









# Grade 4 Wellness KUSPS

3	3. Character Development (S/P)	4	4. Safety (S/P)	5	5. Healthy Eating (S/P)	6	6. Healthy Relationships (S/P)	7	7. Growth and Develop (S/P)
	Variety of Life experiences influence resilience and perseverance		Responsibility affects Safety		Nutrition influences health		Conflict resolution and healthy relationships can be mutually supportive		Change is reflected through development
3.1	1. Determine variety of contexts where experiences can be indiv. / shared Investigate experiences in variety of contexts (cross curric)	4.1	1. Describe responsibility and impact on personal / group safety in variety of contexts	5.1	1. Explain effects of nutrition on well-being	6.1	1. Describe strategies that support resolution, conflict or challenge	7.1	1. Describe changes related to social-emot. devel.
3.2	2. Examinee how experiences with places, artifacts and land can be meaningful	4.2	2. ID. situations where response. supports the rights and feelings of others	5.2	2. ID / Consider sources of credible nutritional info / determine requirements for balanced food choices	6.2	2. Recognize harmful behaviours ID actions that can be taken when bullying occurs	7.2	2. Consider how to interact and respond to others in a variety of contexts and settings.
3.3	3. Describe strategies for resilience	4.3	3. Examine how responsibility can impact safety in variety of situations	5.3	3. Explore benefits assoc. with various foods Investigate food choices that require alt. sources of nutrition	6.3	3. Discuss importance of traditional First Nations, Metis, Inuit events and ceremonies and how they reconcile relationships	7.3	3. Describe changes related to intellectual devel.
3.4	4. Examine how challenging situation involve persistence					6.4	4. Explain significance of acknowledging conflict and taking responsibility in conflict resolution Discuss multiple points of view involved in resolution	7.4	4. Explore ways of supporting Pers. Devel.



