



The comprehensive health standards in the elementary years focus on developing individual skills to enhance physical, emotional, and social wellness and using those individual skills in family, school, and community environments. In each grade, the standards ask students to investigate healthy eating and living habits, explore positive communication strategies, examine effective decision-making, and identify ways to ensure personal and community safety.

Expectations for Preschool Students:

- **Physical and Personal Wellness:** Distinguish between healthy and unhealthy foods; develop self-management skills for personal hygiene.
- **Social and Emotional Wellness:** Develop healthy relationships and interactions with adults; develop self-concept, self-efficacy, and regulation skills; develop healthy expression of emotions.
- **Prevention and Risk Management:** Identify ways to be safe while at play; respect personal space and boundaries.

Throughout Preschool You May Find Students:

- Distinguishing foods on a continuum from most healthy to least healthy.
- Demonstrating the ability to identify and choose healthy food.
- Completing personal care tasks such as using clean tissues, washing hands, handling food hygienically, brushing teeth, and choosing appropriate clothing for the weather.
- Demonstrating socially appropriate behavior with peers and adults, such as helping, sharing, and taking turns.
- Resolving conflict with peers alone and/or with adult intervention as appropriate.
- Demonstrating age-appropriate independence in decision making regarding activities and materials.
- Expressing a range of emotions appropriately.
- Following basic safety rules in the classroom.
- Seeking help from a parent or trusted adult for help and support.