

**Correlations to Indiana State Health and Wellness Standards
World of Wellness Health Education (WOW!) series**

Indiana WOW! Series, Grade K					
<i>Standard</i>					
<i>Grade Level</i>	<i>Standard Competency Goal</i>	<i>Standard Objectives</i>	<i>Student Edition</i>	<i>Teacher Guide</i>	
				<i>Lesson Plans</i>	<i>Optional Materials</i>
Kindergarten	1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.				
		K.1.1 Name healthy behaviors.	U1L5; U1L7(); U1L9; U2L12; U2L15; U3L18(); U4L25; U4L26; U5L29; U6L35(); U6L36()	Same as Student Edition	Ruby Discovers the World of Wellness()
		K.1.2 Identify that physical health is one dimension of health and wellness.	U1L7; U1L8; U1L9	Same as Student Edition	
		K.1.3 Tell ways to prevent the spread of germs.	U1L5; U3L21; U3L23()	U3L21(); U3L23()	
		K.1.4 State behaviors to prevent or reduce childhood injuries.	U1L3; U1L4; U1L10; U1L11	Same as Student Edition	
		K.1.5 Tell why it is important to be checked by a doctor or dentist.	U3L21(); U3L22; U6L33(); U3L22()	U3L21(); U6L33()	
Kindergarten	2 Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.				

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		K.2.1 Identify how the family influences personal health practices.	U1L1(); U4L24(); U4L25();	Same as Student Edition	Ruby Discovers the World of Wellness()
		K.2.2 Recall what the school can do to support personal health practices.	U1L3; U1L4; U6L33();	U1L7(); U3L18(); U6L33()	Ruby Discovers the World of Wellness()
		K.2.3 State how the media influences behaviors.	U6L35()	Same as Student Edition	Ruby Discovers the World of Wellness()
Kindergarten	3 Students will demonstrate the ability to access valid information and products and services to enhance health.				
		K.3.1 Name a person who can help promote health and wellness.	U4L25; U6L33; U6L36()	Same as Student Edition	Ruby Discovers the World of Wellness()
		K.3.2 Name ways to locate a school helper for a health-related situation.	U1L2; U6L33	Same as Student Edition	
Kindergarten	4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.				
		K.4.1 Identify healthy ways to express needs.	U4L25; U4L26(); U4L27()	Same as Student Edition	Ruby Discovers the World of Wellness()

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		K.4.2 State listening skills.	U4L28()	U4L28()	
		K.4.3 State ways to respond when in an unwanted situation.	U1L2(); U4L27	U1L2();	
		K.4.4 State ways to tell a trusted adult if feeling threatened.	U1L2();	U1L2();	
Kindergarten	5 Students will demonstrate the ability to use decision-making skills to enhance health.				
		K.5.1 Identify health-related situations.	U1L7(); U3L18(); U6L35(); U6L36()	U3L18(); U1L7()	Ruby Discovers the World of Wellness()
		K.5.2 Identify when assistance is needed for health-related situations.	U1L2; U6L33	Same as Student Edition	
Kindergarten	6 Students will demonstrate the ability to use goal-setting skills to enhance health.				
		K.6.1 Name personal health and wellness goals.	U1L6; U1L7(); U3L17; U3L18; U4L25; U6L33; U6L34	Same as Student Edition	Ruby Discovers the World of Wellness()
		K.6.2 Name who can help to achieve a personal health goal.	U1L7(); U6L33	Same as Student Edition	Ruby Discovers the World of Wellness()

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Kindergarten	7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.				
		K.7.1 Identify healthy behaviors to improve personal health and wellness.	U1L6; U1L7(); U1L8; U1L9; U3L17; U4L25; U4L26; U4L27; U3L18(); U6L35(); U6L36()	Same as Student Edition	Ruby Discovers the World of Wellness()
		K.7.2 Name behaviors that prevent injuries.	U1L3; U1L4; U1L10; U1L11	Same as Student Edition	Ruby Discovers the World of Wellness()
Kindergarten	8 Students will demonstrate the ability to advocate for personal, family and community health.				
		K.8.1 Repeat rules that promote personal health.	U1L5; U1L6; U1L7; U1L8; U1L9; U3L17; U3L18(); U3L21; U3L23();	Same as Student Edition	Ruby Discovers the World of Wellness()
		K.8.2 Tell how peers can make positive choices.	U1L11; U4L26; U4L27; U5L29	Same as Student Edition	

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Indiana WOW Series, Grade 1					
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				<i>Lesson Plans</i>	<i>Optional Materials</i>
Grade 1	1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.				
		1.1.1 Tell how healthy behaviors impact personal health and wellness.	U1L5; U1L7(); U1L9; U2L12; U2L15; U3L18(); U4L25; U4L26; U5L29; U6L35(); U6L36()	Same as Student Edition	Ruby Learns About the World of Wellness()
		1.1.2 Recognize that emotional health is one dimension of health.	U1L7; U1L8; U1L9	Same as Student Edition	
		1.1.3 Explain personal behaviors to prevent communicable diseases.	U1L5; U3L21; U3L23()	U3L21(); U3L23()	Ruby Learns About the World of Wellness()
		1.1.4 Identify places to play to prevent common childhood injuries.	U1L3; U1L9	Same as Student Edition	
		1.1.5 Explain why it is important to have regular medical checkups.	U3L21()	U3L21()	
Grade 1	2 Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.				
		1.2.1 Describe how the family influences personal health behaviors.	U1L1(); U4L24(); U4L25();	Same as Student Edition	Ruby Learns About the World of Wellness()

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		1.2.2 Recognize what the school can do to support personal health behaviors.	U1L3; U1L4; U6L33();	Same as Student Edition	Ruby Learns About the World of Wellness()
		1.2.3 Identify how the media can influence health.	U6L35()	Same as Student Edition	Ruby Learns About the World of Wellness()
Grade 1	3 Students will demonstrate the ability to access valid information and products and services to enhance health.				
		1.3.1 Choose a professional who can help promote health and wellness.	U4L25; U6L33; U6L36()	Same as Student Edition	
		1.3.2 List ways to locate a community helper for a health-related situation.	U1L2; U6L33	Same as Student Edition	
Grade 1	4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.				
		1.4.1 Describe healthy ways to express needs, wants and feelings.	U4L25; U4L26(); U4L27()	Same as Student Edition	Ruby Learns About the World of Wellness()
		1.4.2 Identify listening skills related to health.	U4L28()	U4L28()	Ruby Learns About the World of Wellness()

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		1.4.3 Identify ways to respond when in a threatening or dangerous situation.	U1L2(); U4L27	U1L2();	
		1.4.4 Identify ways to tell a trusted adult if threatened or harmed by another person.	U1L2();	U1L2();	
Grade 1	5 Students will demonstrate the ability to use decision-making skills to enhance health.				
		1.5.1 Describe a health-related decision.	U1L7(); U3L18(); U6L35(); U6L36()	U3L18(); U1L7()	Ruby Learns About the World of Wellness()
		1.5.2 Describe situations when assistance is needed for a health-related decision.	U1L2; U6L33	Same as Student Edition	Ruby Learns About the World of Wellness()
Grade 1	6 Students will demonstrate the ability to use goal-setting skills to enhance health.				
		1.6.1 Name actions to take toward achieving a short-term health goal.	U1L6; U1L7(); U3L17; U3L18; U4L25; U6L33; U6L34	Same as Student Edition	
		1.6.2 Identify who can help to achieve a personal health goal.	U1L7(); U6L33	Same as Student Edition	
Grade 1	7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.				

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		1.7.1 Describe healthy practices to maintain personal health and wellness.	U1L6; U1L7(); U1L8; U1L9; U1L11; U3L17; U4L25; U4L26; U4L27; U3L18(); U6L35(); U6L36()	Same as Student Edition	Ruby Learns About the World of Wellness()
		1.7.2 Describe behaviors that reduce health risks.	U1L3; U1L4; U1L10; U1L11	Same as Student Edition	Ruby Learns About the World of Wellness()
Grade 1	8 Students will demonstrate the ability to advocate for personal, family and community health.				
		1.8.1 Identify ways to promote health and wellness.	U1L5; U1L6; U1L7; U1L8; U1L9; U3L17; U3L18(); U3L21; U3L23();	Same as Student Edition	Ruby Learns About the World of Wellness()
		1.8.2 Assist peers to make positive choices.	U1L11; U4L26; U4L27; U5L29	Same as Student Edition	

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Indiana WOW! Series, Grade 2					
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				<i>Lesson Plans</i>	<i>Optional Materials</i>
Grade 2	1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.				
		2.1.1 Identify that healthy behaviors affect personal health.	U1L10(); U1L9(); U1L8(); U1L7(); U1L5; U1L3()	U1L10(); U1L3(); U1L7(); U1L9(); U1L8(); U1L2()	Ruby Explores the World of Wellness()
		2.1.2 Recognize that there are multiple dimensions of health.	U5L29(); U5L30()	U5L29(); U5L30()	Ruby Explores the World of Wellness()
		2.1.3 Describe ways to prevent communicable diseases.	U1L5; U3L21; U3L23()	U3L21(); U3L23()	Ruby Explores the World of Wellness()
		2.1.4 List ways to prevent common childhood injuries.	U1L3; U1L9	Same as Student Edition	
		2.1.5 Describe why it is important to seek health care.	U3L21()	U3L21()	
Grade 2	2 Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.				
		2.2.1 Identify how the family influences personal health practices and behaviors.	U1L1(); U1L9(); U1L10(); U4L24(); U4L25()	Same as Student Edition	Ruby Explores the World of Wellness()

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		2.2.2 Identify what the school can do to support personal health practices and behaviors.	U1L3; U1L4; U6L33();	Same as Student Edition	Ruby Explores the World of Wellness()
		2.2.3 Describe how the media can influence health behaviors.	U6L35()	Same as Student Edition	Ruby Explores the World of Wellness()
Grade 2	3 Students will demonstrate the ability to access valid information and products and services to enhance health.				
		2.3.1. Identify trusted adults and professionals who can help promote health.	U4L25; U6L33; U6L36()	Same as Student Edition	
		2.3.2 Identify ways to locate school and community health helpers.	U1L2; U6L33	Same as Student Edition	
Grade 2	4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.				
		2.4.1 Demonstrate healthy ways to express needs, wants and feelings.	U4L25; U4L26(); U4L27()	Same as Student Edition	Ruby Explores the World of Wellness()
		2.4.2 Demonstrate listening skills to enhance health.	U4L28();	U4L28()	Ruby Explores the World of Wellness()

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		2.4.3 Demonstrate ways to respond when in an unwanted, threatening or dangerous situation.	U1L2(); U4L27	U1L2();	
		2.4.4 Demonstrate ways to tell a trusted adult if threatened or harmed.	U1L2();	U1L2();	
Grade 2	5 Students will demonstrate the ability to use decision-making skills to enhance health.				
		2.5.1 Identify situations when a health-related decision is needed.	U1L7(); U3L18(); U6L35(); U6L36()	Same as Student Edition	Ruby Explores the World of Wellness()
		2.5.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	U1L2; U6L33	Same as Student Edition	Ruby Explores the World of Wellness()
Grade 2	6 Students will demonstrate the ability to use goal-setting skills to enhance health.				
		2.6.1 Identify a short-term personal health goal and take action toward achieving the goal.	U1L6; U1L7(); U3L17; U3L18; U4L25; U6L33; U6L34	Same as Student Edition	
		2.6.2 Identify who can help when assistance is needed to achieve a personal health goal.	U1L7(); U6L33	Same as Student Edition	
Grade 2	7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.				

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		2.7.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.	U1L6; U1L7(); U1L8; U1L9; U1L11; U3L17; U4L25; U4L26; U4L27; U3L18(); U6L35(); U6L36()	Same as Student Edition	Ruby Explores the World of Wellness()
		2.7.2 Demonstrate behaviors that avoid or reduce health risks.	U1L3; U1L4; U1L10; U1L11	Same as Student Edition	Ruby Explores the World of Wellness()
Grade 2	8 Students will demonstrate the ability to advocate for personal, family and community health.				
		2.8.1 Make requests to promote personal health.	U1L5; U1L6; U1L7; U1L8; U1L9; U3L17; U3L18(); U3L21; U3L23();	Same as Student Edition	Ruby Explores the World of Wellness()
		2.8.2 Encourage peers to make positive health choices.	U1L11; U4L26; U4L27; U5L29	Same as Student Edition	

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				<i>Lesson Plans</i>	<i>Optional Materials</i>
Grade 3	1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.				
		3.1.1 Identify the link between healthy choices and being healthy.	U1L2(); U1L3; U1L7; U1L9; U2L10; U2L11; U2L12; U2L14; U3L17(); U4L20; U5L25; U5L26; U5L28; U6L30; U6L31; U6L33; U6L34; U6L35	Same as student text	Cody Investigates the World of Wellness()
		3.1.2 Give examples of physical and emotional health.	U1L3(); U1L8; U2L12; U4L20; U4L24; U6L30; U6L31; U6L36	Same as student text	
		3.1.3 Identify how a safe and healthy school environment promotes personal health.	U1L6; U1L7; U3L17(); U6L36	Same as student text	Cody Investigates the World of Wellness()
		3.1.4 Identify ways to prevent common childhood injuries.	U1L4	U1L4	
		3.1.5 Recognize times when it might be important to seek health care.	U1L7;U1L9	U1L7; U1L9	
Grade 3	2 Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.				

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		3.2.1 Recall how the family influences personal health and wellness practices.	U1L1(); U4L20(); U4L21; U4L23()	U1L1(); U4L20(); U4L21; U4L23(); U6L36(); U1L2()	
		3.2.2 Observe the influence of culture on health practices.	U2L11; U2L12; U2L13;	Same as student text	
		3.2.3 State how peers can influence healthy behaviors.	U1L5; U4L22; U4L24; U4L25	Same as student text	Cody Investigates the World of Wellness()
		3.2.4 Discuss how the school can support personal health behaviors.	U1L8; U4L25; U6L36;	Same as student text	Cody Investigates the World of Wellness()
		3.2.5 Identify how media and technology influence health behaviors.	U6L30; U6L31	U3L16(); U3L17(); U1L2(); U6L36()	Cody Investigates the World of Wellness()
Grade 3	3 Students will demonstrate the ability to access valid information and products and services to enhance health.				
		3.3.1 State characteristics of valid health products and services.	U5L25	U5L25	
		3.3.2 Name resources from home and school that provide valid health information.	U6L32	U6L32	

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Grade 3	4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.				
		3.4.1 Name effective nonverbal communication skills to enhance health and wellness.	U1L2()	U1L2()	Cody Investigates the World of Wellness()
		3.4.2 Identify refusal strategies that reduce health risks.	U4L24()	U4L24()	
		3.4.3 Suggest nonviolent strategies to manage conflict.	U1L5; U4L20	U1L5; U4L20	
		3.4.4 Illustrate how to ask for assistance with a difficult personal situation.	U1L5	U1L5	
Grade 3	5 Students will demonstrate the ability to use decision-making skills to enhance health.				
		3.5.1 Indicate routine health-related situations.			
		3.5.2 Identify when support is needed when making a health-related decision.	U1L5; U4L20; U4L24();	Same as student text	Cody Investigates the World of Wellness()
		3.5.3 Tell options to health-related issues or problems.	U4L24()	U4L24()	

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		3.5.4 Indicate the possible consequences of each choice when making a health-related decision.	U4L24();	U4L24()	Cody Investigates the World of Wellness()
		3.5.5 Identify a healthy choice when making a decision.	U4L24()	U4L24()	Cody Investigates the World of Wellness()
Grade 3	6 Students will demonstrate the ability to use goal-setting skills to enhance health.				
		3.6.1 Select a personal health goal and track progress	U1L2; U1L3; U1L9; U2L12; U2L14; U3L17;		
		3.6.2 Recognize resources to achieve a personal health goal	U1L8; U6L32	U1L8; U6L32	
Grade 3	7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.				
		3.7.1 Name healthy behaviors.	U1L2(); U1L3; U1L7; U1L9; U2L10; U2L11; U2L12; U2L14; U3L17(); U4L20; U5L25; U5L26; U5L28; U6L30; U6L31; U6L33; U6L34; U6L35	Same as student text	Cody Investigates the World of Wellness()
		3.7.2 Identify a healthy practice to maintain personal health and wellness.	U1L3(); U1L8; U2L12; U4L20; U4L24; U6L30; U6L31; U6L36	Same as student text	Cody Investigates the World of Wellness()

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		3.7.3 Recognize actions to avoid health risks.	U1L3(); U1L5; U1L9; U2L11; U2L12; U2L14; U3L17; U5L25; U6L31	Same as student text	
Grade 3	8 Students will demonstrate the ability to advocate for personal, family and community health.				
		3.8.1 Share correct information about a health issue.	U1L3(); U1L8; U2L12; U4L20; U4L24; U6L30; U6L31; U6L36	U1L3(); U1L8; U2L12; U4L20; U4L24; U6L30; U6L31; U6L36	
		3.8.2 Tell how to help others to make positive choices.	U4L22; U4L24	U4L22; U4L24()	

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Indiana WOW! Series, Grade 4					
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				<i>Lesson Plans</i>	<i>Optional Materials</i>
Grade 4	1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.				
		4.1.1 Explain the connection between behaviors and personal health.	U1L2; U1L3; U1L7; U2L10; U2L11; U2L14; U3L17; U3L18; U4L20; U4L21; U5L25; U5L27; U6L36	Same as student text	
		4.1.2 Recognize examples of intellectual and social health.	U1L5; U1L7; U1L9; U4L20; U4L21; U4L22; U4L23; U6L32	Same as student text	
		4.1.3 Summarize ways in which a safe and healthy community environment can promote health.	U6L31; U6L32; U6L34; U6L35	Same as student text	
		4.1.4 Explain ways to prevent common health problems.	U1L7; U2L10; U2L11; U3L17(); U3L18();	Same as student text	

**Correlations to Indiana State Health and Wellness Standards
World of Wellness Health Education (WOW!) series**

Indiana WOW! Series, Grade 4					
<i>Standard</i>					
<i>Grade Level</i>	<i>Standard Competency Goal</i>	<i>Standard Objectives</i>	<i>Student Edition</i>	<i>Teacher Guide</i>	<i>Optional Materials</i>
				<i>Lesson Plans</i>	
		4.1.5 Explain how to prevent illness by seeking care from medical personnel.	U1L3; U3L15(); U3L17() U5L27(); U6L31();	Same as student text	
Grade 4	2 Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.				
		4.2.1 Describe how the family influences personal health and behaviors.	U1L1(); U4L20(); U4L21(); U4L23()	Same as student text	
		4.2.2 Illustrate the influence of culture on health and behaviors.	U2L10; U2L13; U2L14; U4L20	Same as student text	
		4.2.3 Determine how peers can influence unhealthy behaviors and promote wellness.	U1L5; U4L22(); U4L24(); U5L30	Same as student text	
		4.2.4 Identify how the community can support personal health practices.	U6L31(); U6L32()	U6L31(); U6L32()	

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				<i>Lesson Plans</i>	<i>Optional Materials</i>
		4.2.5 Describe how media and technology can influence health behaviors.	U2L13(); U5L29; U6L33()	U5L29(); U6L31(); U6L33(); U2L13(); U1L2()	
Grade 4	3 Students will demonstrate the ability to access valid information and products and services to enhance health.				
		4.3.1 Recognize characteristics of valid health information and services.	U2L12; U5L29	U2L12; U5L29	
		4.3.2 Identify resources from the community that provide valid health and wellness information.	U6L31()	U6L31()	
Grade 4	4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.				
		4.4.1 Explain effective verbal communication skills to enhance health.	U1L5; U4L21; U4L22(); U4L24(); U5L30	Same as student text	
		4.4.2 Show refusal skills that avoid health risks.	U4L24; U5L30	U4L24(); U5L30()	

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				<i>Lesson Plans</i>	<i>Optional Materials</i>
		4.4.3 Practice nonviolent strategies to resolve conflict.	U1L5	U1L5	
		4.4.4 Model how to ask for support to enhance personal health and wellness.	U5L27; U6L31()	U6L31(); U5L27()	
Grade 4	5 Students will demonstrate the ability to use decision-making skills to enhance health.				
		4.5.1 Explain situations that may require a thoughtful health-related decision.	U1L4; U4L24(); U4L22(); U6L30	Same as student text	
		4.5.2 Determine when help is needed to make a health-related decision.	U4L20; U5L27; U6L31	Same as student text	
		4.5.3 Indicate healthy alternatives to health-related issues or problems.	U2L10; U2L14; U5L25; U5L29()	U2L10; U2L14; U5L25; U5L29()	
		4.5.4 Describe the possible consequences of each option when making a health-related decision.	U6L30	U6L30	

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				<i>Lesson Plans</i>	<i>Optional Materials</i>
		4.5.5 Determine a healthy alternative when making a decision.	U2L10; U2L14; U5L25; U5L29()	U2L10; U2L14; U5L25; U5L29()	
Grade 4	6 Students will demonstrate the ability to use goal-setting skills to enhance health.				
		4.6.1 Plan a personal health goal and how to monitor its progress	U2L11	U2L11	
		4.6.2 Discuss resources to help achieve a personal health goal	U6L31	U6L31	
Grade 4	7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.				
		4.7.1 Describe positive health behaviors.	U1L2(); U1L3; U1L7; U1L9; U2L10; U2L11; U2L12; U2L14; U3L17(); U4L20; U5L25; U5L26; U5L28; U6L30; U6L31; U6L33; U6L34;	Same as student text	

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				<i>Lesson Plans</i>	<i>Optional Materials</i>
		4.7.2 Describe a healthy behavior to improve personal health and wellness.	U1L2; U1L3; U1L7; U1L8; U2L10; U3L17; U6L36	Same as student text	
		4.7.3 Describe behaviors to reduce health risks.	U3L15; U5L25; U5L29	U3L15; U5L25; U5L29	
Grade 4	8 Students will demonstrate the ability to advocate for personal, family and community health.				
		4.8.1 Give accurate information about a health issue.			
		4.8.2 Illustrate how to assist others to make positive health choices.	U1L5; U4L22(); U4L23; U4L24(); U6L30	Same as student text	

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Indiana WOW Series Grade 5					
<i>Standard</i>					
<i>Grade Level</i>	<i>Standard Competency Goal</i>	<i>Standard Objectives</i>	<i>Student Edition</i>	<i>Teacher Guide</i>	
				<i>Lesson Plans</i>	<i>Optional Materials</i>
Grade 5	1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.				
		5.1.1 Describe the relationship between healthy behaviors and personal health.	U1L1; U1L6; U1L7; U2L10; U2L11; U3L15; U3L16; U4L17; U4L18; U4L20; U5L26; U5L28	Same as student edition	Sydney Travels Through the World of Wellness()
		5.1.2 Identify examples of emotional, intellectual, physical, and social health.	U1L1; U1L6; U1L7; U2L10; U2L11; U3L15; U3L16; U4L17; U4L18; U4L20; U5L26; U5L28	Same as student edition	
		5.1.3 Describe ways in which a safe and healthy school and community environment can promote personal health.	U1L3; U1L7; U5L29; U6L30; U6L32	Same as student edition	Sydney Travels Through the World of Wellness()
		5.1.4 Describe ways to prevent common childhood injuries and health problems.	U1L3; U1L4; U1L7; U3L16	Same as student edition	Sydney Travels Through the World of Wellness()

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				<i>Lesson Plans</i>	<i>Optional Materials</i>
		5.1.5 Describe when it is important to seek health care.	U1L3; U1L5; U5L27; U5L29	Same as student edition	
Grade 5	2 Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.				
		5.2.1 Describe how the family influences personal health practices and behaviors.	U1L4; U2L9; U4L17; U4L18	Same as student edition	Sydney Travels Through the World of Wellness()
		5.2.2 Identify the influence of culture on health practices and behaviors.	U2L9; U2L10; U2L11; U2L12; U4L17	Same as student edition	Sydney Travels Through the World of Wellness()
		5.2.3 Identify how peers can influence healthy and unhealthy behaviors.	U4L19(); U5L23(); U5L24	Same as student edition	
		5.2.4 Describe how the school and community can support personal health practices and behaviors.	U5L29; U6L30 U6L34()	Same as student edition	Sydney Travels Through the World of Wellness()

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				<i>Lesson Plans</i>	<i>Optional Materials</i>
		5.2.5 Explain how the media influences thoughts, feelings, and health behaviors.	U2L12; U4L19; U6L30;U6L31	U4L19(); U6L31(); U6L30()	Sydney Travels Through the World of Wellness()
		5.2.6 Describe ways technology can influence personal health.	U2L12; U6L30	U2L12; U6L30	Sydney Travels Through the World of Wellness()
Grade 5	3 Students will demonstrate the ability to access valid information and products and services to enhance health.				
		5.3.1 Identify characteristics of valid health information, products, and services.			
		5.3.2 Locate resources from home, school, and community that provide valid health information.	U5L29; U6L30	U5L29; U6L30	
Grade 5	4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.				

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				<i>Lesson Plans</i>	<i>Optional Materials</i>
		5.4.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.	U1L2; U1L3; U4L17; U4L22(); U5L23; U5L24; U5L25	Same as student edition	Sydney Travels Through the World of Wellness()
		5.4.2 Demonstrate refusal skills that avoid or reduce health risks.	U5L23; U5L24	U5L23; U5L24	
		5.4.3 Demonstrate nonviolent strategies to manage or resolve conflict.	U1L2; U4L17	U1L2; U4L17	
		5.4.4 Demonstrate how to ask for assistance to enhance personal health.	U1L3; U5L25	U1L3; U5L25	Sydney Travels Through the World of Wellness()
Grade 5	5 Students will demonstrate the ability to use decision-making skills to enhance health.				
		5.5.1 Identify health-related situations that may require a thoughtful decision.	U1L3; U2L10; U4L18; U4L19; U4L21(); U5L23; U5L24; U6L30	Same as student edition	

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		5.5.2 Analyze when assistance is needed in making a health-related decision.	U1L3; U4L21(); U5L25	U1L3; U4L21(); U5L25	Sydney Travels Through the World of Wellness()
		5.5.3 List healthy options to health-related issues or problems.	U1L1; U1L2; U1L3; U1L4; U1L5; U1L6; U2L9; U2L10; U3L15; U4L17; U4L18; U4L20; U4L22; U5L23(); U6L32; U6L33	Same as student edition	
		5.5.4 Predict the potential outcomes of each option when making a health-related decision.	U1L6; U2L10; U4L21(); U5L24; U5L26; U5L27	Same as student edition	Sydney Travels Through the World of Wellness()
		5.5.5 Choose a healthy option when making a decision.	U2L10; U3L15(); U5L23(); U5L29	U2L10; U3L15(); U5L23(); U5L29	Sydney Travels Through the World of Wellness()
		5.5.6 Describe the outcomes of a health-related decision.	U1L6; U2L10; U4L21(); U5L24; U5L26; U5L27	Same as student edition	Sydney Travels Through the World of Wellness()

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				<i>Lesson Plans</i>	<i>Optional Materials</i>
Grade 5	6 Students will demonstrate the ability to use goal-setting skills to enhance health.				
		5.6.1 Set a personal health goal and track progress towards its achievement.		U1L7; U2L11; U3L15	
		5.6.2 Identify resources to assist in achieving a personal health goal.	U5L29; U6L30	U5L29; U6L30	
Grade 5	7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.				
		5.7.1 Identify responsible personal health behaviors.	U1L1; U1L6; U1L7; U2L10; U2L11; U3L15; U4L17; U4L18; U4L20; U5L28	Same as student edition	Sydney Travels Through the World of Wellness()
		5.7.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.	U1L1; U1L6; U1L7; U2L10; U2L11; U3L15; U3L16; U4L17; U4L18; U4L20; U5L26; U5L28	Same as student edition	Sydney Travels Through the World of Wellness()

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		5.7.3 Demonstrate a variety of behaviors to avoid or reduce health risks.	U1L2; U1L6; U2L10; U4L17; U5L23; U5L24	Same as student edition	Sydney Travels Through the World of Wellness()
Grade 5	8 Students will demonstrate the ability to advocate for personal, family and community health.				
		5.8.1 Express opinions and give accurate information about health issues.	U1L2; U1L7; U2L11; U3L15	U1L2; U1L7; U2L11; U3L15	
		5.8.2 Encourage others to make positive health choices.	U2L10; U3L15(); U5L23()	U2L10; U3L15(); U5L23()	