



HEALTH

3-5

FOR FAMILIES

THIRD GRADE - FIFTH GRADE

What to expect:

In these grades, children are building on their knowledge about nutrition, physical activity, preventing substance abuse, mental health, dental hygiene, preventing injuries, self-care and healthy relationships.

At this age, students are ready to start practicing health skills. These include how to analyze and access valid information, communicate, resolve conflict, say no, make decisions, set goals and practice self-control and self-management.

Third- through fifth-graders are able to understand how family, culture, peers, media and technology can influence their health habits and behaviors.

By the end of the school year, your child will:

- Recognize potentially dangerous situations and use good decision-making skills to avoid risky behaviors (riding a bike without a helmet, for example).
- Understand how nutrition labels are a valid source of health information.
- Show that they understand refusal skills (saying no) in situations that could affect their health and safety.
- Define health goals, then set personal health goals and track progress toward meeting them.
- Use conflict resolution skills and calming techniques that help keep interactions with peers positive.

What to do at home:

- Talk about what cyberbullying (repeated, unwanted use of mean words or behaviors online) means, its importance and possible consequences.
- Help your child practice how to remove themselves from digital drama in a respectful way and discuss how to steer online conversations in a positive direction.
- Help your child take a break from technology and put devices away at bedtime or mealtimes.
- Talk about what to do if your child is being bullied online – step away, block the person and report the behavior to a trusted adult.

YOU ARE your child's first teacher. Learn how to support the goals of Oklahoma's academic standards and why they are important for your child. Please be in regular communication with your child's teachers and ask how you can support health learning at home. When schools and families work together as partners, it helps your child achieve academic success!



Fostering Curiosity

Children are naturally curious and motivated to learn about things that interest them. Since curiosity contributes to success in the classroom, it is important to encourage it at home. Play is a wonderful way to nurture curiosity in children, so be sure to allow plenty of playtime. Encourage your child to ask questions, be creative, discover answers and explore their world.

Support your child's curiosity with questions like these:

- Why should you never take medicine without an adult's permission?
- What is the difference between prescription and over-the-counter medicine?

It's okay if you don't always have the answer to your child's questions. The best response is always, "Let's find out together."

Fostering Communication

Build your child's vocabulary, thinking skills and curiosity by using new words and having conversations that include questions to make your child think. Communicating with others gives children a chance to see and understand that there can be more than one point of view about a given subject. Accepting these different ideas helps children learn how to get along with others, encouraging positive relationships with other children and a strong self-image.

Support your child's communication skills with questions like these:

- Have you ever felt peer pressure (when a friend tries to get you to do something you don't want to do)? What can you tell me about that?
- What would you say if someone asks you to do something unsafe or unhealthy?
- Who do you chat with online?
- How do people treat each other in the games and on the sites you're using?

Fostering Connections

Making connections between different school subjects strengthens a student's overall knowledge. Connections may also be made between school learning and real-world situations. Point out these connections to your child and encourage them to find connections, too.

- Connect writing to health education by keeping a weekly food and exercise journal. Ask your child to reflect on how they could change their habits to be more consistent with national recommendations or guidelines.
- Connect fine arts to health education by acting out scenarios that give your child the opportunity to practice saying no. Pretend to persuade your child to do something unhealthy (drink a sugary beverage, for example), and ask them to notice their feelings, state a boundary (say no) and use a refusal skill (politely decline, explain why it is not a nutritious choice, etc.).