



Health | Kindergarten



**ORGANIZING
THEME/TOPIC**

FOCUS STANDARDS & SKILLS

RESOURCES

INJURY PREVENTION AND SAFETY	SKILLS	Counselor	Health for Children’s DVD Series: <i>Safety Awareness</i> <u>My Health</u> by Silverstein
	<ul style="list-style-type: none"> State his/her name, address, area code, phone number, parents’ names Identify people and places to go in case of an emergency and understand the importance of seeking adult assistance. Begin to identify hazards and safety precautions at school, home, and while traveling, including bike safety and how to answer the phone and how and when to call 911 		
	<ul style="list-style-type: none"> State the limits to which other people may touch his/her body (using proper terminology: penis and vagina). 	Counselor Nurse	Happy Bear www.sunflowerhouse.org 913-631-5800
	<ul style="list-style-type: none"> Preparing the body for physical activity Proper playground procedures 	Physical Education Teacher Classroom Teacher	

MENTAL AND EMOTIONAL HEALTH	SKILLS <ul style="list-style-type: none"> • Demonstrate friendship making skills • Name feelings (mad, sad, happy, scared, embarrassed, and identify how they affect behavior) • Differentiate between healthy and unhealthy ways to act on feelings and recognize that behavior does have consequences • Identify appropriate ways of getting attention, giving and receiving compliments, and giving and receiving apologies. • Begin to identify stress and stress relief skills • Demonstrate effective ways to resolve conflict. • Describe how family members help and cooperate with each other 	Counselor Classroom Teacher Physical Education Teacher	DVD: Dealing with Feelings
	<ul style="list-style-type: none"> • Describe ways to minimize the spread of germs 	Nurse	
	<ul style="list-style-type: none"> • Begin to understand differences in others including family composition and physical and mental disabilities. 	Counselor Classroom Teacher Nurse Physical Education Teacher	
	<ul style="list-style-type: none"> • Understanding the role of physical fitness for mental and emotional health 	Physical Education Teacher	



ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS		RESOURCES
<p>PREVENTION AND CONTROL OF DISEASE</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Describe ways to minimize the spread of germs (hand-washing). • Define medicine, the reasons for taking medicines and know who can administer medication. 	<p>Nurse Physical Education Teacher Classroom Teacher</p>	<p>Health for Children DVD Series: <i>Drugs and Disease</i></p> <p>Fight Back! www.glogerm.com</p> <p><u>Germs Make Me Sick</u> by Alik</p> <p><u>What Are Germs</u> by Alvin Silverstein</p>
<p>MENTAL AND EMOTIONAL HEALTH</p>	<ul style="list-style-type: none"> • Demonstrate friendship making skills • Name feelings (mad, sad, happy, scared, embarrassed, and identify how they affect behavior) • Differentiate between healthy and unhealthy ways to act on feelings and recognize that behavior does have consequences • Identify appropriate ways of getting attention, giving and receiving compliments, and giving and receiving apologies. • Begin to identify stress and stress relief skills • Discuss healthy ways to deal with feelings associated with change and/or loss • Demonstrate effective ways to resolve conflict. • Describe how family members help and cooperate with each other 	<p>Counselor Classroom Teacher Physical Education Teacher</p>	<p>Health for Children DVD Series: <i>Dealing with Feelings</i></p> <p>www.kidshealth.org</p>

	<ul style="list-style-type: none">• Begin to understand differences in others including family composition and disabilities.	Nurse Classroom Teacher Counselor	
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ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS		RESOURCES
NUTRITION	SKILLS <ul style="list-style-type: none">List foods that would be a healthy snackRecognize that “healthy plate” is a guide to healthy food choices and a balanced dietIdentify the importance of nutritious meals and use the “healthy plate” to create a simple menuRecognize that drinking water is an important part of a healthy lifestyle	Cafeteria Classroom Teacher	http://www.choosemyplate.gov/ <u>Eating the Alphabet</u> by Lois Ehlert <u>Alexandar and the Great Food Fight</u> by Linda J. Hawkins <u>I Will Never Not Ever Eat a Tomato</u> By Lauren Child <u>Grains Are Good</u> (series published by Sandcastle) (LMC)
SUBSTANCE USE, MISUSE, ABUSE AND ADDICTION	SKILLS <ul style="list-style-type: none">Identify the responsible adults from whom he/she can safely take medicationsDefine drugs as chemicals that change the way the body works, feels, or thinksIdentify alcohol and tobacco as drugsDiscuss smoking and list negative effects of smoking	Counselor Nurse	



Health | Third



ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS		RESOURCES
NUTRITION	SKILLS <ul style="list-style-type: none"> Discuss the need to adjust diet & interpret labels according to some medical conditions (allergies, diabetes hypertension, high cholesterol) 	Nurse	
INJURY PREVENTION AND SAFETY	SKILLS <ul style="list-style-type: none"> Identify safe practices traveling to and from school including bike safety Identify appropriate action in dealing with an emergency situation including home alone and weapon safety Explain and demonstrate proper procedures for fire, tornados, shelter-in-place, lock down, etc Proper playground procedures 	Counselor Nurse Physical Education Teacher Classroom Teacher	Police Department- Bike Rodeo Fire Department- Safe House Health for Children DVD Series: <i>Staying Safe</i>
PERSONAL HEALTH	SKILLS <ul style="list-style-type: none"> Understand the importance of physical fitness testing, personal goal setting and how impact their personal health 	Physical Education Teacher	
	<ul style="list-style-type: none"> Understand how to take care of their body and Personal hygiene 	Nurse	Health for Children DVD Series: <i>Personal Healthy & Hygiene</i>

	<ul style="list-style-type: none">• Understand problem solving skills to handle difficult situations• Use positive self-talk to handle stress	Counselor Physical Education Teacher	
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Health | Fourth



ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS	RESOURCES	
MENTAL AND EMOTIONAL HEALTH	SKILLS <ul style="list-style-type: none">• Demonstrate ways to communicate both verbally and non-verbally (use of I messages, apologies, and conflict resolution)• Identify feelings and their causes, ways to express feelings, and how to contact support people when needed (i.e. depression and stress)• Identify bullying behavior and explore ways to deal with bullying situations• List ways to be a good friend• Identify kinds of losses and responses relevant to his/her age group• Define self-esteem and how it affects people's self-image• Identify how self-esteem, actions, and words can affect mental and physical health• Recognize and know how to report abusive behaviors	Counselor Classroom Teacher	Anti-bullying week Health for Children DVD Series: <i>Decisions and Conflicts</i>

SUBSTANCE USE, MISUSE, ABUSE AND ADDICTION	SKILLS <ul style="list-style-type: none"> • Explain the difference between appropriate use, misuse and abuse of drugs • Show ways to resist peer pressure related to alcohol, tobacco, illegal drug use • Define a drug as a chemical that changes the way the body works, feels, or thinks (alcohol, tobacco, caffeine, prescription medication, over-the-counter medications, illegal drugs) • Describe long term and short term effects smoking and second hand smoke has on the body (yellow teeth, bad breath, inability to run long distances, cancers) 	Counselor	Red Ribbon Week Activities Health for Children DVD Series: <i>Drugs and Disease</i> KU Med Students (lung program)
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ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS		RESOURCES
FAMILY LIFE AND SEXUALITY	SKILLS <ul style="list-style-type: none"> • Identify male and female reproductive structures and their functions • Discuss the secondary sex characteristics that occur in puberty (hair growth, organ development, voice change, menstruation) (gender specific for grade 4, both genders for grade 5) • Identify the role hormones play in the onset and progress of puberty • Identify appropriate hygiene practices 	School Nurse Classroom Teacher	Link to resource: https://www.always.com/en-us/puberty-education-programs-for-teachers-students-and-parents (gender specific for grade 4, both genders for grade 5)



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MENTAL AND EMOTIONAL HEALTH	<ul style="list-style-type: none">• Identify and describe communication models (passive, aggressive, assertive)• Identify and use conflict resolution styles (avoidance, confrontation, problem-solving)• Prepares for transition to middle school by becoming independent and a self-advocate	Counselor	
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