



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 Kindergarten Students:

- **Physical and Personal Wellness:** Identify the major food groups and the benefits of eating a variety of foods; explain how personal hygiene and cleanliness affect one's overall health.
- **Social and Emotional Wellness:** Understand that one's actions impact others.
- **Prevention and Risk Management:** Respect the personal space and boundaries of self and others; communicate unsafe situations and explain safe behavior as a pedestrian; understand safety procedures when riding in motor vehicles.

Throughout Kindergarten You May Find Students:

- Identifying types of foods that provide energy for daily activities, growth, and good health.
- Discussing how sleep affects concentration and mood.
- Making connections between good hygiene and good physical health.
- Talking about the ways that emotions influence behavior and physical feelings.
- Demonstrating respect for self and others.
- Communicating how different situations and settings have specific rules about personal space.
- Examining traffic laws and following school rules and procedures.
- Describing verbal and non-verbal communication skills.
- Practicing how to use 911 and other emergency numbers.