

# Kindergarten

## Physical and Personal Wellness CH.K.2

### 1 Identify the major food groups and the benefits of eating a variety of foods. CH.K.2.1

- a Recognize major food groups. CH.K.2.1.A
  - b Identify foods and beverages that are healthy choices. CH.K.2.1.B
  - c Explain how food is fuel and that different activities need different fuel. CH.K.2.1.C
  - d Explain the health benefits of choosing healthy foods and beverages. CH.K.2.1.D
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### 2 Explain how personal hygiene and cleanliness affect wellness. CH.K.2.2

- a Describe how proper hand washing is important to being healthy. CH.K.2.2.A
  - b Explain why bathing and hygiene are important for good health. CH.K.2.2.B
  - c Explain positive outcomes from brushing and flossing teeth daily. CH.K.2.2.C
  - d Demonstrate steps for proper hand washing, brushing, and flossing of teeth. CH.K.2.2.D
  - e Explain why sleep and rest are important for proper growth and good health. CH.K.2.2.E
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## Social and Emotional Wellness CH.K.3

### 1 Recognize the relationship between emotions and actions. CH.K.3.1

- a Demonstrate ways to show respect, consideration, and care for others, such as saying please, thank you, and I'm sorry. CH.K.3.1.A
  - b Identify a variety of emotions. CH.K.3.1.B
  - c Recognize that feelings influence actions. CH.K.3.1.C
  - d Identify and demonstrate appropriate ways to express emotions and cope with strong feelings. CH.K.3.1.D
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### 2 Demonstrate how to effectively communicate and cooperate with others. CH.K.3.2

- a Demonstrate effective listening skills. CH.K.3.2.A
  - b Demonstrate effective verbal and nonverbal communication skills. CH.K.3.2.B
  - c Demonstrate sharing with peers. CH.K.3.2.C
  - d Demonstrate strategies to cooperate with others. CH.K.3.2.D
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## Prevention and Risk Management CH.K.4

### **1 Explain the importance of respecting the personal space and boundaries of self and others.** CH.K.4.1

- a Identify “appropriate” and “inappropriate” touches. CH.K.4.1.A
  - b Identify characteristics of a trusted adult. CH.K.4.1.B
  - c Demonstrate how to tell a parent or trusted adult if inappropriate touching occurs to self or others. CH.K.4.1.C
  - d Explain the importance of personal space in the classroom and around others. CH.K.4.1.D
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### **2 Explain safe behavior as a pedestrian and with motor vehicles.** CH.K.4.2

- a Explain safe behavior when getting on and off and while riding on school buses. CH.K.4.2.A
  - b Explain the importance of riding in the back seat and using safety belts and motor vehicle booster seats when one is a passenger in a motor vehicle. CH.K.4.2.B
  - c Recognize and describe the meaning of traffic signs. CH.K.4.2.C
  - d Describe how rules at school can help to prevent injuries. CH.K.4.2.D
  - e Demonstrate safe pedestrian behaviors. CH.K.4.2.E
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### **3 Demonstrate effective communication skills in unsafe situations.** CH.K.4.3

- a Demonstrate verbal and nonverbal ways to ask a parent or trusted adult for help about an unsafe situation. CH.K.4.3.A
- b Describe how to call 911 or other emergency numbers for help. CH.K.4.3.B
- c Define and explain the dangerous use of weapons and how to tell a trusted adult if you see or hear about someone having a weapon. CH.K.4.3.C
- d Identify unsafe or risky situations around the home, school, and community. CH.K.4.3.D