

Kindergarten

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Health Promotion

Health Behaviors

- 1 Identify behaviors that impact personal health. [K.1.1](#)

Nutrition &

- 2 Identify healthy food choices. Example: MyPlate [K.1.2](#)

Drug Awareness

- 3 List everyday chemical products that can be used like a harmful drug. Examples: glue, laundry pods, aerosol sprays [K.1.3](#)

Hygiene

- 4 Explain why healthy behaviors such as brushing teeth and getting adequate sleep are important. [K.1.4](#)

Disease Prevention & Health Care

- 5 Describe ways to prevent the spread of communicable diseases. Examples: coughing into elbow, washing hands [K.1.5](#)

Safety

- 6 List reasons to call for emergency assistance. [K.1.6](#)

Dimensions of Health

- 7 Identify positive examples of physical health. [K.1.7](#)

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Analyzing Influences

Family, Peer, & Culture

- 1 Identify external factors that influence personal health. Examples: family, culture, media [K.2.1](#)
 - a List family rules and activities that promote health and safety. Example: limiting screen time, not talking to strangers [K.2.1A](#)

Media & Technology

- 2 List types of media. Examples: television, radio, internet, advertisements [K.2.2](#)
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Students will demonstrate the ability to access valid information, products, and services to enhance health.

Access to Information

Information, Products, & Services

- 1 Identify school and community health helpers who can assist in understanding health procedures. Examples: dentist, doctor, school nurse [K.3.1](#)
 - 2 Discuss the role of the school nurse in encouraging student wellness. [K.3.2](#)
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Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Interpersonal Communication

Social

- 1 Explain how a person can use good listening skills to enhance his or her health. [K.4.1](#)

Emotions & Feelings

- 2 Name various emotions and feelings. Examples: anger, sadness, joy, fear [K.4.2](#)

Conflict Resolution

- 3 Describe how to express feelings to prevent a conflict from starting. [K.4.3](#)

Refusal Skills

- 4 Tell ways to respond in an unwanted, threatening, or dangerous situation. [K.4.4](#)
 - 5 Identify characteristics of a trusted adult. [K.4.5](#)
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Students will demonstrate the ability to use decision-making skills to enhance health.

Decision -Making

Problem Solving

- 1 Discuss when and what assistance is needed for health-related situations. Examples: explaining when someone should call 911, asking for help when a student is ill, determining the difference between tattling and telling [K.5.1](#)
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Students will demonstrate the ability to use goal-setting skills to enhance health.

Goal -Setting

Self-Awareness

- 1 Define a goal and identify several potential ageappropriate, short-term health goals. Examples: brushing teeth daily, meeting or achieving ARI reading goal [K.6.1](#)

Problem-Solving

- 2 Identify family members who can assist with achieving shortterm health goals. [K.6.2](#)
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Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Self-Management

Monitor Progress

- 1 Show healthy behaviors that improve personal health and wellness. Examples: demonstrating correct technique for hand washing, showing basic first aid procedures for bandaging a cut [K.7.1](#)

Injury Prevention

- 2 Demonstrate healthy behaviors that prevent injuries. Example: practicing safety precautions when crossing the street [K.7.2](#)
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Students will demonstrate the ability to advocate for personal, family, and community health.

Advocacy

Promote Healthy Habits

- 1 Role play behaviors that promote personal healthy habits. Examples: requesting help when deciding on healthier snack options, asking for help when being teased at school [K.8.1](#)