Section 6

Purpose

Section 6 introduces what stress is, how physical activity helps manage stress, and how to make healthy food choices when feeling stressed.

Physical Development and Health

Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury.

a. Explain the basic principles of health promotion, illness prevention and safety.

b. Describe and explain the factors that influence health among individuals, groups and communities.

c. Explain how the environment can affect health.

Goal 23: Understand human body systems and factors that influence growth and development.

Goal 24: Promote and enhance health and well-being through the use of effective communication and decision making skills.

Language Arts

Goal 1.A.ECa: Understand that pictures and symbols have meaning and that print carries a message.

Goal 1.C.ECb: Respond to simple questions about reading material.

Goal 2.B.EC: Show independent interest in reading related activities.

Goal 4.A.EC: Listen with understanding and respond to directions and conversations.

Social and Emotional Development

Goal 31.A.ECd: Show some initiative and independence in actions.

Goal 32.A.ECd: Use classroom environment purposefully and respectfully.

Goal 32.B.ECd: Develop relationship with children and adults.