

Kindergarten to Grade 3 Healthy Relationships K to 3

Healthy Relationships

Prescribed Learning Outcomes in Health and Career Education (HACE)

The Healthy Living Performance Standards represent selected PLO's at these grade levels. A complete list of PLO's can be found at [Health and Career Education](#)

Kindergarten

Goals and Decisions

A2 identify sources of support and assistance for children at school

Healthy Living

C1 identify practices that contribute to health, including healthy eating, regular physical activity, emotional health practices, and disease prevention practices

Healthy Relationships

C2 identify thoughtful, caring behaviours in families (e.g., nurture, guidance, love)

C3 demonstrate an understanding of appropriate ways to express feelings

C4 differentiate between positive and negative behaviours in relationships

Grade One

Goals and Decisions

A2 identify sources of support for children while at school and in the community (e.g., teachers, elders, block parents, police officers)

Healthy Living

C1 identify practices that contribute to health, including healthy eating, regular physical activity, and emotional health practices

Healthy Relationships

C3 identify ways families provide support and nurturing for growth and development (e.g., encouragement, advice, affection, sharing)

C4 demonstrate an understanding of appropriate and inappropriate ways to express feelings (e.g., appropriate – using “I feel” statements; inappropriate – name-calling, hitting)

C5 differentiate between positive and negative behaviours in friendships (e.g., positive – sharing, listening; negative – teasing, excluding)

C6 describe strategies for dealing with common interpersonal conflicts (e.g., taking turns, going to an adult or third party for help)

Grade Two

Goals and Decisions

A2 identify opportunities to make decisions (e.g., healthy eating choices, recess activities)

Healthy Living

C1 describe practices that contribute to physical and emotional health (e.g., regular physical activity, healthy eating, healthy relationships)

Healthy Relationships

C4 describe appropriate strategies for communicating effectively with others (e.g., active listening, willingness to express feelings)

C5 identify positive ways to initiate and maintain healthy friendships

Grade Three

Goals and Decisions

A2 identify sources of support for children in a variety of situations (e.g., parents, teachers, elders, library, bus drivers, block parents)

Healthy Living

C1 describe practices that contribute to physical and emotional health (e.g., regular physical activity, healthy eating, talking to a trusted friend or adult when feeling sad or confused)

Healthy Relationships

C4 describe skills for building and maintaining positive relationships (e.g., communication skills, interpersonal skills)

C5 describe the nature and consequences of various forms of bullying behaviour, including the potential effects on those who are bullied and the potential consequences for students who bully