

Appendix 1: Implementing Teaching Standards

North Carolina Health Essential Standard 4.MEH.1: Apply positive stress management strategies

<http://www.dpi.state.nc.us/docs/acre/standards/new-standards/healthful-living/3-5.pdf>

North Carolina Science Essential Standard 4.L.2.2: Understand the benefits of nutrition and exercise in maintaining a healthy body

<http://www.dpi.state.nc.us/docs/acre/standards/new-standards/healthful-living/3-5.pdf>