

**Elementary School Health Education
Course: Health Grade 2**

Mental and Emotional Health Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Communication	<ul style="list-style-type: none"> Recognize appropriate methods of communication
2	Emotions	<ul style="list-style-type: none"> Examine emotions and responses to various situations
3	Decision Making	<ul style="list-style-type: none"> Identify choices available in order to make a decision
4	Stress Day 1	<ul style="list-style-type: none"> Recognize the factors associated with stress experienced in the family: describe examples of family stress and reactions to stressful situations
5	Stress Day 2	<ul style="list-style-type: none"> Identify stress management skills and strategies
6	Character Traits Day 1	<ul style="list-style-type: none"> Describe positive character traits of friends
7	Character Traits Day 2	<ul style="list-style-type: none"> Describe positive character traits of friends

Safety and Injury Prevention Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Harassment Day 1	<ul style="list-style-type: none"> Identify teasing and bullying as harassment and their effects on the individual
2	Harassment Day 2	<ul style="list-style-type: none"> Recognize examples of teasing and bullying and their effects

Disease Control and Prevention Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Parasitic Diseases	<ul style="list-style-type: none"> Compare parasitic diseases: head lice and ticks

As of 1/2023, there are three units in grade 2 health education. Grade 2 health education curriculum is currently under HCPS review for alignment to MSDE Comprehensive Health Education Framework.