**Health Course Description for Grades 1-8**

Students will be using the Good and the Beautiful curriculum, and we will be completing the following 3 different units this school year.

1. **Course Title:** **Safety Unit** (The Good and the Beautiful)

**Course Description:** The Safety Unit from The Good and the Beautiful is a short, engaging health and safety curriculum designed for children in grades K–8. This unit helps students learn essential safety principles in a family-friendly, age-appropriate way, with an emphasis on practical application and personal responsibility. Topics include fire safety, water safety, internet safety, peer pressure, emergency preparedness, poison and hazard awareness, and how to respond in a variety of real-life situations. The curriculum also covers how to identify and respond to unsafe or inappropriate behavior, with a focus on teaching children to trust their instincts, seek help, and establish healthy boundaries. The unit is written from a Christian worldview and is designed to be taught in a home or group setting. Lessons include stories, illustrations, discussion prompts, and optional hands-on activities that make the concepts memorable and meaningful.

1. **Course Title:** **Health and the Physical Body** (The Good and the Beautiful)

**Course Description:** Health and the Physical Body is a one-unit course from The Good and the Beautiful designed to introduce students in grades K–8 to basic health and wellness principles. Taught from a Christian perspective, the unit emphasizes the importance of caring for the body as a gift from God and encourages lifelong habits that support physical, mental, and emotional well-being. Topics include body systems (such as the skeletal, muscular, and digestive systems), hygiene, nutrition, exercise, rest, illness prevention, and emotional health. The lessons are age-appropriate, beautifully illustrated, and written in a gentle, engaging style that supports family discussion and independent learning. Activities include reading, discussion prompts, short writing assignments, optional hands-on projects, and simple experiments that make health concepts relevant and memorable for young learners.

1. **Course Title:** **Health and the Human Mind** (The Good and the Beautiful)

**Course Description:** Health and the Human Mind is a beautifully designed, short unit study from The Good and the Beautiful, created for students in grades K–8. This curriculum helps children understand the importance of mental and emotional health through uplifting; age-appropriate lessons rooted in a Christian worldview. The unit covers topics such as positive thinking, emotional awareness, managing stress and anxiety, developing resilience, the importance of gratitude and service, healthy habits, and the mind-body connection. Lessons encourage children to recognize their worth, treat others with kindness, and rely on faith and family support during challenging times. With its engaging stories, gentle illustrations, and interactive activities, the unit fosters meaningful discussions between parents and children and equips students with tools for lifelong emotional and spiritual well-being.