

Health Kindergarten Scope & Sequence

Days	Unit	Standard(s)/Outcome(s)	Essential/Guiding Questions
	<u>Disease Prevention and Control:</u>		<u>What do I need to know to make good decisions and stay healthy?</u>
	<u>Disease</u>	Identify potential food and non-food triggers that are common causes of allergic reactions. 1f.K.1	What are common allergens?
	<u>Disease Prevention</u>	Identify the steps for proper hand-washing. 1f.K.2	What is the importance of washing hands frequently and well?
	<u>Hygiene</u>	Identify personal health care practices. 1f.K.3	What are important health care practices to practice?
	<u>Food and Illness</u>	Identify food can contain germs that can cause illness. 1f.K.4	How can I keep the food that i eat safe from germs that cause illness?
	<u>Teeth</u>	Identify the proper steps for daily brushing and flossing teeth. 1f.K.5	Why are brushing and flossing teeth important to my health?
	<u>Sleep</u>	Identify why sleep and rest are important for proper growth and good health. 1f.K.6	Why is sleep and rest important to my health?

	<p><u>Mental and Emotional Health:</u></p> <p><u>Emotions</u></p>	<p>Identify appropriate ways to express emotions. 1a.K.1</p> <p>Identify big or strong emotions and safe and unsafe ways of expressing one’s emotions. 1a.K.2</p> <p>Demonstrate awareness of personal emotions and how they may be the same or different from others. 1a.K.3</p> <p>Recognize the feelings of another child and how to respond in a healthy way. 1a.K.4</p> <p>Identify personal strengths. 1a.K.5</p> <p>.</p> <p>Identify a variety of relationships. 1a.K.6</p>	<p><u>Mental and Emotional Health Unit Essential Questions:</u></p> <p>How can I express my emotions in safe ways?</p> <p>What are my personal strengths?</p> <p>How am I unique/special?</p> <p>Who are the trusted adults in my life that I can go to for help and support?</p>
	<p><u>Self and Social Awareness</u></p> <p><u>Relationships</u></p>		

	<p><u>Teasing, bullying, and harassment</u></p> <p><u>Trusted Adult</u></p>	<p>Identify the benefits of people's uniqueness. 1a.K.7</p> <p>Identify the importance of talking with parents and other trusted adults about emotions. 1a.K.8</p>	
	<p><u>Substance Abuse Prevention</u></p> <p><u>Medicine</u></p> <p><u>Household Products</u></p>	<p>Define medicine. 1b.K.1</p> <p>Identify school rules about use of medicine. 1b.K.2</p> <p>Recognize that medicine can be harmful if used incorrectly. 1b.K.3</p> <p>Identify products that can be harmful if inhaled, absorbed, or ingested. 1b.K.4</p>	<p><u>Substance Abuse Prevention Unit Essential Questions:</u></p> <p>What are school and family rules about medicine safety?</p> <p>Why do I need to be careful with medicine?</p> <p>How can I keep my body safe when around medicine?</p> <p>How can I keep my body safe when around household products?</p>
	<p><u>Healthy Eating:</u></p> <p><u>Nutritious Foods and</u></p>	<p>Identify the benefits of drinking</p>	<p><u>Healthy Eating Unit Essential Questions:</u></p>

	<p><u>Beverages</u></p> <p><u>Eating Patterns</u></p> <p><u>Moderation and “all foods fit”</u></p>	<p>water. 1e.K.1</p> <p>Identify the benefits of trying new foods. 1e.K.2</p> <p>Identify a variety of nutritious foods and beverages and recognize that foods are categorized into groups. 1e.K.3 (My Plate)</p> <p>Describe body signals that a person is hungry and full. 1e.K.4</p> <p>Explain how food affects the body. 1e.K.5</p> <p>Recognize that eating in regular increments helps a person’s body. 1e.K.6</p>	<p>What are the benefits of drinking water?</p> <p>What are the benefits of trying new foods?</p> <p>How can foods and beverages impact my body?</p> <p>Why is it important to eat a variety of foods?</p> <p>What are the basic food groups?</p>
	<p><u>Safety and Violence Prevention:</u></p> <p><u>Physical Safety</u></p>	<p>Explain what do if someone is injured</p>	<p><u>Safety and Violence Prevention Unit Essential Questions:</u></p>

	<p><u>Relationships</u></p> <p><u>Safety Around People</u></p> <p><u>Trusted Adults</u></p>	<p>or suddenly ill and how to call 911. 1d.K.1</p> <p>Identify the proper safety for activities including biking, skateboarding, and riding in a car. 1d.K.2</p> <p>Identify escape routes at home and school. 1d.K.3</p> <p>Identify ways to stay safe when riding in a vehicle or bus. 1d.K.4</p> <p>Identify appropriate displays of affection between people and in a variety of situations, including physical touch and verbal interactions. 1d.K.5</p> <p>Explain actions that help one to stay safe around strangers. 1d.K.6</p> <p>Identify how to respond when asked to keep an uncomfortable secret. 1d.K.7</p> <p>Demonstrate the ability to seek help</p>	<p>How and where can I seek help?</p> <p>What can I do in an emergency situation to keep myself safe?</p> <p>What can I do in an emergency situation to keep others safe?</p> <p>How can I keep myself safe around strangers?</p> <p>How can I keep myself safe while using technology?</p> <p>How can I respect the privacy and boundaries of others?</p> <p>How can I communicate my personal boundaries to others?</p>
--	--	--	---

	<p><u>Technology Safety</u></p> <p><u>Boundaries and Consent</u></p> <p><u>Private Parts</u></p>	<p>from trusted adults. 1d.K.8</p> <p>Practice talking to adults about personal safety and feelings. 1d.K.9</p> <p>Identify personal information and when to share it with other people. 1d.K.10</p> <p>Identify age appropriate privacy as well as setting and respecting healthy boundaries. 1d.K.11</p> <p>Identify parts of the body that are private on self or others. 1d.K.12</p>	
	<p><u>Family Life and Human Sexuality</u></p> <p><u>Healthy Relationships and Consent</u></p>	<p>Identify that family is a group of people that support each other. 1c.K.1</p> <p>Identify different types of families (e.g., singleparent, same-gender, intergenerational, cohabitating, adoptive, foster, etc.). 1c.K.2</p>	<p><u>Family Life and Human Sexuality Unit Essential Questions:</u></p> <p>What are different types of families that exist?</p> <p>What are some positive things about my family?</p> <p>How can I help others?</p>

		<p>Recognize prosocial behaviors (e.g., helping others, being respectful of others, cooperation, and consideration). 1c.K.3</p> <p>Recognize that individuals have personal boundaries and bodily autonomy. 1c.K.4</p>	<p>What are my personal body boundaries?</p>
	<p><u>Human Body</u></p> <p>Body Systems</p>	<p>Recognize that the human body has systems.</p> <p>Recognize that the human body has organs.</p> <p>Identify how to take care of the organs and systems of the human body.</p> <p>Identify the 5 senses and how to take care of the 5 senses.</p>	