

Opportunities for Alignment of the
Healthy Lifestyle Choices Program with
English Language Arts Common Core State Standards

Grade K

Life Skills

	Language Arts	Math
Lesson 1: Self-image Lesson Booster	SL.K.1, SL.K.4, SL.K.6 L.K.1 RL.K.1, RL.K.10, SL.K.1, SL.K.4, SL.K.6	
Lesson 2: Communication	SL.K.1, SL.K.4, SL.K.5, SL.K.6, L.K.1	
Lesson 3: Making decisions Lesson Booster	SL.K.1, SL.K.4, SL.K.6 SL.K.4, SL.K.6, L.K.1	
Lesson 4: Setting goals	SL.K.1, SL.K.6, L.K.1	K.CC.B.4

Conflict Resolution

	Language Arts	Math
Lesson 1: Recognizing my feelings Lesson Booster	SL.K.1, SL.K.6, L.K.5, L.K.6 RL.K.1, RL.K.7, RL.K.10, L.K.4	
Lesson 2: Cooperation Lesson Booster	SL.K.1, SL.K.4, SL.K.5, SL.K.6, L.K.1 RL.K.1, RL.K.10, SL.K.2	
Lesson 3: Working out conflict Lesson Booster	RI.K.1, RI.K.2, RI.K.10, SL.K.1, SL.K.2, SL.K.4, SL.K.5, SL.K.6, W.K.2, L.K.1 SL.K.4, SL.K.6, W.K.3, L.K.1	
Lesson 4: Family	RL.K.1, RL.K.10, SL.K.1, SL.K.2, SL.K.4, SL.K.5, SL.K.6, W.K.3	K.CC.B.4, K.CC.C.6, K.MD.B.3

Nutrition

	Language Arts	Math
Lesson 1: Healthy foods Lesson Booster	SL.K.1 RL.K.1, RL.K.10, SL.K.1, SL.K.2	
Lesson 2: MyPlate food groups Lesson Booster	SL.K.1 SL.K.1, SL.K.4, SL.K.5, SL.K.6	
Lesson 3: Variety Lesson Booster	SL.K.1 RI.K.1, RI.K.7, RI.K.10, SL.K.2	K.CC.B.4, K.CC.C.6, K.MD.B3
Lesson 4: Breakfast	RL.K.1, RL.K.10, SL.K.1, SL.K.4, SL.K.5, SL.K.6, L.K.1, W.K.2	

Substance Abuse Prevention

	Language Arts	Math
Lesson 1: My Body	RI.K.1, RI.K.10, SL.K.1, SL.K.2, L.K.1	
Lesson 2: Medicine	RL.K.1, RL.K.10, SL.K.1, SL.K.2, L.K.4	
Lesson 3: Harmful substances Lesson Booster	SL.K.1, SL.K.4, SL.K.6, L.K.1 SL.K.2	
Lesson 4: Healthy lungs	SL.K.1, SL.K.4, SL.K.6, L.K.1	

Safety

	Language Arts	Math
Lesson 1: Keeping safe Lesson Booster	SL.K.1 RL.K.1, RL.K.10, SL.K.2	
Lesson 2: Street safety Lesson Booster	SL.K.1, SL.K.4, SL.K.5, SL.K.6, L.K.1 SL.K.1, SL.K.6, L.K.1	
Lesson 3: Home safety	SL.K.1, SL.K.4, SL.K.5, SL.K.6, W.K.2, L.K.1	
Lesson 4: Fire safety	RL.K.1, RL.K.10, RF.K.1, SL.K.2	

Fitness

	Language Arts	Math
Lesson 1: My healthy body Lesson Booster	RL.K.1, RL.K.10, SL.K.1 SL.K.1	
Lesson 2: Warming-up and Cooling down Lesson Booster	SL.K.1 RL.K.1, RL.K.10	
Lesson 3: My strong heart Lesson Booster	SL.K.1	
Lesson 4: Chill out Lesson Booster	RL.K.1, RL.K.10, SL.K.1 SL.K.3, SL.K.4, SL.K.6, L.K.1, L.K.6	

Opportunities for Alignment of the
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Grade 1

Life Skills

	Language Arts
Lesson 1: Self-image Lesson Booster	SL.1.1, SL.1.4, SL.1.5, SL.1.6, L.1.1, L.1.4, W.1.2 RL.1.1, RL.1.4, SL.1.2, L.1.2,
Lesson 2: Communication Lesson Booster	SL.1.1, SL.1.4, SL.1.6, L.1.1 SL.1.1
Lesson 3: Making good decisions Lesson Booster	SL.1.1, SL.1.4, SL.1.5, SL.1.6, L.1.1 SL.1.1, SL.1.4, SL.1.6, L.1.1
Lesson 4: Goal-setting Lesson Booster	SL.1.1, L.1.1, L.1.2, L.1.4, W.1.3 SL.1.1, L.1.1

Conflict Resolution

	Language Arts
Lesson 1: Feeling different is ok	SL.1.1, SL.1.4, SL.1.5, SL.1.6, L.1.1, L.1.6
Lesson 2: Our names are special	RL.1.1, SL.1.1, SL.1.4, SL.1.6, L.1.1
Lesson 3: Be nice to others Lesson Booster	SL.1.1, SL.1.4, SL.1.6, L.1.1 RL.1.1, RL.1.4, SL.1.1
Lesson 4: Grandparents are special Lesson Booster	RL.1.1, RL.1.7, SL.1.1, SL.1.4, SL.1.5, SL.1.6, W.1.3, L.1.1, L.1.2 W.1.1, L.1.1, L.1.2

Nutrition

	Language Arts
Lesson 1: Variety	SL.1.1, SL.1.2, L.1.2
Lesson Booster	SL.1.4, SL.1.6, L.1.1
Lesson 2: Oil and empty calorie foods	SL.1.1, SL.1.2, SL.1.4, SL.1.5, SL.1.6, L.1.1
Lesson Booster	SL.1.1, SL.1.4, SL.1.6, L.1.1
Lesson 3: Healthy foods in healthy amounts	SL.1.1, SL.1.2, L.1.1
Lesson 4: A healthy breakfast	SL.1.1, SL.1.2, SL.1.4, SL.1.5, SL.1.6, L.1.1
Lesson Booster	SL.1.1, SL.1.4, SL.1.5, SL.1.6, L.1.1

Substance Abuse Prevention

	Language Arts
Lesson 1: Do not touch	SL.1.1
Lesson Booster	RL.1.1, SL.1.2
Lesson 2: Habits	SL.1.1, SL.1.4, SL.1.5, SL.1.6, L.1.1, L.1.4
Lesson Booster	L.1.2
Lesson 3: Smoking is harmful	SL.1.1, SL.1.4, SL.1.5, SL.1.6, L.1.1, L.1.2, L.1.6
Lesson 4: Secondhand smoke	SL.1.1, SL.1.4, SL.1.6, L.1.1, L.1.6

Safety

	Language Arts
Lesson 1: Playing safe Lesson Booster	RL.1.1, SL.1.1, SL.1.2, SL.1.6, L.1.1 L.1.2
Lesson 2: Knowing who to trust Lesson Booster	RI.1.1, SL.1.1, SL.1.2, L.1.4 RL.1.1, SL.1.1, SL.1.2
Lesson 3: Calling for help Lesson Booster	SL.1.1, SL.1.4, SL.1.6, L.1.1, L.1.2 SL.1.4, SL.1.6, L.1.1
Lesson 4: Fire risks	RL.1.1, SL.1.1, SL.1.2, L.1.1, L.1.2

Fitness

	Language Arts
Lesson 1: Getting physical Lesson Booster	SL.1.1, SL.1.4, SL.1.6, L.1.1 RI.1.1, SL.1.1, SL.1.2
Lesson 2: Get ready for physical activity Lesson Booster	SL.1.1, SL.1.4, SL.1.6, L.1.1, L.1.6 SL.1.1, SL.1.4, SL.1.6, L.1.1, L.1.2
Lesson 3: Regular physical activity Lesson Booster	SL.1.1, SL.1.4, SL.1.6, W.1.3, L.1.1, L.1.2 SL.1.1
Lesson 4: Learning to relax Lesson Booster	SL.1.1, RF.1.3 SL.1.1

Opportunities for Alignment of the
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Grade 2

Life Skills

	Language Arts
Lesson 1: Self-image Lesson Booster	SL.2.1, W.2.1, L.2.1, L.2.2, L.2.4 RL.2.1, RL.2.2, RL.2.3, SL.2.1, SL.2.2
Lesson 2: Communicating well Lesson Booster	SL.2.1, SL.2.6, RF.2.3, RF.2.4, L.2.1, L.2.4 SL.2.1, SL.2.2, SL.2.4, SL.2.6, L.2.1
Lesson 3: Decision-making Lesson Booster	SL.2.1, RF.2.3, RF.2.4, L.2.4 L.2.3
Lesson 4: Goal-setting Lesson Booster	SL.2.1, SL.2.6, W.2.3, L.2.1, L.2.2, L.2.4 SL.2.6, L.2.1

Conflict Resolution

	Language Arts
Lesson 1: Being respectful of others Lesson Booster	SL.2.1, SL.2.2, SL.2.6, RF.2.3, RF.2.4, L.2.1 SL.2.6, L.2.1, L.2.3
Lesson 2: "I" messages Lesson Booster	SL.2.1, SL.2.6, RF.2.3, RF.2.4, L.2.1, L.2.3 SL.2.2
Lesson 3: Stereotyping Lesson Booster	SL.2.1, SL.2.3, SL.2.6, L.2.1, L.2.3 RL.2.1, RL.2.2, RL.2.3, SL.2.1, SL.2.2
Lesson 4: Families Lesson Booster	SL.2.1, SL.2.3, SL.2.6, L.2.1 W.2.1, L.2.1, L.2.2

Nutrition

	Language Arts
Lesson 1: Recommended daily amounts	SL.2.1
Lesson 2: High- fiber/ low-fat foods	SL.2.1, SL.2.2, SL.2.5, SL.2.6, L.2.1, L.2.3, L.2.4
Lesson 3: Nutrient-dense Lesson Booster	SL.2.1, SL.2.2, SL.2.5, SL.2.6, L.2.1, L.2.3 SL.2.1, SL.2.2, SL.2.5, SL.2.6, L.2.1, L.2.3
Lesson 4: Drink more water Lesson Booster	SL.2.1, SL.2.6, W.2.2, L.2.1, L.2.2, L.2.3, L.2.5 SL.2.5, SL.2.6, L.2.1, L.2.3

Substance Abuse Prevention

	Language Arts
Lesson 1: Never take unknown substances Lesson Booster	SL.2.1, SL.2.5, SL.2.6, L.2.1, L.2.2 SL.2.1, SL.2.3, SL.2.6, L.2.1, L.2.3
Lesson 2: Pollution Lesson Booster	SL.2.1, SL.2.3, SL.2.4, SL.2.6, L.2.1 RL.2.2, SL.2.2, L.2.1, L.2.2
Lesson 3: Smoking	SL.2.1, SL.2.3, SL.2.6, W.2.1, L.2.1, L.2.2, L.2.3
Lesson 4: Smoke all around us Lesson Booster	SL.2.1, SL.2.3, SL.2.6, RF.2.3, RF.2.4, L.2.1, L.2.3 L.2.1, L.2.2

Safety

	Language Arts
Lesson 1: Weather safety	SL.2.1, SL.2.2, SL.2.6, L.2.1, L.2.2
Lesson Booster	SL.2.1, SL.2.2, SL.2.6, L.2.1, L.2.2
Lesson 2: Tattling vs important telling	SL.2.1, SL.2.2, SL.2.6, RF.2.3, RF.2.4, L.2.1, L.2.4
Lesson Booster	RL.2.1, SL.2.1, SL.2.2
Lesson 3: Street safety	SL.2.1, SL.2.2, SL.2.6, RF.2.3, RF.2.4, L.2.1
Lesson Booster	SL.2.1, SL.2.3, SL.2.6, L.2.1
Lesson 4: Fire safety	W.2.8, L.2.1, L.2.2

Fitness

	Language Arts
Lesson 1: Physical activity and your heart	SL.2.1
Lesson Booster	RI.2.1, SL.2.1, SL.2.2, SL.2.6, L.2.1
Lesson 2: Warming up and cooling down	SL.2.1, SL.2.2, SL.2.6, L.2.1
Lesson 3: Be active every day	SL.2.1, SL.2.6, W.2.3, L.2.1, L.2.2
Lesson Booster	W.2.8, L.2.1, L.2.2
Lesson 4: Controlling stress	SL.2.1, SL.2.2, SL.2.6, RF.2.3, RF.2.4, L.2.1
Lesson Booster	W.2.3, L.2.1, L.2.2

Opportunities for Alignment of the
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Grade 3

Life Skills

	Language Arts
Lesson 1: Self-image Lesson Booster	SL.3.1, SL.3.6, L.3.1, L.3.4 W.3.3, L.3.1, L.3.2
Lesson 2: Assertive communication Lesson Booster	SL.3.1, SL.3.4, SL.3.6, RF.3.3, RF.3.4, W.3.1, L.3.1, L.3.2, L.3.4 SL.3.1, SL.3.6, L.3.1
Lesson 3: Decision making Lesson Booster	RL.3.1, SL.3.1, SL.3.2, W.3.3, L.3.1, L.3.2 SL.3.6, L.3.1
Lesson 4: Goal setting Lesson Booster	SL.3.1, SL.3.4, SL.3.6, RF.3.3, RF.3.4, L.3.1 RF.3.3, RF.3.4

Conflict Resolution

	Language Arts
Lesson 1: My support system Lesson Booster	SL.3.1, L.3.2, L.3.6 SL.3.4, SL.3.6, L.3.1
Lesson 2: Cooperation Lesson Booster	SL.3.1, SL.3.2 SL.3.1
Lesson 3: Friendship Lesson Booster	SL.3.1, L.3.2, L.3.5 L.3.2, L.3.5
Lesson 4: Bullying Lesson Booster	SL.3.1, SL.3.2, SL.3.6, RF.3.3, RF.3.4, L.3.1 SL.3.4, SL.3.6, W.3.2, L.3.1, L.3.2

Nutrition

	Language Arts
Lesson 1: Nutrition facts label	SL.3.1, SL.3.4, SL.3.6, L.3.1, L.3.6
Lesson 2: Eat more fiber	SL.3.1, SL.3.4, SL.3.6, L.3.1, L.3.2
Lesson Booster	SL.3.4, W.3.2, L.3.1, L.3.2, L.3.3
Lesson 3: Am I eating healthy?	SL.3.1, SL.3.4, SL.3.6, L.3.1
Lesson 4: Food from around the world	SL.3.1, SL.3.4, SL.3.6, L.3.1, L.3.2, L.3.4

Substance Abuse Prevention

	Language Arts
Lesson 1: Drugs	SL.3.1, W.3.3, L.3.1, L.3.2
Lesson Booster	SL.3.1
Lesson 2: Alcohol	SL.3.1, SL.3.2, SL.3.6, RF.3.3, RF.3.4, L.3.1, L.3.3
Lesson 3: Nicotine	SL.3.1, SL.3.2, SL.3.4, SL.3.6, W.3.2, L.3.1, L.3.2, L.3.3, L.3.6
Lesson Booster	W.3.1, L.3.1, L.3.2, L.3.3, L.3.6
Lesson 4: Media influence	SL.3.1, SL.3.2, SL.3.4, SL.3.6, L.3.1, L.3.3, L.3.6
Lesson Booster	L.3.6

Safety

	Language Arts
Lesson 1: Do not take risks	SL.3.1, RF.3.3, RF.3.4, L.3.6
Lesson 2: Internet safety Lesson Booster	SL.3.1, SL.3.2, RF.3.3, RF.3.4 L.3.2
Lesson 3: Home emergencies Lesson Booster	RI.3.1, SL.3.1, SL.3.2, SL.3.4, SL.3.6, W.3.3, L.3.1, L.3.2, L.3.3 W.3.2, L.3.2, L.3.3
Lesson 4: Car safety	SL.3.1, SL.3.2, RF.3.3, RF.3.4, W.3.2, L.3.1, L.3.2, L.3.3

Fitness

	Language Arts
Lesson 1: Types of physical activity Lesson Booster	SL.3.1, SL.3.2, SL.3.4, SL.3.6, L.3.1, L.3.2 SL.3.4, SL.3.6, L.3.1, L.3.2
Lesson 2: Muscles and joints Lesson Booster	SL.3.1 RI.3.1, RI.3.4, RI.3.7, SL.3.1, SL.3.2, SL.3.4, L.3.1, L.3.4
Lesson 3: Getting active Lesson Booster	SL.3.1, SL.3.4, SL.3.6, L.3.1, L.3.2 SL.3.4, SL.3.6, L.3.1
Lesson 4: Be active every day Lesson Booster	SL.3.1, SL.3.4, SL.3.6, RF.3.3, RF.3.4, W.2.3, L.3.1, L.3.2 SL.3.1, SL.3.4, SL.3.6, L.3.1, L.3.2

Opportunities for Alignment of the
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Grade 4

Life Skills

	Language Arts
Lesson 1: Self-image Lesson Booster	SL.4.1, SL.4.4, W.4.3, L.4.1, L.4.2 SL.4.4, SL.4.5, SL.4.6, L.4.1, L.4.2, L.4.3, W.4.1
Lesson 2: Effective communication Lesson Booster	SL.4.1 SL.4.4, W.4.3, L.4.1, L.4.2, L.4.3
Lesson 3: Making good decisions	SL.4.1, SL.4.4, RF.4.3, RF.4.4, L.4.1
Lesson 4: Goal setting Lesson Booster	SL.4.1, SL.4.4, SL.4.6, L.4.1 SL.4.4, L.4.1, L.4.3

Conflict Resolution

	Language Arts
Lesson 1: My support system Lesson Booster	SL.4.1, SL.4.6, RF.4.3, RF.4.4, L.4.1, L.4.3 SL.4.4, W.4.3, L.4.1, L.4.2
Lesson 2: Avoiding misunderstanding Lesson Booster	RL.4.3, RL.4.6, SL.4.1, SL.4.2, SL.4.4, W.4.1, L.4.1, L.4.2 SL.4.1, SL.4.4, SL.4.6, L.4.1, L.4.3
Lesson 3: Escalating conflict Lesson Booster	SL.4.1, W.4.3, L.4.1, L.4.2, L.4.3, L.4.6 SL.4.4, SL.4.5, L.4.1, L.4.3
Lesson 4: Cyber bullying Lesson Booster	SL.4.1, SL.4.4, L.4.1, L.4.3 SL.4.1, W.4.2, W.4.4, W.4.5, L.4.1, L.4.2, L.4.3

Nutrition

	Language Arts
Lesson 1: Influences on eating habits Lesson Booster	SL.4.1 SL.4.1, SL.4.4, L.4.1
Lesson 2: All about fiber Lesson Booster	SL.4.1 SL.4.4, L.4.1, L.4.2, L.4.3
Lesson 3: Fast food Lesson Booster	SL.4.1, SL.4.4, L.4.1 SL.4.1, SL.4.4, SL.4.5, L.4.1, L.4.3
Lesson 4: Eating and physical activity Lesson Booster	SL.4.1, SL.4.4, RF.4.3, RF.4.4, L.4.1 SL.4.1

Substance Abuse Prevention

	Language Arts
Lesson 1: Recognizing drugs Lesson Booster	SL.4.1 SL.4.1, L.4.1
Lesson 2: Refusal skills Lesson Booster	SL.4.1, SL.4.2, SL.4.4, RF.4.3, RF.4.4, L.4.1, L.4.4 L.4.1
Lesson 3: Influences on decisions Lesson Booster	SL.4.1, SL.4.4, W.4.3, L.4.1, L.4.2 SL.4.1
Lesson 4: Understanding media messages Lesson Booster	SL.4.1, SL.4.4, L.4.1, L.4.5, L.4.6 L.4.5, L.4.6

Safety

	Language Arts
Lesson 1: Internet safety Lesson Booster	SL.4.1 W.4.2, L.4.1, L.4.2, L.4.3
Lesson 2: Water safety Lesson Booster	SL.4.1, SL.4.2, SL.4.4, SL.4.6, W.4.2, L.4.1, L.4.2, L.4.3 SL.4.2
Lesson 3: Safety at home	SL.4.1, SL.4.4, SL.4.6, RF.4.3, RF.4.4, L.4.1, L.4.3
Lesson 4: Fire escape plan Lesson Booster	SL.4.1, SL.4.4, L.4.1 RI.4.1

Fitness

	Language Arts
Lesson 1: Physical activity is fun	SL.4.1, SL.4.4, SL.4.5, L.4.1, L.4.2, L.4.3
Lesson 2: Aerobic activity Lesson Booster	SL.4.1
Lesson 3: Balance	SL.4.1
Lesson 4: Reducing stress Lesson Booster	SL.4.1, SL.4.4, SL.4.6, L.4.1 SL.4.4, SL.4.6, L.4.2, L.4.3

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Grade 5

Life Skills

	Language Arts
Lesson 1: Self-image	SL.5.1, SL.5.4, SL.5.5, W.5.2, L.5.1, L.5.2, L.5.4
Lesson 2: Verbal and nonverbal communication Lesson Booster	SL.5.1, SL.5.4, SL.5.6, L.5.1, L.5.3, L.5.4 RL.5.1
Lesson 3: Decision making Lesson Booster	SL.5.1, SL.5.4, SL.5.6, L.5.1, L.5.3 SL.5.1
Lesson 4: Goal setting Lesson Booster	SL.5.1, SL.5.4, L.5.1 SL.5.4, SL.5.6, L.5.1, L.5.3

Conflict Resolution

	Language Arts
Lesson 1: Expressing emotions Lesson Booster	SL.5.1, W.5.3, L.5.1, L.5.2, L.5.3 SL.5.1
Lesson 2: "I" messages Lesson Booster	SL.5.1, L.5.1, L.5.3 L.5.3
Lesson 3: Handling anger	SL.5.1, SL.5.4, SL.5.6, W.5.1, W.5.3, L.5.1, L.5.2, L.5.3
Lesson 4: Similarities and differences	SL.5.1, L.5.3

Nutrition

	Language Arts
Lesson 1: The “Big Six”	SL.5.2, SL.5.4, SL.5.5, W.5.8, L.5.1, L.5.2
Lesson 2: Fruits and veggies Lesson Booster	RF.5.3, RF.5.4, SL.5.1, SL.5.4, W.5.3, L.5.1, L.5.2 SL.5.5, W.5.5, W.5.6, L.5.2
Lesson 3: Healthy snacks Lesson Booster	SL.5.1 SL.5.4, SL.5.6, W.5.2, L.5.1, L.5.2, L.5.3
Lesson 4: Energy imbalance Lesson Booster	SL.5.1 SL.5.4, L.5.1, L.5.3

Substance Abuse Prevention

	Language Arts
Lesson 1: Caffeine Lesson Booster	SL.5.1 W.5.7
Lesson 2: Alcohol Lesson Booster	SL.5.1 SL.5.2, SL.5.4, SL.5.5, L.5.1
Lesson 3: Cigarettes aren’t cool Lesson Booster	SL.5.1, SL.5.2, SL.5.4, SL.5.5, L.5.1, L.5.3 SL.5.4, SL.5.6, W.5.1, L.5.1, L.5.2, L.5.3
Lesson 4: Media influence on tobacco use	SL.5.1, SL.5.4, SL.5.6, L.5.1, L.5.2, L.5.3

Safety

	Language Arts
Lesson 1: Preventing injuries	SL.5.1, SL.5.6, L.5.1, L.5.3
Lesson 2: Preventing sports injuries	SL.5.1, SL.5.2, SL.5.4, L.5.1
Lesson Booster	SL.5.2, SL.5.4, SL.5.5, SL.5.6, L.5.1, L.5.3
Lesson 3: Biking and skating safety	SL.5.1
Lesson 4: Car safety	SL.5.1, SL.5.2, L.5.1, L.5.2
Lesson Booster	

Fitness

	Language Arts
Lesson 1: Stay in balance	SL.5.1
Lesson Booster	SL.5.4, W.5.7, L.5.1
Lesson 2: Physical activity	SL.5.1
Lesson Booster	SL.5.2, SL.5.4, SL.5.6, L.5.1, L.5.3, L.5.6
Lesson 3: Obesity prevention	SL.5.1
Lesson Booster	SL.5.4, SL.5.5, L.5.1
Lesson 4: Fitness is fun	SL.5.1, SL.5.4, SL.5.5, SL.5.6, W.5.3, L.5.1, L.5.2, L.5.3