

Kindergarten Health

Student Issue #1 – How to Stay Safe

<u>Lesson</u>	<u>Content</u>
Lesson 1: Safety Rules – Safety Helpers	Knowledge: Explain safety rules and list safety helpers for home, school, and community. Value: Tell why you think Safety Helpers are important. Life Skill: Pretend you need help and tell how you would ask for it from different safety helpers. Thinking Skill: Predict what would happen in an unsafe situation without rules or safety helpers.
Lesson 2: Safety at Home	Knowledge: Identify situations in the home where unintentional injuries or safety threats might happen. Value: Make an award for a safety helper to show how much you appreciate what they do to keep you safe. Life Skill: Perform routines for safety including: drill behavior, stop-drop-and-roll, and weather safety. Thinking Skill: Use Decision Making Steps to decide what to do with safety questions.
Lesson 3: Safety at Play	Knowledge: Tell what things you might do at play to avoid unintentional injury. Value: Explain how when playing how you would show respect for yourself and the safety of others. Life Skill: Demonstrate safety routines and how you would respond to danger. Thinking Skill: Predict what happens when you play in safe and unsafe ways.
Lesson 4: Safety in the Community	Knowledge: Identify ways of acting that might lead to accidents or dangerous situations at school or in the community. Value: Explain why it is important to have rules at school and in the community. Life Skill: Demonstrate appropriate safety routines for school and the community. Thinking Skill: Use the Decision Making Steps to decide what to do to keep safe in different situations.

Student Issue #2 – The Five Senses

<u>Lesson</u>	<u>Content</u>
Lesson 1: What Are the Senses?	Knowledge: Identify the five senses and the body parts with which they are associated. Value: Respect what your senses can do for you. Life Skill: Practice routines for healthful care of the sense organs. Thinking Skill: Analyze why eyes, ears, nose, and tongue have their shape.
Lesson 2: Our Senses Help Us Learn	Knowledge: Explain how your senses help you to learn. Value: Value what your senses tell you. Life Skill: Practice using your senses to protect you. Thinking Skill: Predict what might happen if you didn't pay attention to your senses.
Lesson 3: Let's Use Our Senses	Knowledge: Discover and identify how the senses work before and during a meal. Value: Show the importance of the senses by identifying the senses used in making decisions. Life Skill: Practice using your senses. Thinking Skill: Compare and contrast two items using the senses.
Lesson 4: Problems With the Senses	Knowledge: List problems that people can have with their senses. Value: Develop empathy for people with physical challenges. Life Skill: Practice being helpful to those in need. Thinking Skill: Predict the kinds of problems people would have if the senses were impaired.

Student Issue #3 – Good Food

<u>Lesson</u>	<u>Content</u>
Lesson 1: Food Needs for Life	Knowledge: Identify food as a need of all living things. Value: Demonstrate an appreciation of the role choosing healthful food has in developing a positive self-image. Life Skill: Identify routines for healthful eating. Thinking Skill: Compare and contrast the needs of living things.
Lesson 2: Healthful or Less Healthful	Knowledge: Identify healthful and less healthful foods. Value: State an appreciation for the role healthful food plays in developing and maintaining a healthy body and mind. Life Skill: Distinguish between healthful and less healthful foods. Thinking Skill: Use Decision Making Steps to determine which of various meal plans is the most healthful.
Lesson 3: Good Food Comes in Many Forms	Knowledge: Describe how healthful foods come in a variety of forms. Value: Identify family and cultural preferences in choosing food. Life Skill: Set goals for healthful eating routines and food preparation. Thinking Skill: Create a healthful meal plan.
Lesson 4: Before We Eat – Food Handling	Knowledge: Explain the routines and reasons for proper food handling techniques. Value: Demonstrate rules for safe food handling. Life Skill: Apply routines for safe food handling to personal behavior. Thinking Skill: Compare and Contrast to determine routines for safe food handling.

Student Issue #4 – The Family Team

<u>Lesson</u>	<u>Content</u>
Lesson 1: What is a Family?	<p>Knowledge: Define the words <i>family</i> and <i>team</i>.</p> <p>Value: Identify the elements of love, trust, and caring in families.</p> <p>Life Skill: Identify and name personal family members.</p> <p>Thinking Skill: Compare a family to a team.</p>
Lesson 2: See How Families Grow and Change	<p>Knowledge: Describe the process of growing in a family from a baby to an adult.</p> <p>Value: Discuss how you are a “special person” at every stage of your life.</p> <p>Life Skill: Identify ways to control anger when changes are necessary.</p> <p>Thinking Skill: Identify ways you and your family have changed since you were a baby and imagine how you will change when you “grow up”.</p>
Lesson 3: Family Rules and Jobs	<p>Knowledge: Describe some family rules and list jobs that each family member does for the family.</p> <p>Value: Show why it is important for families to have rules and jobs.</p> <p>Life Skill: Practice setting goals for yourself in being responsible about doing your jobs and keeping your family’s rules.</p> <p>Thinking Skill: Predict the consequences of living in a family that has no rules.</p>
Lesson 4: Families and the Community	<p>Knowledge: Define the word <i>community</i> and tell what communities do to help you and your family.</p> <p>Value: Explain the value of rules and laws in a community.</p> <p>Life Skill: Name people (roles) that make the neighborhood or town/city/community a better place for your family to live.</p> <p>Thinking Skill: Think about how your school could be called a “community”.</p>

Student Issue #5 – All Bodies Are Different

<u>Lesson</u>	<u>Content</u>
Lesson 1: All Bodies Are Different	<p>Knowledge: Identify ways bodies can differ physically.</p> <p>Value: Demonstrate respect for people whose bodies seem different from yours.</p> <p>Life Skill: Practice noticing differences and similarities in the people around you.</p> <p>Thinking Skill: Compare and contrast the ways our bodies are the same and different.</p>
Lesson 2: I Am Special	<p>Knowledge: Tell why every person is unique and “special”.</p> <p>Value: Encourage self confidence by discovering each student’s own special qualities and talents.</p> <p>Life Skill: Practice looking for ways to help each person feel good about him/herself.</p> <p>Thinking Skill: Imagine what it would be like is we were all the same and predict what problems it would cause.</p>
Lesson 3: Taking Care of My Body	<p>Knowledge: Describe the basic routine necessary to keep your “special” body healthy and safe.</p> <p>Value: Develop personal responsibility for basic health and safety routines.</p> <p>Life Skill: Set healthy habit goals and keep a “healthy body” checklist to see how you are doing with these goals for a week.</p> <p>Thinking Skill: Classify the things you need to help you keep your body safe and healthy.</p>
Lesson 4: Safe Touch, Unsafe Touch	<p>Knowledge: Define the term <i>private parts</i> and describe some of the rules of personal safety.</p> <p>Value: Identify trusted adults who can help in situations involving personal safety.</p> <p>Life Skill: Practice what to do when someone tries to touch you in a way you don’t think is right.</p> <p>Thinking Skill: Distinguish between “safe”, “confusing”, and “unsafe” touches.</p>

Student Issue #6 – Going to the Doctor or Dentist

<u>Lesson</u>	<u>Content</u>
Lesson 1: Your Doctor or Dentist	<p>Knowledge: Identify health helpers, including the doctor and the dentist, and explain the role that each plays in keeping you healthy.</p> <p>Value: Show that you appreciate what your doctor, dentist, nurse, or other health helper can do for you.</p> <p>Life Skill: Practice giving the right information to health helpers for they can help you.</p> <p>Thinking Skill: Match health problems with appropriate health helpers.</p>
Lesson 2: Getting a Checkup	<p>Knowledge: Explain what your family doctor or pediatrician does when you are sick and when you have a checkup.</p> <p>Value: Take responsibility for answering your doctor or nurse’s questions about your health and for following directions when you are sick.</p> <p>Life Skill: Identify various tools that the doctor uses in a checkup and show how you and your doctor work as a team to check your health.</p> <p>Thinking Skill: Remember your own phone number, the names of your parents, and where they can be reached.</p>
Lesson 3: Taking Care of Teeth	<p>Knowledge: Describe the role of the dentist in keeping your healthy.</p> <p>Value: Give at least three reasons why it is very important to take good care of your teeth.</p> <p>Life Skill: Practice establishing good habits of brushing and flossing your teeth.</p> <p>Thinking Skill: Predict the consequences of having no teeth.</p>
Lesson 4: Making Healthful Decisions	<p>Knowledge: Describe how you can help to keep yourself healthy by making good decisions.</p> <p>Value: Show that you can take responsibility for carrying out healthful routines by following a plan for one week with the help of your family.</p> <p>Life Skill: Practice daily routines for healthful living.</p> <p>Thinking Skill: Compare and contrast healthful and unhealthful choices.</p>

Student Issue #7 – No Drugs! No Way!

<u>Lesson</u>	<u>Content</u>
Lesson 1: What is a Drug?	<p>Knowledge: Tell in your own words the meaning of the word <i>drugs</i>.</p> <p>Value: Give three reasons why it is very important for you to always say “No Drugs! No Way!”</p> <p>Life Skill: Practice identifying substances that are drugs.</p> <p>Thinking Skill: Compare and contrast substances that are drugs and ones that are not.</p>
Lesson 2: What is Medicine?	<p>Knowledge: Tell what the word <i>medicine</i> means and explain why medicines are <i>drugs</i>.</p> <p>Value: Show how important you feel medicine is when given properly because it can help people get well.</p> <p>Life Skill: List rules for taking medicine, including naming the people who can give it to you.</p> <p>Thinking Skill: Predict the consequences of taking medicines you should not have.</p>
Lesson 3: Stay Away from Dangerous Substances	<p>Knowledge: Identify dangerous substances at home, at school, and on the playground.</p> <p>Value: Show that you know your actions have consequences.</p> <p>Life Skill: Practice saying no to risk-taking behavior.</p> <p>Thinking Skill: Analyze what you would do and where you would go for help if you, a friend, or a family member were exposed to a dangerous substance.</p>
Lesson 4: My Great Body	<p>Knowledge: List three healthful things you especially like to do using your “great body”.</p> <p>Value: Show how you can be responsible in taking care of your “great body”.</p> <p>Life Skill: Practice explaining to someone how unique each and every person is, including pointing out the special qualities you like about that person.</p> <p>Thinking Skill: Predict some of the consequences of a world in which everyone is just alike (nobody is special).</p>

Student Issue #8 – Getting Sick

<u>Lesson</u>	<u>Content</u>
Lesson 1: What Does it Mean to be Healthy?	<p>Knowledge: Define <i>being healthy</i>.</p> <p>Value: Explain why you want to be healthy.</p> <p>Life Skill: Make a list of at least three things you need to do to stay as healthy as possible.</p> <p>Thinking Skill: Use the Decision Making Steps to make healthful choices about daily routines.</p>
Lesson 2: What Does it Mean to be Sick?	<p>Knowledge: Discover what germs are and how they make us sick.</p> <p>Value: Tell why it is important to you to stay well.</p> <p>Life Skill: Practice proper hygiene to help avoid getting sick.</p> <p>Thinking Skill: Compare and contrast being well and being sick.</p>
Lesson 3: How Do You Get Well?	<p>Knowledge: Identify persons, places, and things that help us to get well.</p> <p>Value: Show appreciation to all those who help us to get well.</p> <p>Life Skill: Identify what is and what is not a medicine.</p> <p>Thinking Skill: Predict the consequences of not following directions in taking medicine, including the consequences of taking medicine not meant for you.</p>
Lesson 4: Helping Those Who Are Sick	<p>Knowledge: Name different ways you can help someone who is sick.</p> <p>Value: Demonstrate concern for those who are sick.</p> <p>Life Skill: Practice different ways of helping someone who is sick.</p> <p>Thinking Skill: Analyze why helping someone else makes you feel good.</p>

Student Issue #9 – Keeping Clean and Healthy

<u>Lesson</u>	<u>Content</u>
Lesson 1: Keeping You Clean and Healthy	<p>Knowledge: Explain why keeping clean can help to keep you healthy.</p> <p>Value: Demonstrate being responsible for keeping clean by keeping a checklist of complete health routines for one week with your family.</p> <p>Life Skill: Practice daily routines for keeping clean.</p> <p>Thinking Skill: Predict the consequences of not keeping clean.</p>
Lesson 2: Feeling Great About Keeping Clean	<p>Knowledge: Explain why you feel better about yourself and others when you are clean.</p> <p>Value: Show that you respect yourself and others by following rules to keep clean.</p> <p>Life Skill: With your family’s help, set up a reward system for keeping clean and healthy every day for a week.</p> <p>Thinking Skill: Predict what would happen if more people felt good about themselves because they practice clean health habits.</p>
Lesson 3: Keeping Communities Clean and Healthy	<p>Knowledge: Identify ways that communities can be kept clean and healthy.</p> <p>Value: Commit to do your part to be a good community citizen.</p> <p>Life Skill: Practice routines to keep the community clean and to protect the environment from pollution.</p> <p>Thinking Skill: Compare and contrast communities that have pollution problems with those that don’t.</p>
Lesson 4: How Keeping Clean and Healthy Helps Keep Disease Away	<p>Knowledge: Explain how being careful about what you share can keep disease away.</p> <p>Value: Demonstrate kindness to others by not spreading your germs.</p> <p>Life Skill: Role-play situations where you use the rules for keeping clean and not sharing to protect yourself and others from spreading germs.</p> <p>Thinking Skill: Use the Decision Making Steps to decide what you can and cannot share.</p>

Student Issue #10 – Every Day, Play!

<u>Lesson</u>	<u>Content</u>
Lesson 1: Every Day, Play!	Knowledge: Identify what is and what is not play. Value: Explain the importance of play. Life Skill: Practice different ways to play, including dance. Thinking Skill: Compare and contrast different forms of play.
Lesson 2: How We Play	Knowledge: Discover group and individual play. Value: Tell why you like to play with friends. Life Skill: Practice different kinds of play through exercise. Thinking Skill: Imagine what it would be like if you couldn't play.
Lesson 3: Play is Exercise, Too	Knowledge: Identify the benefits of exercise for your heart, lungs, and muscles. Value: Tell why staying fit is important to your health. Life Skill: Set goals to exercise daily. Thinking Skill: Use the Decision Making Steps to choose exercises that will be especially good for you heart.
Lesson 4: Learning the Rules of Safe Play	Knowledge: Identify safe rules for play. Value: Show that safety rules are important to your well-being. Life Skill: Practice safe play. Thinking Skill: Predict consequences of having no rules for safe play.