, what does it mean to be emotionally healthy?</p>	<p>What is a community?</p>	<p>What are resources?</p>	<p>Give three healthy ways to manage or resolve conflicts.</p>	<p>List the essential steps needed to make a healthy decision.</p>



<p>Within one to two sentences, why is it harmful to tease or bully someone.</p>	<p>Explain how a community can support healthy behavior and decisions?</p>	<p>List five resources that can provide health services.</p>		
<p>NHES #6: Goal Setting</p> <p>Create a long-term goal to improve your physical health.</p>	<p>NHES #8: Advocacy</p> <p>What is an advocate?</p> <p>Create a poster to advocate for classmates to make a good decision around drinking water.</p>			

Grade 5

NHES #1: Concepts	NHES #2: Analyzing Influences	NHES #3: Accessing Resources	NHES # 4: Interpersonal Communication	NHES #5: Decision Making
<p>What is a healthy behavior?</p>	<p>What is considered the media?</p>	<p>What is a resource?</p>	<p>Show a parent/guardian four refusal skills to help</p>	<p>Give one example when you do not need help</p>



	How does the media influences people's thoughts and feelings about healthy behaviors?	What does valid mean? Name three different ways you can tell if a resource is valid or not.	avoid or reduce harm/injuries.	deciding. Give one example when you would need help to decide.
NHES #6: Goal Setting Select a goal. Then tell how friends and family can help you reach that goal.	NHES #7: Self-Management What can you do to protect yourself in cold weather? Create a list of daily practices that you do each day to stay healthy.	NHES #8: Advocacy What is an advocate? Draw a picture that advocate things people could do to improve their health.		

Non-Traditional Instruction for Elementary School Skills Based Health Education created by:

DeAndre Florence, @msueagleso8