

## **Kindergarten**

Kindergarten students recognize basic facts and concepts about their bodies and begin to acquire skills and practices that keep them safe and healthy. Students learn to seek help and advice from parents/guardians and other trusted adults and begin to learn how to seek reliable health information. They understand how to make good decisions about simple health issues, respect others, follow school safety rules, and be responsible.

### **Essential Health Concepts**

- K.1 The student will identify and describe key health and safety concepts.
- a) Recognize the importance of making healthy food choices (e.g., eating a variety of foods from all food groups, eating breakfast, choosing healthy snacks, eating at least five fruits and vegetables a day).
  - b) Recognize the need for regular physical activity.
  - c) Describe different types of physical activity.
  - d) Recognize the importance of a regular bedtime routine and enough sleep.
  - e) Describe the five senses (sight, hearing, smell, taste, touch) and major body parts (e.g., head, trunk, arms, legs, hands, and feet).
  - f) Identify medicine as a pill or liquid that can be taken to feel better when sick but can cause harm if misused.
  - g) Identify adults that keep children healthy (e.g., parents/guardians, teachers, school counselors, nurses, doctors).
  - h) Identify that hand washing reduces the chance of becoming sick.
  - i) Describe the function of the teeth and how to take care of them.
  - j) Recognize ways to be safe (e.g., tying shoes, wearing a helmet, using a car safety seat and seat belt).
  - k) Describe pedestrian safety, to include using sidewalks and crosswalks.
  - l) Describe bus safety practices, to include where to cross in front of the bus and staying in the seat facing forward.
  - m) Describe emergency and nonemergency situations.
  - n) Identify emotions (e.g., happiness, sadness, anger, fear, frustration).
  - o) Describe what it means to be a friend and to show consideration and concern for others.
  - p) Identify household products that are harmful or poisonous.

### **Healthy Decisions**

- K.2 The student will identify healthy decisions.
- a) Describe healthy meal choices that include all food groups.
  - b) Identify positive physical activity options and the benefits of being physically active every day.
  - c) Describe alternatives to television watching.
  - d) Identify situations that require the use of each of the five senses.
  - e) Describe how medicine can be helpful or harmful, and recognize poison warning labels.
  - f) Describe how germs (e.g., bacteria, viruses) may cause common diseases (e.g., cold, flu).
  - g) Explain how hand washing helps remove bacteria and viruses that can make people sick, and describe situations where it is important to wash hands.

- h) Discuss the benefits of personal hygiene practices (e.g., tooth brushing, flossing, hand washing, grooming).
- i) Recognize how the body's parts work together.
- j) Identify the meaning of safety signs, symbols, and warning labels.
- k) Identify safe choices when walking, riding in a car and bus, and riding a bike.
- l) Describe sun safety practices.
- m) Compare emergency and nonemergency situations.
- n) Describe positive and negative emotions that affect physical health (e.g., anger, sadness, fear, frustration, happiness, pride).
- o) Discuss how to express and handle emotions appropriately.
- p) Identify why friends are important and how to cooperate and share with others.
- q) Recognize that not all products advertised or sold are healthy or safe.
- r) Recognize that some household products are harmful if touched, ingested, or inhaled and the importance of asking adults before touching, ingesting, or inhaling unknown substances.

### **Advocacy and Health Promotion**

- K.3 The student will describe and demonstrate behaviors that promote health and prevent injury and disease.
- a) Describe a variety of healthy snacks foods.
  - b) Recognize that not all food products advertised or sold are healthy.
  - c) Describe ways to participate regularly in physical activities inside and outside of school.
  - d) Describe ways to calm down before bed to prepare for sleeping.
  - e) Describe ways to protect the five senses.
  - f) Discuss why medicines should only be taken under the supervision of an adult.
  - g) Demonstrate proper hand washing.
  - h) Demonstrate how to brush and floss teeth correctly.
  - i) Describe how safety choices can prevent injuries (e.g., wearing helmets, tying shoelaces, using seat belts and safety seats, and sitting in the back seat of vehicles with airbags).
  - j) Describe common safety rules and practices for individuals, families, and communities.
  - k) Identify people who can help in an emergency or in a dangerous or frightening situation (e.g., family members, adults at school, health care professionals, and public safety officials).
  - l) Describe why it is important to ask adults for help in an emergency and how to ask for help.
  - m) Demonstrate how to call 9-1-1.
  - n) Practice using words to identify emotions.
  - o) Identify strategies for making friends.
  - p) Demonstrate acceptable behavior in classrooms and during play, to include showing respect for the personal space of others.
  - q) Apply strategies for establishing social and physical barriers, to include polite refusal skills, cooperation with others, and adaptation to change.