

Oakwood City School District

Health - Kindergarten

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MENTAL & EMOTIONAL HEALTH

- Express feelings in a healthy way.
- Prevent and manage interpersonal conflict in healthy ways.
- Use self-control and impulse-control strategies to promote health.
- Show tolerance and acceptance of differences in others.
- Establish and maintain healthy relationships.
- Explain the importance of talking with parents and other trusted adults about feelings.
- Identify appropriate ways to express and deal with feelings.
- Explain the relationship between feelings and behavior.
- Describe the difference between bullying and teasing.
- Explain the importance of respecting the personal space and boundaries of others.
- Explain why it is wrong to tease or bully others.
- Identify the benefits of healthy family relationships.
- Identify the benefits of healthy peer relationships.
- Demonstrate how to effectively communicate needs, wants, and feelings in healthy ways.

PERSONAL HEALTH & WELLNESS

- Brush and floss teeth daily.
- Practice appropriate hygiene habits
- Identify the proper steps for daily brushing and flossing teeth.
- State why hygiene is important to good health. (co-taught Nurse)
- Identify the benefits of personal health care practices such as washing hair and bathing regularly. (co-taught Nurse)
- State the steps for proper hand washing. (co-taught Nurse)
- Demonstrate proper hygiene habits in the classroom such as washing hands. (co-taught Nurse)

VIOLENCE

- Manage interpersonal conflict in nonviolent ways
- Identify nonviolent ways to manage anger.
- Explain that anger is a normal emotion.
- Identify examples of self-control.
- Demonstrate how to effectively tell a trusted adult when feeling threatened or harmed.

- Demonstrate how to effectively communicate needs, wants, and feelings in healthy ways to prevent violence.

SAFETY

- Follow appropriate safety rules when riding in or on a motor vehicle.
- Apply safety rules and procedures to avoid risky behaviors and injury.
- Recognize and avoid dangerous surroundings.
- Get help for oneself or others when injured or suddenly ill.
- Stranger Danger
- State the benefits of riding in the back seat when a passenger in a motor vehicle.
- Describe the importance of using safety belts, child safety restraints, and motor vehicle booster seats.
- Identify and practice safe behaviors when getting on and off and while riding a bus.
- Identify and practice safety rules for playing on the playground, swimming, and playing sports.
- Describe how injuries can be prevented.
- Describe how to be a safe pedestrian.
- Identify safety hazards in the home.
- Identify people who can help when someone is injured or suddenly ill.
- Explain what to do if someone is poisoned or injured and needs help.
- Demonstrate safe behaviors when getting on and off and while riding a bus.