

Preschool

Physical and Personal Wellness CH.P.2

1 Distinguish between healthy and unhealthy foods. CH.P.2.1

- a Distinguish food on a continuum from most healthy to least healthy. CH.P.2.1.A
 - b Demonstrate the ability to identify and choose a healthy food choice. CH.P.2.1.B
 - c Recognize the benefits of choosing a healthy food. CH.P.2.1.C
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2 Develop self-management skills and personal hygiene skills to promote healthy habit. CH.P.2.2

- a Complete personal care tasks such as using clean tissues, washing hands, handling food hygienically, brushing teeth, and choosing appropriate clothing for the weather CH.P.2.2.A
 - b Prevent or reduce the spreading of germs such as covering the mouth for coughing and sneezing, not putting toys in the mouth, and not sharing drinks and food. CH.P.2.2.B
 - c Understand that personal hygiene is an important step in the prevention of disease and illness. CH.P.2.2.C
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Social and Emotional Wellness CH.P.3

1 Children develop healthy relationships and interactions with adults and peers. CH.P.3.1

- a Communicate with familiar adults and accept or request guidance. CH.P.3.1.A
- b Cooperate with others. CH.P.3.1.B
- c Develop friendships with peers. CH.P.3.1.C
- d Establish secure relationships with adults. CH.P.3.1.D
- e Use socially appropriate behavior with peers and adults, such as helping, sharing and taking turns. CH.P.3.1.E
- f Resolve conflict with peers alone and/or with adult intervention as appropriate. CH.P.3.1.F
- g Recognize and label others' emotions. CH.P.3.1.G
- h Express empathy and sympathy to peers. CH.P.3.1.H
- i Recognize how actions affect others and accept consequences of one's action. CH.P.3.1.I

2 Children develop self-concept and self-efficacy skills. CH.P.3.2

- a Identify personal characteristics, preferences, thoughts and feelings. CH.P.3.2.A
- b Demonstrate age-appropriate independence in a range of activities, routines and tasks. CH.P.3.2.B
- c Show confidence in a range of abilities and in the capacity to accomplish tasks and take on new tasks. CH.P.3.2.C
- d Demonstrate age appropriate independence in decision-making regarding activities and materials. CH.P.3.2.D

3 Children develop self-regulation skills. CH.P.3.3

- a Recognize and label emotions. CH.P.3.3.A
- b Handle impulses and behavior with minimal direction. CH.P.3.3.B
- c Follow simple rules, routines and directions. CH.P.3.3.C
- d Shift attention between tasks and move through transitions with minimal direction from adults. CH.P.3.3.D
- e Attend to free play activities for longer periods of time. CH.P.3.3.E

4 Children develop a healthy range of emotional expressions and learn positive alternatives to aggressive or isolating behaviors. CH.P.3.4

- a Express a range of emotions appropriately, such as excitement, happiness, sadness, and fear. CH.P.3.4.A
- b Refrain from disruptive behavior, aggressive, angry, or defiant behaviors. CH.P.3.4.B
- c Adapt to new environments with appropriate emotions and behaviors. CH.P.3.4.C

Prevention and Risk Management CH.P.4**1 Identify ways to be safe while at play.** CH.P.4.1

- a State how to be a safe walking across the street. CH.P.4.1.A
- b Follow basic health and safety rules inside and outside the classroom. CH.P.4.1.B
- c Communicate to a parent or trusted adult if something is not safe. CH.P.4.1.C
- d Communicate and understanding the importance of health and safety routines and rules. CH.P.4.1.D

2 Identify the importance of respecting the personal space and boundaries of self and others. CH.P.4.2

- a Begin to understand the importance of personal space. CH.P.4.2.A
- b Explain the importance of personal space in the classroom and around others. CH.P.4.2.B
- c Explain that each person has the right to tell others not to touch his or her body. CH.P.4.2.C
- d Identify “appropriate” and “inappropriate” touches. CH.P.4.2.D
- e Identify characteristics of a trusted adult. CH.P.4.2.E
- f Seek out a parent or trusted adult for support in resolving an unwanted action or feeling they have experienced. CH.P.4.2.F