Healthy Lifestyle Choices
Helping kids make the most out of life

Healthy Lifestyle Choices
Suggested Implementation by Grade

Begin with Unit 1 for all grades and follow the units and lessons sequentially.

	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
Life Skills						
Week 9	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4
Week 18	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4
Week 36	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4
Conflict Resolution						
Week 9	Lesson 1	Lesson 3	Lesson 1	Lesson 4	Lesson 2 or 4	Lessons 1 or 3
Week 18	Lessons 1-3	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 3-4	Lessons 1-4
Week 36	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4
Nutrition						
Week 9	Lesson 4	Lesson 3	Lesson 3 or 4	Lesson 1	Lesson 3	Lessons ,1, 2 or 3
Week 18	Lessons 1, 2, 4	Lessons 2-3	Lessons 1-3	Lessons 3-4	Lessons 1-4	Lessons 1-3
Week 36	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4
Substance Abuse Prevention						
Week 9	Lesson 2	Lesson 1	Lesson 1	Lesson 4	Lesson 1 or 2	Lesson 3
Week 18	Lessons 1-3	Lessons 1-2	Lessons 3-4	Lesson 1-2	Lessons 1-3	Lessons 2-3
Week 36	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4
Safety						
Week 9	Lesson 1	Lesson 2	Lesson 2	Lesson 2	Lesson 1 or 3	Lesson 1 or 4
Week 18	Lessons 1, 3	Lessons 1-3	Lessons 3-4	Lessons 1-2	Lessons 1-3	Lessons 1, 2, 4
Week 36	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4
Fitness						
Week 9	Lesson 1	Lesson 1	Lesson 1 or 3	Lesson 3 or 4	Lesson 1	Lesson 3
Week 18	Lessons 1-3	Lessons 1-3	Lessons 1-3	Lesssons 1-4	Lessons 1, 4	Lessons 2-3
Week 36	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4	Lessons 1-4