

AES Health Curriculum Topics

*subject to change as the year goes on with additional topics included/replaced

UNIT NAME	Summary of Lessons
<p>September (Mental, Emotional, Physical health)</p> <p>RESPECT, RESPONSIBILITY, SAFETY</p>	<p>-intro into different kinds of health (physical, social, mental, etc.)</p> <p>-relaxing breathing and calming techniques</p> <p>-confidence and self-esteem</p> <p>-stress management, anxiety, feelings</p>
<p>October</p> <p>CARING</p>	<p>↓</p>
<p>November (Conflict Resolution)</p> <p>GRATITUDE</p>	<p>-recognizing and expressing emotions</p> <p>-kindness towards others</p> <p>-stereotyping</p> <p>-how to handle when you feel mad, irritated, people getting under your skin</p>
<p>December</p> <p>GENEROSITY</p>	<p>↓</p>
<p>January (Nutrition)</p> <p>EMPATHY</p>	<p>-Variety in foods and snacks for good health</p> <p>-Drinking water for good health</p> <p>-Categorize foods and snacks into the five food groups</p> <p>- Developing a plan to healthier eating- Using food labels to determine information about a food</p>
<p>February</p> <p>HONESTY</p>	<p>↓</p>
<p>March (Physical Health - Fitness)</p> <p>PERSEVERANCE</p>	<p>-physical activity and how it affects your body</p> <p>-preventing obesity</p> <p>-Fitness and activity for a healthy lifestyle</p>

<p style="text-align: center;">April</p> <p style="text-align: center;">FORGIVENESS</p>	<p style="text-align: center;">↓</p>
<p style="text-align: center;">May (Substance Abuse Prevention)</p> <p style="text-align: center;">COURAGE</p>	<ul style="list-style-type: none"> - How to safely use over-the-counter and prescription medicines - Household products that can be dangerous - Dangers of secondhand smoke and ways to avoid or reduce exposure <ul style="list-style-type: none"> - Alcohol and alcoholism - Positive influences vs. negative influences
<p style="text-align: center;">June</p> <p style="text-align: center;">RESOURCEFULNESS</p>	<p style="text-align: center;">↓</p> <p style="text-align: center;">Summer Safety</p>