
NORTHWEST TERRITORIES

School Health Program

GRADE 2



Education, Culture and Employment
Health and Social Services

August, 1995

MENTAL AND EMOTIONAL WELL BEING

GRADE 2

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	SELF-AWARENESS	Everyone has many different feelings	i) identify different feelings
2	SELF-AWARENESS	Everyone has many different feelings	i) identify different feelings in terms of personal experiences
3	SELF-AWARENESS	Awareness of feelings is necessary to express them appropriately	i) identify ways of appropriately expressing feelings ii) demonstrate ways of appropriately expressing feelings
4	RELATIONSHIPS	Everyone needs friends	i) identify personal qualities and behaviours that promote friendship ii) describe the importance of friends
5	RELATIONSHIPS	Everyone needs friends	i) identify ways of making friends ii) demonstrate ways of making friends
6	RELATIONSHIPS	Stressful situations are a part of everyone's life	i) identify stressful situations ii) identify ways of dealing with stressful situations

GROWTH & DEVELOPMENT

GRADE 2

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	BODY SYSTEMS	The sense of sight helps people learn about the environment and is important for health	i) name and locate the body parts responsible for sight ii) identify the functions of the eyes iii) describe the importance of sight
2	BODY SYSTEMS	The sense of sight helps people learn about the environment and is important for health	i) describe how the eyes protect themselves ii) identify ways to protect the eyes
3	BODY SYSTEMS	The sense of hearing helps people learn about the environment and is important for health	i) name and locate the body parts responsible for hearing ii) identify the functions of the ears iii) describe the importance of hearing
4	BODY SYSTEMS	The sense of hearing helps people learn about the environment and is important for health	i) describe how the ears protect themselves ii) identify ways to protect the ears

GROWTH & DEVELOPMENT

GRADE 2

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
5	LIFESTYLE	People can develop positive health habits	i) identify positive health habits ii) practise positive health habits
6	HEALTH CARE	Health workers and health services are available	i) identify the primary health care providers in the community ii) identify the roles of the health care providers
7	ENVIRONMENTAL HEALTH	People need clean water and air and good soil for health	i) describe the importance of clean water, air and soil for health

NUTRITION

GRADE 2

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	FOOD IDENTIFICATION	A food can exist in different forms	i) explain that a food can exist in different forms
2	FOOD CLASSIFICATION	Each food group has a specific function which promotes health	i) classify various foods into the four food groups ii) state the main function of each of the four food groups
3	FOOD CLASSIFICATION	A nutritious snack consists of food from one or more of the four food groups	i) explain what is meant by a nutritious snack ii) distinguish between nutritious and non-nutritious snacks
4	FOOD SELECTION	A variety of foods from each food group is needed daily	i) describe a nutritious meal ii) plan a nutritious meal iii) state the importance of nutritious meals
5	FOOD APPRECIATION	A willingness to taste foods in different forms promotes food appreciation	i) prepare foods in a variety of forms ii) demonstrate a willingness to taste foods in a variety of forms

DENTAL HEALTH

GRADE 2

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	STRUCTURE AND FUNCTION	Primary teeth are replaced by permanent teeth in a specific sequence	i) describe the sequence of teeth replacement ii) compare the characteristics of a primary and a permanent
2	ORAL HYGIENE	Regular use of oral hygiene skills promotes dental health	i) demonstrate effective flossing skills ii) explain when to floss and brush the teeth iii) explain the importance of brushing and flossing daily iv) practise effective toothbrushing and flossing skills
3	FACTORS AFFECTING DENTAL HEALTH	The food which people eat affects their dental health	i) distinguish between dentally safe and dentally unsafe sna
4	DENTAL DISEASE	Many factors contribute to dental disease	i) explain what dental plaque is ii) describe where dental plaque is commonly found iii) explain why it is important to remove plaque daily
5	DENTAL SERVICES AND PRODUCTS	Approved dental health products promote dental health	i) identify some common dental health products that promote dental health

FAMILY LIFE

GRADE 2

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	FAMILIES	Families provide for the physical, emotional and social needs of their members	i) identify the basic needs provided for in a family
2	FAMILIES	Members share in the maintenance of the family unit	i) identify their tasks within the family ii) identify tasks other people are responsible for within the family
3	HUMAN DEVELOPMENT AND REPRODUCTION	All living things reproduce and grow	i) identify that a baby grows from an egg ii) identify that some eggs grow inside the mother, some grow outside
4	ABUSE PREVENTION	Personal safety behaviours help protect people from potentially abusive situations	i) identify potentially abusive situations ii) describe behaviours which help protect them from potentially abusive situations iii) demonstrate behaviours which help maintain personal safety
5	ABUSE PREVENTION	Personal safety behaviours may require family and community support	i) locate family and community support people ii) identify how to contact family and community support people

SAFETY AND FIRST AID

GRADE 2

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	BURN PREVENTION	Injuries from electricity can be prevented by following safety rules	i) give examples of electrical appliances and sources of electricity ii) describe risky behaviours around electricity iii) identify safety rules around electricity
2	BICYCLE SAFETY	Bicycle safety involves obeying traffic laws and bicycle rules	i) identify traffic signs and symbols important to cyclists ii) demonstrate correct hand signals for cyclists iii) identify bicycle safety rules
3	OUTDOOR SAFETY	Frostbite can be prevented by applying safety rules and minimized by first aid	i) describe signs and symptoms of frostbite ii) identify safety rules that prevent frostbite iii) describe first aid for frostbite
4	FIREARM SAFETY	Accidents around firearms can be prevented by following the firearm safety rules	i) identify uses of firearms ii) explain that mishandling a gun may cause injury or death iii) describe proper handling and storage of guns iv) describe preventive behaviours related to gun safety
5	FIRST AID	Minor injuries can be treated by children	i) demonstrate self treatment of a nosebleed

ALCOHOL AND OTHER DRUGS

GRADE 2

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	SAFETY	Many substances are potentially unsafe and have warning signs	i) identify the hazard warning signs and the dangers and rules associated with each
2	SAFETY	Not all potentially unsafe substances have warning signs	i) explain that not all potentially unsafe substances have warning signs ii) identify some common substances which may be unsafe
3	SAFETY	Rules are necessary when handling potentially unsafe substances	i) identify some unsafe situations involving potentially unsafe substances ii) explain the rules for handling potentially unsafe substances
4	SAFETY	Rules are necessary when handling potentially unsafe substances	i) explain the rules for safe handling and storage of potentially unsafe substances ii) identify safe handling and storage of potentially unsafe substances
5	DRUGS	Medicines are drugs	i) identify that medicines are drugs
6	DRUGS	Medicines may be helpful but may also be harmful	i) explain how medicines may be helpful ii) explain how medicines may be harmful