

Here's Looking At You - Grade 4

Lessons	Health Benchmarks	Language Arts Benchmarks	Science Benchmarks
<p><u>Lesson 1: The Adventures of X</u></p>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Explain ways to achieve and maintain good health. 3-2-b</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Write to explain prior knowledge about various topics. 2-4-a</p>	<p>No Matches</p>
<p><u>Lesson 2: We All Have Strengths</u></p>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Explain ways to achieve and maintain good health. 3-2-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4-1-a</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Examine numerous information/ reference sources for a variety of purposes, e.g., internet, CD-Rom, print materials, video materials, and library. 1-4-a</p> <p>Present oral information in a clear and organized manner. 4-1-b</p>	
<p><u>Lesson 3: Alcohol - Day 1</u></p>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Write to interpret and use new or unfamiliar information. 2-4-b</p>	

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<u>Lesson 4: Alcohol - Day 4</u>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Explain ways to achieve and maintain good health. 3-2-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Present oral information in a clear and organized manner. 4-1-b</p>	
<u>Lesson 5: Smoke Gets In</u>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Explain ways to achieve and maintain good health. 3-2-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p> <p>Recognize how different plans address various community health issues. 5-2-a</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Write to interpret and use new or unfamiliar information. 2-4-b</p> <p>Describe various listening techniques, which can be used in problem-solving and decision-making situations. 3-1-b</p>	
<u>Lesson 6: The Quitters</u>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Describe various listening techniques, which can be used in problem-solving and decision-making situations. 3-1-b</p>	

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<u>Lesson 6 (Cont.)</u>	<p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Explain ways to achieve and maintain good health. 3-2-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4-1-a</p> <p>Describe healthy ways to express needs, wants and feelings. 4-2-a</p> <p>Describe appropriate conflict resolution strategies. 4-3-b</p> <p>Recognize how different plans address various community health issues. 5-2-a</p> <p>Describe behaviors which support others in making healthy choices. 5-3-a</p>		
<u>Lesson 7: Tobacco, Chew, and You</u>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Explain ways to achieve and maintain good health. 3-2-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Examine numerous information/ reference sources for a variety of purposes, e.g., internet, CD-Rom, print materials, video materials, and library. 1-4-a</p> <p>Use examples from selected print and electronic media to support personal interpretations. 2-4-c</p> <p>Describe various listening techniques, which can be used in problem-solving and decision-making situations. 3-1-b</p>	

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<u>Lesson 7 (Cont.)</u>	Recognize how different plans address various community health issues. 5-2-a		
<u>Lesson 8: Marijuana</u>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Explain ways to achieve and maintain good health. 3-2-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p> <p>Recognize how different plans address various community health issues. 5-2-a</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Examine numerous information/ reference sources for a variety of purposes, e.g., internet, CD-Rom, print materials, video materials, and library. 1-4-a</p> <p>Write to interpret and use new or unfamiliar information. 2-4-b</p> <p>Describe various listening techniques, which can be used in problem-solving and decision-making situations. 3-1-b</p>	
<u>Lesson 9: Consequences</u>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p> <p>Describe behaviors which support others in making healthy choices. 5-3-a</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Examine numerous information/ reference sources for a variety of purposes, e.g., internet, CD-Rom, print materials, video materials, and library. 1-4-a</p> <p>Use examples from selected print and electronic media to support personal interpretations. 2-4-c</p>	
<u>Lesson 10: Influences</u>	Explore and problem-solve ways to properly express feelings. 1-1-a	Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c	

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<u>Lesson 10 (Cont.)</u>	<p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Examine the media's impact on personal health decisions and practices. 2-1-b</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p> <p>Describe appropriate conflict resolution strategies. 4-3-b</p> <p>Predict the possible impact of various health plans/strategies on family and community. 5-2-c</p>	<p>Examine numerous information/ reference sources for a variety of purposes, e.g., internet, CD-Rom, print materials, video materials, and library. 1-4-a</p> <p>Describe various listening techniques, which can be used in problem-solving and decision-making situations. 3-1-b</p>	
<u>Lesson 11: Don't Even Try It</u>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Explain ways to achieve and maintain good health. 3-2-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p>	
<u>Lesson 12: The Refusal Skill For Self-Control</u>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Describe various listening techniques, which can be used in problem-solving and decision-making situations. 3-1-b</p>	

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Lesson 12 (Cont.)	<p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p> <p>Describe appropriate conflict resolution strategies. 4-3-b</p>		
Lesson 13: The Refusal Skill - Day 1	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Explain ways to achieve and maintain good health. 3-2-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4-</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4-1-b</p> <p>Describe healthy ways to express needs, wants and feelings. 4-2-a</p> <p>Describe appropriate conflict resolution strategies. 4-3-b</p> <p>Predict the possible impact of various health plans/strategies on family and community. 5-2-c</p>	Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c	
Lesson 14: The Refusal Skill - Day 2	Explore and problem-solve ways to properly express feelings. 1-1-a	Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c	

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<u>Lesson 14 (Cont.)</u>	<p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Explain ways to achieve and maintain good health. 3-2-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4-1-a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4-1-b</p> <p>Describe healthy ways to express needs, wants and feelings. 4-2-a</p> <p>Describe appropriate conflict resolution strategies. 4-3-b</p> <p>Predict the possible impact of various health plans/strategies on family and community. 5-2-c</p>	<p>Present oral information in a clear and organized manner. 4-1-b</p>	
<u>Lesson 15: Hooked</u>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Explain the importance of following prescribed/recommended treatment. 2-3-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Examine numerous information/reference sources for a variety of purposes, e.g., internet, CD-Rom, print materials, video materials, and library. 1-4-a</p>	

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<u>Lesson 15 (Cont.)</u>	<p>Explain ways to achieve and maintain good health. 3-2-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4-1-a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4-1-b</p> <p>Recognize how different plans address various community health issues. 5-2-a</p>		
<u>Lesson 16: Lots of Kids Like Us - Day 1</u>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Explain the importance of following prescribed/ recommended treatment. 2-3-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Examine numerous information/ reference sources for a variety of purposes, e.g., internet, CD-Rom, print materials, video materials, and library. 1-4-a</p> <p>Present oral information in a clear and organized manner. 4-1-b</p>	
<u>Lesson 17: Lots of Kids Like Us - Day 2</u>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Explain the importance of following prescribed/ recommended treatment. 2-3-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Use responses of others to determine speaking effectiveness. 4-1-c</p>	

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<u>Lesson 17 (Cont.)</u>	<p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p> <p>Predict the possible impact of various health plans/strategies on family and community. 5-2-c</p>		
<u>Lesson 18: Just the Facts</u>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Examine numerous information/ reference sources for a variety of purposes, e.g., internet, CD-Rom, print materials, video materials, and library. 1-4-a</p> <p>Present oral information in a clear and organized manner. 4-1-b</p>	
<u>Lesson 19: Transfer</u>	<p>Explore and problem-solve ways to properly express feelings. 1-1-a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1-1-c</p> <p>Describe examples of risky and harmful behavior. 3-1-a</p> <p>Describe how social pressures can influence risk-taking behaviors. 3-1-b</p> <p>Explain ways to achieve and maintain good health. 3-2-b</p> <p>Determine the role of personal responsibility in health-related decision making. 3-3-b</p> <p>Describe appropriate conflict resolution strategies. 4-3-b</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1-1-c</p> <p>Write to explain prior knowledge about various topics. 2-4-a</p>	