

## 4<sup>th</sup> Grade Health Curriculum

### Chapter 1: Health and Wellness

- What is health?
- What influences your health?
- Healthy attitudes
- Life skills to improve your health

### Chapter 2: Making Good Decisions

- You are a decision maker
- Six simple steps to good decisions
- Facing pressure
- Goals
- Choosing and reaching your goals

### Chapter 3: Self-Esteem

- Self-esteem and you
- Your self-concept
- Building self-esteem

### Chapter 4: Body Image

- An image of yourself
- Influences on body image
- Building a healthy body image
- Eating Disorders

### Chapter 5: Friends and Family

- Relationship skills
- Family relationships
- Facing family problems
- Friendship, improving friendships
- Healthy affection

### Chapter 6: Coping with Conflict and Stress

- What is conflict?
- Managing conflict
- Anger, expressing anger, and anger management
- What is stress?
- Sources of stress, and managing stress

### Chapter 7: Caring for your body

- Caring for your skin, hair and nails, teeth, eyes, and ears
- Healthcare resources