

JK-K

Unit #	Name of Unit	Content
1	Introduction to Health	<ol style="list-style-type: none">1. Introduction to Health2. Community Building3. Healthy Habits
2	Social Health	<ol style="list-style-type: none">1. Calm Bodies, Calm Brains2. Friendship and Making Friends3. Sharing4. Communicating with Others5. Asking Permission (Consent)
3	Emotional Health	<ol style="list-style-type: none">1. Feelings2. Gratitude, Please, and Thank You3. Kindness4. Our Five Senses
4	Physical Health	<ol style="list-style-type: none">1. Germs2. Handwashing3. Cleaning Our Bodies4. Dental Health5. Nutrition and Food Groups6. Body Health and Doctors7. Exercise and Movement