

Health Standards Kindergarten Curriculum & Resources

NJSLS 2020	Disciplinary Concept	Core Idea	Performance Expectation	Approved Resources
<u>2.1 Personal and Mental Health</u> <u>K-2</u>	Personal Growth and Development	Individuals enjoy different activities and grow at different rates.	2.1.2.PGD.1: Explore how activity helps all human bodies stay healthy.	Lesson: <u>Body Systems</u> Alive: The Living, Breathing, Humans Body Book <u>Kids Health</u> <u>We are Teachers Activities</u> <u>Dr. Seuss- The things that you do that are good for you: Read Aloud</u>
		Personal hygiene and self-help skills promote healthy habits.	2.1.2.PGD.4: Use the correct terminology to identify body parts and explain how the body parts work together to support wellness.	
		Personal hygiene and self-help skills promote healthy habits.	2.1.2.PGD.2: Develop an awareness of healthy habits (e.g., wash hands, cough in arm, brush teeth). 2.1.2.PGD.3: Explain what being “well” means and identify self-care practices that support wellness.	Lesson: <u>Healthy Habits</u> <u>Germs, Germs, Germs</u> video <u>Kids Health</u> <u>Scrub Club</u> <u>Care.com</u> <u>Washing Hands- BrainPOP Jr.:</u> <u>Cold and Flu- BrainPOP Jr.:</u> <u>Curious George Discovers a Germ: Read Aloud</u>

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				Lesson: Dental Health Berenstain Bears Visit the Dentist-Book *A community dentist will visit for this lesson or the school nurse will teach it.
<u>2.3 Safety</u> <u>K-2</u>	Health Conditions, Diseases and Medicines	People need food, water, air, waste removal, and a particular range of temperatures in their environment to stay healthy.	2.3.2.HCDM.2: Demonstrate personal hygiene and the use of necessary and appropriate health-enhancing behaviors that can keep a person healthy (eg. precautions to avoid illnesses, handle food hygienically, brush teeth, regular physical activity, adequate sleep, appropriate dress for various weather conditions). 2.3.2.HCDM.3: Explain strategies and develop skills to prevent the spread of communicable diseases and health conditions (e.g., Lyme disease, influenza, cardiovascular diseases).	Lessons: Healthy Habits and Dental Health *See above
	Personal Safety	Potential hazards exist in personal space, in the school, in the community, and globally.	2.3.2.PS.2: Discuss health and safe choices both indoors and outdoors (eg. using equipment, wearing bike helmets, vehicle, water, weather safety) 2.3.2. PS.3: Recognize and demonstrate safety strategies to prevent injuries at home, school, in the community (e.g., traffic safety, bicycle/scooter safety, fire safety, poison safety, accident prevention).	Lesson: First Aid & Community Helpers <u>Kids Health</u> - Strangers & 911 Lesson: Playground & Bike Safety <u>Kids Health</u> - Safety <u>Bike Safer Journey</u> - video <u>Body Science for Kids- Why should you wear sunscreen?</u> <u>Kids Health: Safe and Healthy in the</u>

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				<u>Sun</u>
		Anytime children feel uncomfortable or in an unsafe situation, they should reach out to a trusted adult for help	2.3.PS.8: Identify trusted adults, including family members, caregivers, and school staff that you can talk to about situations which may be uncomfortable or dangerous (teasing, bullying, child sexual abuse)	Lesson: Trusted adults/ Stranger Danger <u>Kids Health</u> - Do you know how to be street smart? <u>Kids Health</u> - Strangers & 911 Berenstain Bears Learn about Strangers- book Never Talk to Strangers-by Irma Jones
	Personal Safety	Potential hazards exist in personal space, in the school, in the community, and globally.	2.3.2. PS.4: Develop an awareness of warning symbols and their meaning (e.g., red light, stop sign, poison symbol).	Lesson: Medicine- Poisoning <u>Safe kids: Medication Safety</u> <u>www.pillsvscandy.com</u> - an interactive site to differentiate between medication and candy <u>www.poisoncentertampa.org</u> - scenarios of unsafe situations with medications
	Alcohol, Tobacco, and Other Drugs	The use of alcohol, tobacco, and other drugs in unsafe ways is harmful to one's health.	2.3.2.ATD.1: Explain what medicines are, how they are used, and the importance of utilizing medications properly. 2.3.2.ATD.2: Identify ways in which drugs, including some medicines, can be harmful.	
			2.3.2.ATD.3: Explain effects of tobacco use on personal hygiene, health, and safety.	Lesson: Smoking <u>Kids Health</u> - Smoking Stinks Sly's Unwise Surprise- by Timothy Stinton

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	Dependency, Substance Disorder, and Treatment	Substance abuse is caused by a variety of factors	2.3.2.DSDT.1: Recognize that some people may have difficulty controlling their use of alcohol, tobacco, and other drugs	
<u>2.2 Physical Wellness</u> <u>K-2</u>	Nutrition	Nutritious food choices promote wellness and are the basis for healthy eating habits.	2.2.2.N.1: Explore different types of foods and food groups. 2.2.2.N.2: Explain why some foods are healthier to eat than others. 2.2.2.N.3: Differentiate between healthy and unhealthy eating habits.	Lesson: Introduction to Food Groups <u>Serving My Plate: A Yummy Curriculum</u> <u>My Plate</u>

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