

# **North Dakota Curriculum Alignment with Project 11 (Grades K-12)**





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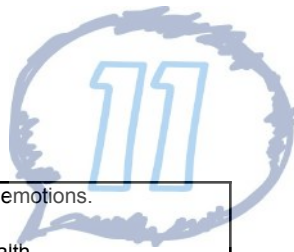
PROJECT 11





## Kindergarten Curriculum Alignment with Project 11

| P11 Lesson                            | P11 Focus                                                                               | North Dakota Standard(s)                                                                                                                                                                                                                                                                                                                                |
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| Lesson 1: New Friends                 | Friendship-promoting behaviours; making new friends; friendly/unfriendly actions        | 4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>4.2.2 - Demonstrate listening skills to enhance health.<br>8.2.2 - Encourage peers to make positive health choices.                                                                                                                                                |
| Lesson 2: We Are All Unique           | Uniqueness; personal qualities; strengths; classroom belonging                          | 1.2.1 - Identify how health behaviors affect mental, emotional, physical, and social health.<br>4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>8.2.2 - Encourage peers to make positive health choices.                                                                                                           |
| Lesson 3: It's Okay to be Different   | Celebrating differences; self-acceptance; being true to oneself                         | 1.2.1 - Identify how health behaviors affect mental, emotional, physical, and social health.<br>4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>8.2.2 - Encourage peers to make positive health choices.                                                                                                           |
| Lesson 4: The Golden Rule             | Kindness; compliments; respectful treatment of others                                   | 4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>4.2.2 - Demonstrate listening skills to enhance health.<br>8.2.2 - Encourage peers to make positive health choices.                                                                                                                                                |
| Lesson 5: Fairness                    | Fairness; similarities and differences; sharing, taking turns, and inclusion            | 5.2.1 - Identify situations when a health-related decision is needed.<br>5.2.2 - Differentiate between situations when a health-related decision can be made individually or when assistance is needed.<br>7.2.1 - Demonstrate health behaviors to maintain or improve personal health.<br>8.2.2 - Encourage peers to make positive health choices.     |
| Lesson 6: Mindful Monkey, Happy Panda | Mindfulness; focus; relaxation; mindful eating, listening, movement, art, and breathing | 3.2.1 - Identify trusted adults and professionals who can help promote health.<br>6.2.1 - Identify a short-term personal health goal and the action toward achieving the goal.<br>7.2.1 - Demonstrate health behaviors to maintain or improve personal health.                                                                                          |
| Lesson 7: Take the Time               | Slowing down; relaxation; stretching; self-care; mindful listening                      | 4.2.2 - Demonstrate listening skills to enhance health.<br>6.2.1 - Identify a short-term personal health goal and the action toward achieving the goal.<br>7.2.1 - Demonstrate health behaviors to maintain or improve personal health.                                                                                                                 |
| Lesson 8: Peer Pressure               | Peer pressure; opinions; positive/negative choices; being your best self                | 2.2.1 - Identify how family influences personal health behaviors.<br>5.2.1 - Identify situations when a health-related decision is needed.<br>5.2.2 - Differentiate between situations when a health-related decision can be made individually or when assistance is needed.<br>7.2.2 - Demonstrate health behaviors that avoid or reduce health risks. |
| Lesson 9: Kindness                    | Acts of kindness; classroom community; kindness in action                               | 4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>8.2.2 - Encourage peers to make positive health choices.<br>7.2.1 - Demonstrate health behaviors to maintain or improve personal health.                                                                                                                           |
| Lesson 10: Can I Play Too?            | Inclusion; feeling left out; friendship; retelling and problem solving                  | 4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>4.2.2 - Demonstrate listening skills to enhance health.<br>8.2.2 - Encourage peers to make positive health choices.                                                                                                                                                |
| Lesson 11: What is Family?            | Family diversity; family uniqueness; belonging and support                              | 2.2.1 - Identify how family influences personal health behaviors.<br>3.2.1 - Identify trusted adults and professionals who can help promote health.<br>4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.                                                                                                                |
| Lesson 12: My Friend is Sad           | Helping a sad friend; empathy; cheering self and others up                              | 3.2.1 - Identify trusted adults and professionals who can help promote health.<br>4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>8.2.2 - Encourage peers to make positive health choices.                                                                                                                         |



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| Lesson 13: Feelings        | Emotion vocabulary; recognizing feelings in self and others; healthy expression | <b>4.2.1</b> - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br><b>4.2.2</b> - Demonstrate listening skills to enhance health.<br><b>3.2.1</b> - Identify trusted adults and professionals who can help promote health.                                                                                                          |
| Lesson 14: Making Mistakes | Mistakes; learning and growth; positive self-talk; trying again                 | <b>6.2.1</b> - Identify a short-term personal health goal and the action toward achieving the goal.<br><b>7.2.1</b> - Demonstrate health behaviors to maintain or improve personal health.<br><b>8.2.1</b> - Make a request to promote personal health.                                                                                                      |
| Lesson 15: Optimism        | Trying new things; asking for help; positive attitude; perseverance             | <b>6.2.1</b> - Identify a short-term personal health goal and the action toward achieving the goal.<br><b>6.2.2</b> - Identify who can help when assistance is needed to achieve a personal health goal.<br><b>7.2.1</b> - Demonstrate health behaviors to maintain or improve personal health.<br><b>8.2.1</b> - Make a request to promote personal health. |

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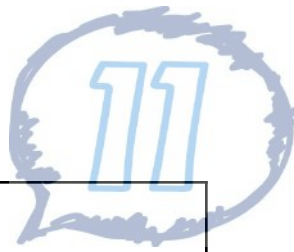
## Grade 1 Curriculum Alignment with Project 11

| P11 Lesson                             | P11 Focus                                                            | North Dakota Standard(s)                                                                                                                                                                           |
|----------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lesson 1: Proud to Be Me!              | Self-awareness; uniqueness; sharing talents; confidence              | 1.2.7 - Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.<br>4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions. |
| Lesson 2: I Like Myself                | Self-worth; identity; appreciation of differences                    | 1.2.7 - Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.<br>4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions. |
| Lesson 3: Emotions                     | Identifying emotions; non-verbal cues; body language                 | 4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>4.2.2 - Demonstrate listening skills to enhance health.                                                       |
| Lesson 4: Feelings Chart               | Daily emotional check-ins; tracking and naming feelings              | 4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>7.2.1 - Demonstrate health behaviors to maintain or improve personal health.                                  |
| Lesson 5: Class Collection of Feelings | Comparing class feelings; respecting different emotional experiences | 4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>4.2.2 - Demonstrate listening skills to enhance health.                                                       |
| Lesson 6: Anger Thermometer            | Anger awareness; body signals; calming strategies                    | 4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>5.2.1 - Identify situations when a health-related decision is needed.                                         |
| Lesson 7: Peanut Butter and Cupcake    | Making friends; courage; social behaviours                           | 1.2.7 - Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.<br>4.2.2 - Demonstrate listening skills to enhance health.                           |
| Lesson 8: How to Be a Good Friend      | Kindness; friendship qualities; self-reflection                      | 1.2.7 - Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.<br>8.2.2 - Encourage peers to make positive health choices.                          |
| Lesson 9: Being a Good Classmate       | Responsible social behaviours; kindness; classroom community         | 1.2.7 - Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.<br>7.2.1 - Demonstrate health behaviors to maintain or improve personal health.      |
| Lesson 10: The Zax                     | Peaceful conflict resolution; listening; compromise                  | 4.2.2 - Demonstrate listening skills to enhance health.<br>5.2.1 - Identify situations when a health-related decision is needed.                                                                   |
| Lesson 11: Work It Out                 | Conflict causes; kindness during disagreement; peaceful strategies   | 4.2.2 - Demonstrate listening skills to enhance health.<br>5.2.1 - Identify situations when a health-related decision is needed.                                                                   |
| Lesson 12: Giraffes Can't Dance        | Perseverance; encouragement; believing in yourself                   | 6.2.1 - Identify a short-term personal health goal and describe the action toward achieving the goal.<br>7.2.1 - Demonstrate health behaviors to maintain or improve personal health.              |
| Lesson 13: Positive Self-Talk          | Perseverance; confidence; encouraging inner voice                    | 6.2.1 - Identify a short-term personal health goal and describe the action toward achieving the goal.<br>7.2.1 - Demonstrate health behaviors to maintain or improve personal health.              |
| Lesson 14: Encouragement               | Encouraging others; kindness; positive peer influence                | 8.2.2 - Encourage peers to make positive health choices.<br>4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.                                                      |
| Lesson 15: Making Mistakes             | Learning from mistakes; trying again; growth mindset                 | 6.2.1 - Identify a short-term personal health goal and describe the action toward achieving the goal.<br>7.2.1 - Demonstrate health behaviors to maintain or improve personal health.              |



## Grade 2 Curriculum Alignment with Project 11

| P11 Lesson                         | P11 Focus                                                   | North Dakota Standard(s)                                                                                                                                                                                                                                       |
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| Lesson 1: Friendships              | Healthy friendship qualities; trust; kindness; cooperation  | 1.2.7 - Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.<br>4.2.2 - Demonstrate listening skills to enhance health.                                                                                       |
| Lesson 2: Courage                  | Courage; confidence; asking for and offering support        | 4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>4.2.2 - Demonstrate listening skills to enhance health.                                                                                                                   |
| Lesson 3: Encouragement            | Positive words; motivation; supporting peers                | 8.2.2 - Encourage peers to make positive health choices.<br>4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.                                                                                                                  |
| Lesson 4: Be Kind                  | Kindness; compliments; inclusion; positive communication    | 1.2.7 - Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.<br>4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>8.2.2 - Encourage peers to make positive health choices. |
| Lesson 5: How Full is Your Bucket? | Bucket fillers; emotional wellbeing; caring actions         | 7.2.1 - Demonstrate health behaviors to maintain or improve personal health.<br>8.2.2 - Encourage peers to make positive health choices.                                                                                                                       |
| Lesson 6: Breathe                  | Mindfulness; breathing; relaxation; stress management       | 7.2.1 - Demonstrate health behaviors to maintain or improve personal health.<br>4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.                                                                                              |
| Lesson 7: Empathy                  | Empathy; feelings; non-verbal cues; caring responses        | 4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>4.2.2 - Demonstrate listening skills to enhance health.                                                                                                                   |
| Lesson 8: Loyalty                  | Loyalty; trust; teamwork; sticking together                 | 1.2.7 - Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.<br>8.2.2 - Encourage peers to make positive health choices.                                                                                      |
| Lesson 9: Growth Mindset           | Growth mindset; mistakes; goal setting; perseverance        | 6.2.1 - Identify a short-term personal health goal and describe the action toward achieving the goal.<br>7.2.1 - Demonstrate health behaviors to maintain or improve personal health.                                                                          |
| Lesson 10: Can I Join Your Club?   | Inclusion; belonging; friendship qualities; body language   | 1.2.7 - Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.<br>4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.                                                             |
| Lesson 11: Words Matter            | Hurtful words; teasing; emotional safety; kindness          | 4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>4.2.2 - Demonstrate listening skills to enhance health.                                                                                                                   |
| Lesson 12: Sorry                   | Sincere apologies; repairing harm; communication            | 4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.<br>4.2.2 - Demonstrate listening skills to enhance health.                                                                                                                   |
| Lesson 13: Shi-shi-etko            | Family traditions; memories; cultural connection; belonging | 1.2.7 - Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.<br>4.2.1 - Demonstrate healthy ways to express needs, wants, feelings, and emotions.                                                             |



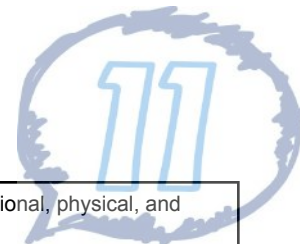
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| Lesson 14: Problem Solving 101         | Problem-solving; decision-making; asking for help           | <b>5.2.1</b> - Identify situations when a health-related decision is needed.<br><b>4.2.2</b> - Demonstrate listening skills to enhance health.         |
| Lesson 15: Small Steps, Big Difference | Kindness; helping others; positive action; community impact | <b>8.2.2</b> - Encourage peers to make positive health choices.<br><b>7.2.1</b> - Demonstrate health behaviors to maintain or improve personal health. |

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## Grade 3 Curriculum Alignment with Project 11

| P11 Lesson                               | P11 Focus                                                             | North Dakota Standard(s)                                                                                                                                                                                                                                                                                           |
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| Lesson 1: Ruby the Copycat               | Behaviour awareness; friendship; being yourself; good citizenship     | 1.5.1 - Describe the relationship between health behaviors and social, emotional, physical, and mental health.<br>4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.                                                                                                       |
| Lesson 2: Citizenship                    | Classroom citizenship; responsibility; respect; class treaty          | 2.5.4 - Describe how the school and community can support personal health practices and behaviors.<br>4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.                                                                                                                   |
| Lesson 3: Kindness is Cooler             | Acts of kindness; home, school and community; paying kindness forward | 2.5.4 - Describe how the school and community can support personal health practices and behaviors.<br>8.5.1 - Express opinions and give accurate information about health issues.<br>8.5.2 - Encourage others to make positive health choices.                                                                     |
| Lesson 4: Gossip                         | Power of words; rumours; responsible communication                    | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>4.5.2 - Demonstrate refusal skills that avoid or reduce health risks.                                                                                                                                                |
| Lesson 5: Just Kidding                   | Playful vs. hurtful teasing; respectful responses; kindness           | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>4.5.2 - Demonstrate refusal skills that avoid or reduce health risks.                                                                                                                                                |
| Lesson 6: Teasing - Bystander Strategies | Bystander strategies; teasing prevention; helping others              | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>4.5.3 - Demonstrate nonviolent strategies to manage or resolve conflict.<br>8.5.1 - Express opinions and give accurate information about health issues.<br>8.5.2 - Encourage others to make positive health choices. |
| Lesson 7: The Invisible Boy              | Belonging; inclusion; loneliness; small acts of kindness              | 1.5.1 - Describe the relationship between health behaviors and social, emotional, physical, and mental health.<br>8.5.1 - Express opinions and give accurate information about health issues.<br>8.5.2 - Encourage others to make positive health choices.                                                         |
| Lesson 8: Spread the Love                | Peer appreciation; positive qualities; teamwork; encouragement        | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>8.5.1 - Express opinions and give accurate information about health issues.<br>8.5.2 - Encourage others to make positive health choices.                                                                             |
| Lesson 9: Act It Out                     | Feeling left out; inclusion strategies; calm responses                | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>4.5.3 - Demonstrate nonviolent strategies to manage or resolve conflict.<br>4.5.4 - Demonstrate how to ask for assistance to enhance personal health.                                                                |
| Lesson 10: People Search                 | Visibility; belonging; getting to know classmates; inclusion          | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>8.5.1 - Express opinions and give accurate information about health issues.<br>8.5.2 - Encourage others to make positive health choices.                                                                             |



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| Lesson 11: A Walk in the Rain with a Brain      | Unique talents; brain differences; strengths; self-awareness          | <b>1.5.1</b> - Describe the relationship between health behaviors and social, emotional, physical, and mental health.<br><b>6.5.1</b> - Set a personal health short-term goal and track progress toward its achievement.<br><b>6.5.2</b> - Identify resources to assist in achieving a personal health goal.                                 |
| Lesson 12: Positive Thoughts, Words and Actions | Thoughts, words and actions; brain health; positive interactions      | <b>1.5.1</b> - Describe the relationship between health behaviors and social, emotional, physical, and mental health.<br><b>7.5.1</b> - Identify responsible personal health behaviors.<br><b>7.5.2</b> - Demonstrate health behaviors to maintain or improve personal health.                                                               |
| Lesson 13: Setting Goals                        | Strengths; brain growth; short-term goals; action planning            | <b>6.5.1</b> - Set a personal health short-term goal and track progress toward its achievement.<br><b>6.5.2</b> - Identify resources to assist in achieving a personal health goal.<br><b>7.5.1</b> - Identify responsible personal health behaviors.<br><b>7.5.2</b> - Demonstrate health behaviors to maintain or improve personal health. |
| Lesson 14: Bubblegum Brain                      | Growth mindset; flexible thinking; fixed vs. growth mindset           | <b>1.5.1</b> - Describe the relationship between health behaviors and social, emotional, physical, and mental health.<br><b>6.5.1</b> - Set a personal health short-term goal and track progress toward its achievement.<br><b>6.5.2</b> - Identify resources to assist in achieving a personal health goal.                                 |
| Lesson 15: The Power of YET                     | Optimistic thinking; growth mindset; positive perspective; resilience | <b>1.5.1</b> - Describe the relationship between health behaviors and social, emotional, physical, and mental health.<br><b>6.5.1</b> - Set a personal health short-term goal and track progress toward its achievement.<br><b>6.5.2</b> - Identify resources to assist in achieving a personal health goal.                                 |



## Grade 4 Curriculum Alignment with Project 11

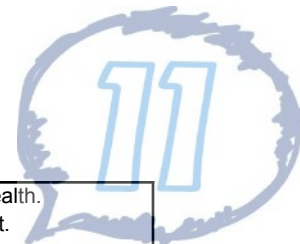
| P11 Lesson                        | P11 Focus                                                                 | North Dakota Standard(s)                                                                                                                                                                                                                                                                                                                                                                                      |
|-----------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lesson 1: Self Awareness          | Self-awareness; identity; personal qualities; uniqueness                  | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.                                                                                                                                                                                                                                                                                                                    |
| Lesson 2: Character Strengths     | Character strengths; self-reflection; positive attributes                 | 6.5.1 - Set a personal health short-term goal and track progress toward its achievement.<br>6.5.2 - Identify resources to assist in achieving a personal health goal.                                                                                                                                                                                                                                         |
| Lesson 3: Gratitude               | Gratitude; positive emotions; thankfulness; classroom community           | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.                                                                                                                                                                                                                                                                                                                    |
| Lesson 4: Flexible Thinking       | Flexible thinking; healthy choices; problem-solving; positive mindset     | 5.5.2 - Analyze when assistance is needed when making a health-related decision.<br>5.5.3 - List healthy options to health-related issues or problems.<br>5.5.4 - Predict the potential outcomes of each option when making a health-related decision.<br>5.5.5 - Choose a healthy option when making a decision.                                                                                             |
| Lesson 5: Problem Solving         | Problem-solving steps; identifying the true problem; choosing solutions   | 5.5.1 - Identify health-related situations that might require a decision-making process.<br>5.5.2 - Analyze when assistance is needed when making a health-related decision.<br>5.5.3 - List healthy options to health-related issues or problems.<br>5.5.4 - Predict the potential outcomes of each option when making a health-related decision.<br>5.5.5 - Choose a healthy option when making a decision. |
| Lesson 6: Conflict Resolution     | Win-win solutions; resolving disagreements; cooperation                   | 4.5.3 - Demonstrate nonviolent strategies to manage or resolve conflicts.<br>4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.                                                                                                                                                                                                                                       |
| Lesson 7: Apologizing             | Sincere apologies; accountability; repairing harm                         | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>4.5.3 - Demonstrate nonviolent strategies to manage or resolve conflicts.                                                                                                                                                                                                                                       |
| Lesson 8: Active Listening        | Listening skills; verbal/nonverbal communication; respectful conversation | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.                                                                                                                                                                                                                                                                                                                    |
| Lesson 9: Empathy                 | Empathy; recognizing feelings; supporting others                          | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>4.5.4 - Demonstrate how to ask for assistance to enhance personal health.                                                                                                                                                                                                                                       |
| Lesson 10: Trouble Talk           | Gossip; rumours; hurtful words; respectful communication                  | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>4.5.3 - Demonstrate nonviolent strategies to manage or resolve conflicts.                                                                                                                                                                                                                                       |
| Lesson 11: Reporting vs. Tattling | Reporting; tattling; safety; responsible communication                    | 4.5.4 - Demonstrate how to ask for assistance to enhance personal health.<br>5.5.1 - Identify health-related situations that might require a decision-making process.                                                                                                                                                                                                                                         |



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## Grade 5 Curriculum Alignment with Project 11

| P11 Lesson                           | P11 Focus                                                                           | North Dakota Standard(s)                                                                                                                                                                                                                                                                                                                                                                       |
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| Lesson 1: Friendship Traits          | Friendship qualities; positive/negative traits; vocabulary; healthy relationships   | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.                                                                                                                                                                                                                                                                                                     |
| Lesson 2: A Good Friend              | Healthy friendship qualities; self-respect; boundaries; choosing supportive friends | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>4.5.2 - Demonstrate refusal skills that avoid or reduce health risks.                                                                                                                                                                                                                            |
| Lesson 3: Friendship Self-Reflection | Self-reflection; personal friendship strengths/challenges; improving relationships  | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>7.5.1 - Identify responsible personal health behaviors.<br>7.5.2 - Demonstrate health behaviors to maintain or improve personal health.                                                                                                                                                          |
| Lesson 4: My Friendship Bullseye     | Support systems; circles of connection; emotional/social/physical supports          | 4.5.4 - Demonstrate how to ask for assistance to enhance personal health.<br>6.5.1 - Set a personal health short-term goal and track progress toward its achievement.<br>6.5.2 - Identify resources to assist in achieving a personal health goal.                                                                                                                                             |
| Lesson 5: Our Classroom Community    | Classroom community; respect; inclusion; valuing differences                        | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>8.5.1 - Express opinions and give accurate information about health issues.<br>8.5.2 - Encourage others to make positive health choices.                                                                                                                                                         |
| Lesson 6: Facial Expressions         | Emotions; nonverbal cues; recognizing feelings in self and others                   | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.                                                                                                                                                                                                                                                                                                     |
| Lesson 7: Whole Body Listening       | Active listening; body language; respect; empathy                                   | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.                                                                                                                                                                                                                                                                                                     |
| Lesson 8: Conflict Strategies        | Conflict resolution; decision making; pros/cons; choosing healthy strategies        | 4.5.3 - Demonstrate nonviolent strategies to manage or resolve conflicts.<br>5.5.2 - Analyze when assistance is needed when making a health-related decision.<br>5.5.3 - List healthy options to health-related issues or problems.<br>5.5.4 - Predict the potential outcomes of each option when making a health-related decision.<br>5.5.5 - Choose a healthy option when making a decision. |
| Lesson 9: Compliments                | Genuine compliments; positive peer influence; kindness; character strengths         | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>8.5.1 - Express opinions and give accurate information about health issues.<br>8.5.2 - Encourage others to make positive health choices.                                                                                                                                                         |
| Lesson 10: Respect                   | Respect for self and others; Golden Rule; discussion; values                        | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>4.5.2 - Demonstrate refusal skills that avoid or reduce health risks.                                                                                                                                                                                                                            |
| Lesson 11: Mick E. and Me            | Self-awareness; similarities/differences; identity; connection                      | 4.5.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.                                                                                                                                                                                                                                                                                                     |



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| Lesson 12: My Personal Profile   | Interests; strengths; characteristics; self-awareness; peer connection | <b>4.5.1</b> - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br><b>6.5.1</b> - Set a personal health short-term goal and track progress toward its achievement.<br><b>6.5.2</b> - Identify resources to assist in achieving a personal health goal.                                                     |
| Lesson 13: Feelings and Emotions | Emotion vocabulary; how feelings look/sound/feel; emotional awareness  | <b>4.5.1</b> - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br><b>5.5.1</b> - Identify health-related situations that might require a decision-making process.                                                                                                                                         |
| Lesson 14: Empathy               | Perspective-taking; empathy vs. sympathy; supporting others            | <b>4.5.1</b> - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br><b>4.5.4</b> - Demonstrate how to ask for assistance to enhance personal health.                                                                                                                                                        |
| Lesson 15: Seeing Red            | Anger management; physical cues; cooling-off strategies; self-control  | <b>5.5.1</b> - Identify health-related situations that might require a decision-making process.<br><b>7.5.1</b> - Identify responsible personal health behaviors.<br><b>7.5.2</b> - Demonstrate health behaviors to maintain or improve personal health.<br><b>4.5.3</b> - Demonstrate nonviolent strategies to manage or resolve conflicts. |



## Grade 6 Curriculum Alignment with Project 11

| P11 Lesson                             | P11 Focus                                                                                | North Dakota Standard(s)                                                                                                                                                                                                                                                                                                                       |
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| Lesson 1: Stress                       | Stress awareness; forms of stress; personal stress ratings; stress-management resources  | 1.6.2 - Identify examples of mental, emotional, physical, and social health.<br>1.6.5 - Identify adolescent health problems.<br>7.6.2 - Demonstrate health behaviors that will maintain or improve the health of self and others.                                                                                                              |
| Lesson 2: Healthy and Unhealthy Stress | Healthy/unhealthy stress; emotions and the brain; grief and loss; expression through art | 1.6.1 - Analyze the relationship between health behaviors and personal health.<br>1.6.2 - Identify examples of mental, emotional, physical, and social health.<br>7.6.2 - Demonstrate health behaviors that will maintain or improve the health of self and others.                                                                            |
| Lesson 3: Stress Reducers              | Coping strategies; physical, emotional/social, and time-management stress reducers       | 1.6.7 - Describe the benefits of and barriers to practicing health enhancing behaviors.<br>7.6.2 - Demonstrate health behaviors that will maintain or improve the health of self and others.<br>7.6.3 - Demonstrate health behaviors to avoid or reduce health risks to self and others.                                                       |
| Lesson 4: Resilience                   | Resilience; bouncing back; realistic personal goals                                      | 1.6.1 - Analyze the relationship between health behaviors and personal health.<br>6.6.2 - Develop a goal to adopt, maintain, or improve a personal health practice.<br>6.6.3 - Identify strategies and skills needed to attain a personal health goal.                                                                                         |
| Lesson 5: Signs and Symptoms           | Internal/external signs of stress; body responses; stress warning signs                  | 1.6.2 - Identify examples of mental, emotional, physical, and social health.<br>1.6.5 - Identify adolescent health problems.<br>3.6.3 - Identify situations that may require professional health services.                                                                                                                                     |
| Lesson 6: Facing Challenges            | Challenges; resilience; coping strategies; healthy responses                             | 5.6.1 - Identify circumstances that can help or hinder healthy decision making.<br>5.6.4 - Identify healthy and unhealthy alternatives to health-related issues or problems.<br>7.6.2 - Demonstrate health behaviors that will maintain or improve the health of self and others.                                                              |
| Lesson 7: Positivity                   | Positive influences; negative influences; emotional reflection                           | 1.6.1 - Analyze the relationship between health behaviors and personal health.<br>2.6.3 - Identify how peers influence health behaviors.<br>7.6.2 - Demonstrate health behaviors that will maintain or improve the health of self and others.                                                                                                  |
| Lesson 8: Self-Care                    | Self-care; stress reduction; building inner strength                                     | 1.6.7 - Describe the benefits of and barriers to practicing health enhancing behaviors.<br>6.6.1 - Assess personal health practices.<br>7.6.2 - Demonstrate health behaviors that will maintain or improve the health of self and others.                                                                                                      |
| Lesson 9: Optimism                     | Optimistic thinking; positive perspective; strategies for optimism                       | 1.6.1 - Analyze the relationship between health behaviors and personal health.<br>6.6.1 - Assess personal health practices.<br>7.6.2 - Demonstrate health behaviors that will maintain or improve the health of self and others.                                                                                                               |
| Lesson 10: SMART Goals                 | SMART goals; future planning; dream board; optimism                                      | 6.6.1 - Assess personal health practices.<br>6.6.2 - Develop a goal to adopt, maintain, or improve a personal health practice.<br>6.6.3 - Identify strategies and skills needed to attain a personal health goal.                                                                                                                              |
| Lesson 11: Managing Emotions           | Emotional expression; healthy/unhealthy reactions; perspective-taking                    | 1.6.2 - Identify examples of mental, emotional, physical, and social health.<br>4.6.1 - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br>7.6.2 - Demonstrate health behaviors that will maintain or improve the health of self and others.                                                                |
| Lesson 12: Support Networks            | Support systems; community connections; helping others                                   | 3.6.2 - Access valid health information from home, school, and community.<br>3.6.3 - Identify situations that may require professional health services.<br>4.6.5 - Demonstrate how to ask for assistance to enhance the health of self and others.<br>8.6.2 - Demonstrate how to influence and support others to make positive health choices. |



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| Lesson 13: Setting Boundaries   | Morals and values; classroom boundaries; personal boundaries | <b>1.6.11</b> - Describe characteristics of healthy and unhealthy relationships with family, peers, and other adults.<br><b>2.6.2</b> - Describe how culture, personal values, and beliefs support and challenge health practices and behaviors.<br><b>4.6.2</b> - Demonstrate refusal skills to avoid or reduce health risks. |
| Lesson 14: Communicating Limits | Healthy boundaries; communicating limits; role play          | <b>4.6.1</b> - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br><b>4.6.2</b> - Demonstrate refusal skills to avoid or reduce health risks.<br><b>4.6.3</b> - Demonstrate negotiation skills to avoid or reduce health risks.                                                              |
| Lesson 15: Crossing Boundaries  | Healthy/unhealthy boundaries; saying no; refusal strategies  | <b>1.6.11</b> - Describe characteristics of healthy and unhealthy relationships with family, peers, and other adults.<br><b>4.6.2</b> - Demonstrate refusal skills to avoid or reduce health risks.<br><b>5.6.6</b> - Choose healthy alternatives over unhealthy alternatives when making a decision.                          |

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## Grade 7 Curriculum Alignment with Project 11

| P11 Lesson                            | P11 Focus                                                      | North Dakota Standard(s)                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| Lesson 1: Mental Wellness             | Mental wellness; physical and mental supports; help-seeking    | <p><b>1.8.1</b> - Analyze the relationship between health behaviors and personal health.</p> <p><b>1.8.2</b> - Describe the interrelationships of mental, emotional, physical, and social health in adolescence.</p> <p><b>3.8.4</b> - Describe situations that may require professional health services.</p>                                                                                                                                           |
| Lesson 2: Win-Win                     | Win-win thinking; conflict outcomes; problem solving           | <p><b>4.8.5</b> - Demonstrate effective conflict management or resolution strategies.</p> <p><b>5.8.2</b> - Apply the decision-making process in health-related situations.</p> <p><b>5.8.6</b> - Choose healthy alternatives over unhealthy alternatives when making a decision.</p>                                                                                                                                                                   |
| Lesson 3: Attitudes and Behaviours    | Positive attitudes; reframing negative thoughts; uniqueness    | <p><b>1.8.7</b> - Describe the benefits of and barriers to practicing health-enhancing behaviors.</p> <p><b>7.8.1</b> - Explain the importance of assuming responsibility for personal health behaviors.</p> <p><b>7.8.2</b> - Analyze health behaviors that will maintain or improve the health of self and others.</p>                                                                                                                                |
| Lesson 4: Anger                       | Anger management; calming strategies; self-regulation          | <p><b>4.8.1</b> - Demonstrate effective verbal and nonverbal communication skills to enhance health.</p> <p><b>4.8.5</b> - Demonstrate effective conflict management or resolution strategies.</p> <p><b>7.8.2</b> - Analyze health behaviors that will maintain or improve the health of self and others.</p>                                                                                                                                          |
| Lesson 5: Obstacles                   | Obstacles; problem-solving; overcoming challenges              | <p><b>5.8.1</b> - Identify circumstances that can help or hinder healthy decision making.</p> <p><b>5.8.2</b> - Apply the decision-making process in health-related situations.</p> <p><b>5.8.4</b> - Distinguish between healthy and unhealthy alternatives to health-related issues or problems.</p>                                                                                                                                                  |
| Lesson 6: Mental and Physical Fitness | Mental health stigma; compassion; mental and physical wellness | <p><b>1.8.2</b> - Describe the interrelationships of mental, emotional, physical, and social health in adolescence.</p> <p><b>3.8.4</b> - Describe situations that may require professional health services.</p> <p><b>8.8.2</b> - Demonstrate how to influence and support others to make positive health choices.</p>                                                                                                                                 |
| Lesson 7: Use and Abuse               | Substance use and abuse; addiction; safe medication use        | <p><b>1.8.8</b> - Examine the potential seriousness of injury and illness if engaging in unhealthy behaviors.</p> <p><b>2.8.7</b> - Describe how some health risk behaviors can influence the likelihood of engaging in other unhealthy behaviors.</p> <p><b>3.8.1</b> - Analyze the validity of health information, products, and services.</p> <p><b>7.8.3</b> - Demonstrate health behaviors to avoid or reduce health risks to self and others.</p> |
| Lesson 8: Personal Goal Setting       | Long-term goals; SMART goals; self-monitoring                  | <p><b>6.8.1</b> - Assess personal health practices.</p> <p><b>6.8.2</b> - Develop a goal to adopt, maintain, or improve a personal health practice.</p> <p><b>6.8.3</b> - Apply strategies and skills needed to attain a personal health goal.</p>                                                                                                                                                                                                      |
| Lesson 9: Problem Solving             | Accept/ignore/make a change; problem-solving choices           | <p><b>5.8.1</b> - Identify circumstances that can help or hinder healthy decision making.</p> <p><b>5.8.2</b> - Apply the decision-making process in health-related situations.</p> <p><b>5.8.6</b> - Choose healthy alternatives over unhealthy alternatives when making a decision.</p>                                                                                                                                                               |



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| Lesson 10: Decisions That Affect Our Future | Serious decisions; consequences; decision-making reflection        | <b>5.8.2</b> - Apply the decision-making process in health-related situations.<br><b>5.8.3</b> - Distinguish when individual or collaborative decision making is appropriate.<br><b>5.8.5</b> - Predict the potential outcomes of healthy and unhealthy decisions on self and others.<br><b>5.8.7</b> - Analyze the outcomes of a health-related decision.                                                             |
| Lesson 11: Compliments                      | Meaningful compliments; positive peer support; self-worth          | <b>4.8.1</b> - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br><b>8.8.2</b> - Demonstrate how to influence and support others to make positive health choices.                                                                                                                                                                                                                   |
| Lesson 12: Healthy Communication            | Passive, aggressive, and assertive communication                   | <b>4.8.1</b> - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br><b>4.8.2</b> - Demonstrate refusal skills to avoid or reduce health risks.<br><b>4.8.6</b> - Demonstrate how to ask for assistance to enhance the health of self and others.                                                                                                                                      |
| Lesson 13: Mental Skills                    | Mental skills; calm breathing; mindfulness                         | <b>7.8.2</b> - Analyze health behaviors that will maintain or improve the health of self and others.<br><b>7.8.3</b> - Demonstrate health behaviors to avoid or reduce health risks to self and others.<br><b>8.8.1</b> - Construct a health-enhancing position on a topic and support it with accurate information.                                                                                                   |
| Lesson 14: Reciprocal Relationships         | Support networks; reciprocal friendships; emotional support        | <b>1.8.13</b> - Analyze characteristics of healthy and unhealthy relationships with family, peers, and other adults.<br><b>3.8.2</b> - Access valid health information from home, school, and community.<br><b>4.8.6</b> - Demonstrate how to ask for assistance to enhance the health of self and others.                                                                                                             |
| Lesson 15: Social Factors                   | Media/social influences; positive and negative influences on teens | <b>2.8.5</b> - Analyze how messages from media and technology influence health behaviors.<br><b>2.8.6</b> - Explain the influence of norms, personal values, and beliefs on individual health behaviors.<br><b>8.8.1</b> - Construct a health-enhancing position on a topic and support it with accurate information.<br><b>8.8.3</b> - Work cooperatively to advocate for healthy individuals, families, and schools. |



## Grade 8 Curriculum Alignment with Project 11

| P11 Lesson                           | P11 Focus                                                                  | North Dakota Standard(s)                                                                                                                                                                                                                                                                                                                                                                                                   |
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| Lesson 1: Self Esteem                | Self-esteem; confidence; positive messages; self-consciousness             | <p><b>1.8.2</b> - Describe the interrelationships of mental, emotional, physical, and social health in adolescence.</p> <p><b>7.8.1</b> - Explain the importance of assuming responsibility for personal health behaviors.</p> <p><b>7.8.2</b> - Analyze health behaviors that will maintain or improve the health of self and others.</p>                                                                                 |
| Lesson 2: Anxiety                    | Anxiety symptoms; body cues; coping strategies; personal reflection        | <p><b>1.8.2</b> - Describe the interrelationships of mental, emotional, physical, and social health in adolescence.</p> <p><b>1.8.5</b> - Describe ways to reduce or prevent injuries and other adolescent health problems.</p> <p><b>7.8.2</b> - Analyze health behaviors that will maintain or improve the health of self and others.</p>                                                                                |
| Lesson 3: Stereotyping               | Stereotyping; unfair judgement; bias; acceptance of others                 | <p><b>2.8.2</b> - Describe how culture, personal values, and beliefs support and challenge health practices and behaviors.</p> <p><b>2.8.5</b> - Analyze how messages from media and technology influence health behaviors.</p> <p><b>4.8.1</b> - Demonstrate effective verbal and nonverbal communication skills to enhance health.</p>                                                                                   |
| Lesson 4: Seeking Out Facts          | Depression facts; mental health support; valid information; peer education | <p><b>3.8.1</b> - Analyze the validity of health information, products, and services.</p> <p><b>3.8.2</b> - Access valid health information from home, school, and community.</p> <p><b>3.8.4</b> - Describe situations that may require professional health services.</p> <p><b>8.8.1</b> - Construct a health enhancing position on a topic and support it with accurate information.</p>                                |
| Lesson 5: Peer Pressure              | Healthy/unhealthy peer pressure; refusal; role play; influence             | <p><b>2.8.3</b> - Describe how peers influence health behaviors.</p> <p><b>4.8.1</b> - Demonstrate effective verbal and nonverbal communication skills to enhance health.</p> <p><b>5.8.1</b> - Identify circumstances that can help or hinder healthy decision making.</p> <p><b>5.8.6</b> - Choose healthy alternatives over unhealthy alternatives when making a decision.</p>                                          |
| Lesson 6: Focus                      | Mindfulness; focus; distractions; organization; planning                   | <p><b>6.8.1</b> - Assess personal health practices.</p> <p><b>6.8.2</b> - Develop a goal to adopt, maintain, or improve a personal health practice.</p> <p><b>6.8.3</b> - Apply strategies and skills needed to attain a personal health goal.</p> <p><b>7.8.2</b> - Analyze health behaviors that will maintain or improve the health of self and others.</p>                                                             |
| Lesson 7: Sleep                      | Sleep hygiene; routines; research; wellness goals                          | <p><b>6.8.1</b> - Assess personal health practices.</p> <p><b>6.8.2</b> - Develop a goal to adopt, maintain, or improve a personal health practice.</p> <p><b>7.8.2</b> - Analyze health behaviors that will maintain or improve the health of self and others.</p> <p><b>8.8.1</b> - Construct a health enhancing position on a topic and support it with accurate information.</p>                                       |
| Lesson 8: Roles and Responsibilities | Roles; responsibilities; balance; best self; focus                         | <p><b>1.8.13</b> - Analyze characteristics of healthy and unhealthy relationships with family, peers, and other adults.</p> <p><b>2.8.1</b> - Analyze how family influences the health of individuals.</p> <p><b>4.8.1</b> - Demonstrate effective verbal and nonverbal communication skills to enhance health.</p> <p><b>7.8.1</b> - Explain the importance of assuming responsibility for personal health behaviors.</p> |
| Lesson 9: Resiliency                 | Resiliency; bouncing back; goal setting; coping supports                   | <p><b>1.8.7</b> - Describe the benefits of and barriers to practicing health enhancing behaviors.</p> <p><b>6.8.2</b> - Develop a goal to adopt, maintain, or improve a personal health practice.</p> <p><b>6.8.3</b> - Apply strategies and skills needed to attain a personal health goal.</p> <p><b>7.8.2</b> - Analyze health behaviors that will maintain or improve the health of self and others.</p>               |
| Lesson 10: Grieving                  | Grief and loss; stages of grief; supporting self and others                | <p><b>3.8.4</b> - Describe situations that may require professional health services.</p> <p><b>4.8.1</b> - Demonstrate effective verbal and nonverbal communication skills to enhance health.</p> <p><b>8.8.2</b> - Demonstrate how to influence and support others to make positive health choices.</p>                                                                                                                   |



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| Lesson 11: Body Image           | Body image; self-acceptance; true beauty; positive self-view                  | <b>1.8.2</b> - Describe the interrelationships of mental, emotional, physical, and social health in adolescence.<br><b>2.8.6</b> - Explain the influence of norms, personal values, and beliefs on individual health behaviors.<br><b>7.8.1</b> - Explain the importance of assuming responsibility for personal health behaviors.<br><b>7.8.2</b> - Analyze health behaviors that will maintain or improve the health of self and others. |
| Lesson 12: Technology and Media | Technology/media influences; attention; connection; personal goals            | <b>2.8.5</b> - Analyze how messages from media and technology influence health behaviors.<br><b>5.8.1</b> - Identify circumstances that can help or hinder healthy decision making.<br><b>6.8.2</b> - Develop a goal to adopt, maintain, or improve a personal health practice.<br><b>7.8.3</b> - Demonstrate health behaviors to avoid or reduce health risks to self and others.                                                         |
| Lesson 13: Nutrition            | Nutrition; exercise; healthy body journal; Canada Food Guide reflection       | <b>6.8.1</b> - Assess personal health practices.<br><b>6.8.2</b> - Develop a goal to adopt, maintain, or improve a personal health practice.<br><b>7.8.2</b> - Analyze health behaviors that will maintain or improve the health of self and others.<br><b>8.8.1</b> - Construct a health enhancing position on a topic and support it with accurate information.                                                                          |
| Lesson 14: Relationships        | Healthy/unhealthy relationships; self; crush/love; friendship foundation      | <b>1.8.13</b> - Analyze characteristics of healthy and unhealthy relationships with family, peers, and other adults.<br><b>4.8.1</b> - Demonstrate effective verbal and nonverbal communication skills to enhance health.<br><b>5.8.1</b> - Identify circumstances that can help or hinder healthy decision making.<br><b>5.8.6</b> - Choose healthy alternatives over unhealthy alternatives when making a decision.                      |
| Lesson 15: Community and You    | Community resources; emotional/physical/social supports; research and sharing | <b>2.8.4</b> - Analyze how the school and community can affect personal health practices and behaviors.<br><b>3.8.2</b> - Access valid health information from home, school, and community.<br><b>3.8.4</b> - Describe situations that may require professional health services.<br><b>8.8.2</b> - Demonstrate how to influence and support others to make positive health choices.                                                        |

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## Grade 9 Curriculum Alignment with Project 11

| P11 Lesson                                | P11 Focus                                                                                                                                                                                      | North Dakota Standard(s)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| Lesson 1: Classroom Community Development | Establish classroom guidelines; create a safe, trusting, and supportive classroom community centered around mental wellness.                                                                   | <p><b>9-10.C.6</b> - Engage in respectful discussions or debates.</p> <p><b>9-10.C.7</b> - Collaborate on a specific task or purpose in a productive climate by following norms, processes, and roles.</p> <p><b>2.12.3</b> - Analyze how peers influence health behaviors.</p> <p><b>2.12.4</b> - Evaluate how the school and community can affect personal health behaviors.</p> <p><b>8.12.1</b> - Utilize peer and societal norms to formulate a health-enhancing message.</p> <p><b>8.12.2</b> - Demonstrate how to influence and support others to make positive health choices.</p> <p><b>L1.PSS.6</b> - Demonstrate awareness of others' emotions and perspectives in a physical activity setting both in and outside of physical education.</p> <p><b>L2.PSS.6</b> - Respond constructively to others' emotions and perspectives in physical activity settings both in and outside of physical education.</p> <p><b>L1.PSS.8</b> - Encourage, support, and positively contribute when working with others in a physical activity setting both in and outside of physical education.</p> <p><b>L2.PSS.8</b> - Encourage, support, and positively contribute when working with others in physical activity settings both in and outside of physical education.</p> <p><b>L1.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.</p> <p><b>L2.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.</p> |
| Lesson 2: Mental Health Continuum         | Introduction to mental health continuum; deeper level conversations around mental health; reflection on personal mental health; explore outside supports and strategies available to students. | <p><b>1.12.2</b> - Analyze the interrelationships of mental, emotional, physical, and social health.</p> <p><b>2.12.5</b> - Evaluate the impact of media and technology on personal, family, and community health.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Lesson 3: Time Management                 | Effective time management; prioritizing tasks and responsibilities through weekly schedules and learning to balance competing demands to achieve a healthier more balanced lifestyle.          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

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| Lesson 4: Setting Wellness Goals | Science of goal setting; role of Dopamine in motivation.<br>Impacts of sleep (lack of sleep) on the brain; strength in sleep habits.                           | <b>1.12.2</b> - Analyze the interrelationships of mental, emotional, physical, and social health.<br><b>8.12.1</b> - Utilize peer and societal norms to formulate a health-enhancing message.<br><b>8.12.2</b> - Demonstrate how to influence and support others to make positive health choices.<br><b>L1.KM.3</b> - Use technology to analyze and improve motor performance.<br><b>L2.KM.3</b> - Use technology to develop a plan to improve motor performance.<br><b>L1.PSS.1</b> - Demonstrate emotional and behavioral management by consistently implementing techniques in physical activity settings both in and outside of physical education.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Lesson 5: Understanding Sleep    | Impacts of sleep (lack of sleep) on the brain; strength in sleep habits.                                                                                       | <b>1.12.2</b> - Analyze the interrelationships of mental, emotional, physical, and social health.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Lesson 6: Communication          | Passive, assertive, and aggressive communication; effective communication strategies. Impacts of sleep (lack of sleep) on the brain; strength in sleep habits. | <b>9-10.C.2</b> - Implement proper verbal and nonverbal communication for tasks and situations.<br><b>9-10.C.6</b> - Engage in respectful discussions or debates.<br><b>9-10.C.7</b> - Collaborate on a specific task or purpose in a productive climate by following norms, processes, and roles.<br><b>8.12.2</b> - Demonstrate how to influence and support others to make positive health choices.<br><b>L1.PSS.6</b> - Demonstrate awareness of others' emotions and perspectives in a physical activity setting both in and outside of physical education.<br><b>L2.PSS.6</b> - Respond constructively to others' emotions and perspectives in physical activity settings both in and outside of physical education.<br><b>L1.PSS.8</b> - Encourage, support, and positively contribute when working with others in a physical activity setting both in and outside of physical education.<br><b>L2.PSS.8</b> - Encourage, support, and positively contribute when working with others in physical activity settings both in and outside of physical education.<br><b>L1.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.<br><b>L2.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education. |
| Lesson 7: Emotional Regulation   | Emotional awareness; strategies for responding thoughtfully rather than reactively.                                                                            | <b>1.12.2</b> - Analyze the interrelationships of mental, emotional, physical, and social health.<br><b>L1.PSS.1</b> - Demonstrate emotional and behavioral management by consistently implementing techniques in physical activity settings both in and outside of physical education.<br><b>L1.PSS.6</b> - Demonstrate awareness of others' emotions and perspectives in a physical activity setting both in and outside of physical education.<br><b>L2.PSS.6</b> - Respond constructively to others' emotions and perspectives in physical activity settings both in and outside of physical education.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

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| Lesson 8: Loss, Change & Grief                  | Loss, change and grief; greater awareness on why change is difficult; grief associated with change. |                                                                                                                                                                                         |
| Lesson 9: Healthy Relationships                 | Health and unhealthy relationships; reflection on impacts of healthy and unhealthy relationships.   | <b>2.12.3</b> - Analyze how peers influence health behaviors.<br><b>8.12.2</b> - Demonstrate how to influence and support others to make positive health choices.                       |
| Lesson 10: Digital Stress                       | Impact of digital media on mental health; non-digital activities for a balanced lifestyle.          | <b>2.12.5</b> - Evaluate the impact of media and technology on personal, family, and community health.                                                                                  |
| Lesson 11: Self-Esteem                          | Impacts of self-comparison; reflection on what makes you who you are.                               |                                                                                                                                                                                         |
| Lesson 12: Substance Use & Addictions Awareness | Risks of substances; addictive behaviours.                                                          |                                                                                                                                                                                         |
| Lesson 13: Local Mental Health Resources        | Explore local mental health resources.                                                              | <b>2.12.4</b> - Evaluate how the school and community can affect personal health behaviors.<br><b>8.12.1</b> - Utilize peer and societal norms to formulate a health-enhancing message. |



## Grade 10 Curriculum Alignment with Project 11

| P11 Lesson                                | P11 Focus                                                                                                                                                                                      | North Dakota Standard(s)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lesson 1: Classroom Community Development | Establish classroom guidelines; create a safe, trusting, and supportive classroom community centered around mental wellness.                                                                   | <p><b>9-10.C.6</b> - Engage in respectful discussions or debates.</p> <p><b>9-10.C.7</b> - Collaborate on a specific task or purpose in a productive climate by following norms, processes, and roles.</p> <p><b>2.12.3</b> - Analyze how peers influence health behaviors.</p> <p><b>2.12.4</b> - Evaluate how the school and community can affect personal health behaviors.</p> <p><b>8.12.1</b> - Utilize peer and societal norms to formulate a health-enhancing message.</p> <p><b>8.12.2</b> - Demonstrate how to influence and support others to make positive health choices.</p> <p><b>L1.PSS.6</b> - Demonstrate awareness of others' emotions and perspectives in a physical activity setting both in and outside of physical education.</p> <p><b>L2.PSS.6</b> - Respond constructively to others' emotions and perspectives in physical activity settings both in and outside of physical education.</p> <p><b>L1.PSS.8</b> - Encourage, support, and positively contribute when working with others in a physical activity setting both in and outside of physical education.</p> <p><b>L2.PSS.8</b> - Encourage, support, and positively contribute when working with others in physical activity settings both in and outside of physical education.</p> <p><b>L1.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.</p> <p><b>L2.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.</p> |
| Lesson 2: Mental Health Continuum         | Introduction to mental health continuum; deeper level conversations around mental health; reflection on personal mental health; explore outside supports and strategies available to students. | <p><b>1.12.2</b> - Analyze the interrelationships of mental, emotional, physical, and social health.</p> <p><b>2.12.5</b> - Evaluate the impact of media and technology on personal, family, and community health.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Lesson 3: Understanding Stress            | Identify personal stressors; sustainable strategies for lifelong stress management.                                                                                                            | <b>1.12.2</b> - Analyze the interrelationships of mental, emotional, physical, and social health.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

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| Lesson 4: Cultivating Healthy Habits                  | Formation of habits; intentional changes; routines.                                                                                      | <p><b>8.12.1</b> - Utilize peer and societal norms to formulate a health-enhancing message.</p> <p><b>8.12.2</b> - Demonstrate how to influence and support others to make positive health choices.</p> <p><b>L1.KM.3</b> - Use technology to analyze and improve motor performance.</p> <p><b>L2.KM.3</b> - Use technology to develop a plan to improve motor performance.</p> <p><b>L1.PSS.1</b> - Demonstrate emotional and behavioral management by consistently implementing techniques in physical activity settings both in and outside of physical education.</p> <p><b>L1.PSS.8</b> - Encourage, support, and positively contribute when working with others in a physical activity setting both in and outside of physical education.</p> <p><b>L2.PSS.8</b> - Encourage, support, and positively contribute when working with others in physical activity settings both in and outside of physical education.</p> <p><b>L1.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.</p> <p><b>L2.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.</p>                                                                                                                                                                             |
| Lesson 5: A Balanced Approach to Sleep and Well-being | Sleep habits; consistent sleep routine and the overall impact on well-being; sleep/wake cycles.                                          | <p><b>1.12.2</b> - Analyze the interrelationships of mental, emotional, physical, and social health.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Lesson 6: Communication                               | Passive, assertive, and aggressive communication; effective communication strategies.                                                    | <p><b>9-10.C.2</b> - Implement proper verbal and nonverbal communication for tasks and situations.</p> <p><b>9-10.C.6</b> - Engage in respectful discussions or debates.</p> <p><b>9-10.C.7</b> - Collaborate on a specific task or purpose in a productive climate by following norms, processes, and roles.</p> <p><b>8.12.2</b> - Demonstrate how to influence and support others to make positive health choices.</p> <p><b>L1.PSS.6</b> - Demonstrate awareness of others' emotions and perspectives in a physical activity setting both in and outside of physical education.</p> <p><b>L2.PSS.6</b> - Respond constructively to others' emotions and perspectives in physical activity settings both in and outside of physical education.</p> <p><b>L1.PSS.8</b> - Encourage, support, and positively contribute when working with others in a physical activity setting both in and outside of physical education.</p> <p><b>L2.PSS.8</b> - Encourage, support, and positively contribute when working with others in physical activity settings both in and outside of physical education.</p> <p><b>L1.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.</p> <p><b>L2.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.</p> |
| Lesson 7: Critical Thinking in Online Environments    | Critical thinking skills to evaluate the credibility and reliability of online information; develop digital literacy through experience. | <p><b>2.12.5</b> - Evaluate the impact of media and technology on personal, family, and community health.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

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| Lesson 8: Setting Boundaries in Relationships | Relationship Boundaries; physical, emotional, spiritual, and intellectual boundaries; boundary maintenance.                                                                    |                                                                                                                                                                                         |
| Lesson 9: Coping and Substance Use.           | Explore how challenging experiences influence coping behaviours; develop understanding of the bodies natural feel-good chemicals compared to short-term relief of substances.. |                                                                                                                                                                                         |
| Lesson 10: Loss, Change and Grief             | Loss, change and grief; greater awareness on why change is difficult; grief associated with change.                                                                            |                                                                                                                                                                                         |
| Lesson 11: Local Mental Health Resources      | Explore local mental health resources.                                                                                                                                         | <b>2.12.4</b> - Evaluate how the school and community can affect personal health behaviors.<br><b>8.12.1</b> - Utilize peer and societal norms to formulate a health-enhancing message. |

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## Grade 11 Curriculum Alignment with Project 11

| P11 Lesson                                | P11 Focus                                                                                                        | North Dakota Standard(s)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lesson 1: Classroom Community Development | Establish shared guidelines; create a safe, respectful, and connected space to explore mental health.            | <p><b>11-12.C.6</b> - Engage in respectful discussions or debates.</p> <p><b>11-12.C.7</b> - Collaborate on a specific task or purpose in a productive climate by establishing and following norms, processes, and roles.</p> <p><b>2.12.3</b> - Analyze how peers influence health behaviors.</p> <p><b>2.12.4</b> - Evaluate how the school and community can affect personal health behaviors.</p> <p><b>8.12.1</b> - Utilize peer and societal norms to formulate a health-enhancing message.</p> <p><b>8.12.2</b> - Demonstrate how to influence and support others to make positive health choices.</p> <p><b>L1.PSS.6</b> - Demonstrate awareness of others' emotions and perspectives in a physical activity setting both in and outside of physical education.</p> <p><b>L2.PSS.6</b> - Respond constructively to others' emotions and perspectives in physical activity settings both in and outside of physical education.</p> <p><b>L1.PSS.8</b> - Encourage, support, and positively contribute when working with others in a physical activity setting both in and outside of physical education.</p> <p><b>L2.PSS.8</b> - Encourage, support, and positively contribute when working with others in physical activity settings both in and outside of physical education.</p> <p><b>L1.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.</p> <p><b>L2.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.</p> |
| Lesson 2: Mental Health Continuum         | Mental health as a part of well-being; continuum of mental health; discover helpful strategies and supports.     | <p><b>1.12.2</b> - Analyze the interrelationships of mental, emotional, physical, and social health.</p> <p><b>2.12.5</b> - Evaluate the impact of media and technology on personal, family, and community health.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Lesson 3: Physical Activity & Mood        | Physical activity in relation to mood.                                                                           | <p><b>1.12.2</b> - Analyze the interrelationships of mental, emotional, physical, and social health.</p> <p><b>L1.PSS.1</b> - Demonstrate emotional and behavioral management by consistently implementing techniques in physical activity settings both in and outside of physical education.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Lesson 4: Motivation and Goal Setting     | Intrinsic and extrinsic motivation; motivation to live a healthy lifestyle with meaningful and achievable goals. | <p><b>8.12.1</b> - Utilize peer and societal norms to formulate a health-enhancing message.</p> <p><b>L1.KM.3</b> - Use technology to analyze and improve motor performance.</p> <p><b>L2.KM.3</b> - Use technology to develop a plan to improve motor performance.</p> <p><b>L1.PSS.1</b> - Demonstrate emotional and behavioral management by consistently implementing techniques in physical activity settings both in and outside of physical education.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Lesson 5: Conflict Resolution             | Conflict resolution strategies; communication styles; assertive skills for healthy relationships.                | <b>11-12.C.6</b> - Engage in respectful discussions or debates.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

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| Lesson 6: Digital Citizenship: Safe, Respectful, Wise Online Choices | Understand reasonable sharing and oversharing online; impacts of digital behaviours; critical thinking use for safe, respectful, and wise choices on social media. | <b>2.12.5</b> - Evaluate the impact of media and technology on personal, family, and community health. |
| Lesson 7: Managing Anxiety                                           | Develop a deeper understanding of anxiety and its impacts; helpful and harmful anxiety; strategies for managing anxiety and supporting emotional well-being.       |                                                                                                        |
| Lesson 8: Sleep Q&A                                                  | Sleep supports in mental health; questions and myths about sleep, reflect on personal sleep patterns and ways to maintain or improve sleep quality.                |                                                                                                        |
| Lesson 9: Relationships with Substances                              | Impacts of substances and potentially addictive behaviours; levels of substance involvement; inclusive, recovery-oriented ways to support health and well-being.   |                                                                                                        |
| Lesson 10: Problem Solving                                           | Practice problem solving and decision making strategies; create space in the mind, heart, and body when addressing challenges can significantly impact outcomes.   |                                                                                                        |
| Lesson 11: Loss, Change & Grief                                      | Loss, change and grief; greater awareness on why change is difficult; grief associated with change.                                                                |                                                                                                        |
| Lesson 12: Local Mental Health Resources                             | Explore local mental health resources.                                                                                                                             | <b>2.12.4</b> - Evaluate how the school and community can affect personal health behaviors.            |

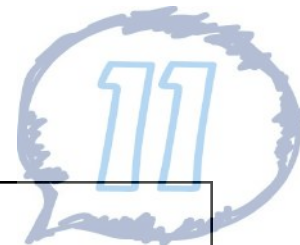


## Grade 12 Curriculum Alignment with Project 11

| P11 Lesson                                | P11 Focus                                                                                                                        | North Dakota Standard(s)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lesson 1: Classroom Community Development | Establish shared guidelines; create a safe, respectful, and connected space to explore mental health.                            | <p><b>11-12.C.6</b> - Engage in respectful discussions or debates.</p> <p><b>11-12.C.7</b> - Collaborate on a specific task or purpose in a productive climate by establishing and following norms, processes, and roles.</p> <p><b>2.12.3</b> - Analyze how peers influence health behaviors.</p> <p><b>2.12.4</b> - Evaluate how the school and community can affect personal health behaviors.</p> <p><b>8.12.2</b> - Demonstrate how to influence and support others to make positive health choices.</p> <p><b>L1.PSS.6</b> - Demonstrate awareness of others' emotions and perspectives in a physical activity setting both in and outside of physical education.</p> <p><b>L2.PSS.6</b> - Respond constructively to others' emotions and perspectives in physical activity settings both in and outside of physical education.</p> <p><b>L1.PSS.8</b> - Encourage, support, and positively contribute when working with others in a physical activity setting both in and outside of physical education.</p> <p><b>L2.PSS.8</b> - Encourage, support, and positively contribute when working with others in physical activity settings both in and outside of physical education.</p> <p><b>L1.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.</p> <p><b>L2.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.</p> |
| Lesson 2: Mental Health Continuum         | Mental health as a part of well-being; continuum of mental health; discover helpful strategies and supports.                     | <p><b>1.12.2</b> - Analyze the interrelationships of mental, emotional, physical, and social health.</p> <p><b>2.12.5</b> - Evaluate the impact of media and technology on personal, family, and community health.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Lesson 3: Health and Balanced Lifestyles  | Routines and self-compassion in a healthy balanced lifestyle; build realistic schedules that align with personal wellness goals. | <p><b>1.12.2</b> - Analyze the interrelationships of mental, emotional, physical, and social health.</p> <p><b>8.12.2</b> - Demonstrate how to influence and support others to make positive health choices.</p> <p><b>L1.KM.3</b> - Use technology to analyze and improve motor performance.</p> <p><b>L2.KM.3</b> - Use technology to develop a plan to improve motor performance.</p> <p><b>L1.PSS.1</b> - Demonstrate emotional and behavioral management by consistently implementing techniques in physical activity settings both in and outside of physical education.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |



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| Lesson 4: Communicating Well in a Team  | Learn effective communication with teammates to support team success; practice giving and receiving respectful, constructive feedback.                                                                 | <p><b>11-12.C.2</b> - Implement proper verbal and nonverbal communication for the task and situation.</p> <p><b>11-12.C.6</b> - Engage in respectful discussions or debates.</p> <p><b>11-12.C.7</b> - Collaborate on a specific task or purpose in a productive climate by establishing and following norms, processes, and roles.</p> <p><b>8.12.2</b> - Demonstrate how to influence and support others to make positive health choices.</p> <p><b>L1.PSS.6</b> - Demonstrate awareness of others' emotions and perspectives in a physical activity setting both in and outside of physical education.</p> <p><b>L2.PSS.6</b> - Respond constructively to others' emotions and perspectives in physical activity settings both in and outside of physical education.</p> <p><b>L1.PSS.8</b> - Encourage, support, and positively contribute when working with others in a physical activity setting both in and outside of physical education.</p> <p><b>L2.PSS.8</b> - Encourage, support, and positively contribute when working with others in physical activity settings both in and outside of physical education.</p> <p><b>L1.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.</p> <p><b>L2.PSS.9</b> - Understand and respond constructively to cultural values, traditions, and differences in physical activity settings both in and outside of physical education.</p> |
| Lesson 5: Managing Anxiety              | Develop a deeper understanding of anxiety and its impacts; helpful and harmful anxiety; strategies for managing anxiety and supporting emotional well-being.                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Lesson 6: Responsible Digital Media Use | Responsible digital media choices and their role in wellness; reflect on personal digital media habits; develop strategies with digital media.                                                         | <b>2.12.5</b> - Evaluate the impact of media and technology on personal, family, and community health.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Lesson 7: Sense of Self                 | Discover identity development over time; reflect on family and community influences on identity development; core values and beliefs; learn how to build connections that support your authentic self. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Lesson 8: Relationship Health           | Healthy Relationships in mental wellness; strategies to increase independence; reflection on personal healthy relationship skills.                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |



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| Lesson 9: Sleep Q&A                      | Sleep supports in mental health; questions and myths about sleep, reflect on personal sleep patterns and ways to maintain or improve sleep quality. |                                                                                                                                                                                         |
| Lesson 10: Loss, Change & Grief          | Loss, change and grief; greater awareness on why change is difficult; grief associated with change.                                                 |                                                                                                                                                                                         |
| Lesson 11: Substances and Mental Health  | Consider how lifestyle choices impact your well-being; learn how to support individuals facing specific mental health and addiction challenges.     |                                                                                                                                                                                         |
| Lesson 12: Local Mental Health Resources | Explore local mental health resources.                                                                                                              | <b>2.12.4</b> - Evaluate how the school and community can affect personal health behaviors.<br><b>8.12.1</b> - Utilize peer and societal norms to formulate a health-enhancing message. |