

Days/Suggested	Unit and Topic	Indicators
1	Mental and Emotional Health: Meet students and set up routine for Pre K health	
2	Mental and Emotional Health: Emotions	Identify different emotions. 1a.P.1
3	Mental and Emotional Health: Emotions	State that anger and other big or strong emotions are common. 1a.P.2
4	Mental and Emotional Health: Self	Demonstrate awareness of personal emotions. 1a.P.3 (I messages)
5 (2 Lessons)	Mental and Emotional Health: Social Awareness	Recognize the feelings of another child. 1a.P.4
6 (2 lessons)	Mental and Emotional Health: Self	Recognize personal strengths. 1a.P.5
7	Mental and Emotional Health: Relationships	Identify the characteristics of a friend. 1a.P.6
8 (2 lessons)	Safety and Violence Prevention: Teasing, bullying, and harassment	Describe how people are unique. 1a.P.7
9	Safety and Violence Prevention: Trusted Adults	Identify trusted adults who can help with emotions. 1a.P.8 Identify trusted adults or helpers who can provide help with feelings and solving problems. 1d.P.5
10	Safety and Violence Prevention: Physical Safety	Identify people who can help when someone is injured or suddenly ill. 1d.P.1
11	Safety and Violence Prevention: Physical Safety	Identify safety rules in the home. 1d.P.2
12	Safety and Violence Prevention: Safety around people	Identify rules about strangers. 1d.P.4
13	Safety and Violence Prevention: Boundaries and consent	Identify personal boundaries. 1d.P.7  Recognize that individuals have personal boundaries and bodily autonomy. 1c.P.5
14	Safety and Violence Prevention: Boundaries and consent	Identify everyone has the right to tell others not to touch their body when they do not want to be touched. 1d.P.8
15 (2 Lessons)	Safety and Violence Prevention: Technology safety	Identify personal information and when to share it with other people. 1d.P.6

16	Healthy Eating: Nutritious foods and beverages	Identify foods that contain helpful nutrients. 1e.P.3
17	Healthy Eating: Nutritious foods and beverages	State the benefits of trying new foods. 1e.P.2
18	Healthy Eating: Nutritious foods and beverages	Identify that water is important for the body. 1e.P.1
19	Healthy Eating: Moderation and "all foods fit."	Describe why the body needs food. 1e.P.5
20	Healthy Eating: Eating patterns	Identify body signals that tell a person when they are hungry and when they are full. 1e.P.4
21	Disease Prevention: Handwashing	Identify the steps for proper handwashing. 1f.P.1
22	Disease Prevention: Hygiene	Identify personal health care practices. 1f.P.2
23	Disease Prevention: Teeth	Recognize that brushing and flossing teeth is essential to do at least twice daily. 1f.P.3
24	Disease Prevention: Teeth	Recognize that brushing and flossing teeth is essential to do at least twice daily. 1f.P.3
25	Disease Prevention: Sleep	Identify why sleep and rest are important for proper growth and good health. 1f.P.4
26	Substance Use Prevention: Medicine	Define medicine. 1b.P.1
27	Substance Use Prevention: Medicine	Identify family rules about medicine use. 1b.P.2
28	Accessing Valid Information: Accessing Services	Identify trusted adults and professionals who can help promote health. 3.E1.a
29	Accessing Valid Information: Accessing Services	Identify ways to locate school and community health helpers. 3.E1.b
30	Interpersonal Communication	Demonstrate healthy ways to express needs, wants and feelings. 4.E1.a
31	Interpersonal Communication	Demonstrate listening skills to enhance health. 4.E1.b
32	Goal Setting	Identify a short-term personal health goal and take action toward achieving the goal. 6.E1.a
33	Goal Setting	Identify who can help when assistance is needed to achieve a personal health goal. 6.E1.b

34	Health-Enhancing behaviors and avoiding health risks	Demonstrate healthy practices and behaviors to maintain or improve personal health. 7.E1.a
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