

Kindergarten

Kindergarten students recognize basic facts and concepts about their bodies and begin to acquire skills and practices that keep them safe and healthy. Students learn to seek help and advice from parents/guardians and other trusted adults and begin to learn how to seek reliable health information. They understand how to make good decisions about simple health issues, to respect others, follow school safety rules, and be responsible.

Knowledge and Skills

- K.1 The student will explain that the body is a living and growing organism. Key concepts/ skills include
- a) the importance of making healthy food choices (e.g., eating a variety of foods from all food groups, eating breakfast, choosing healthy snacks, eating at least five fruits and vegetables a day);
 - b) the effects of drugs and medicines on the body;
 - c) the five senses (sight, sound, smell, taste, touch) and major body parts (e.g., head, trunk, arms, legs, hands, feet);
 - d) the need for regular physical activity.
- K.2 The student will explain the concept of being healthy. Key concepts/skills include
- a) positive and negative emotions that affect physical health (e.g., anger, sadness, fear, frustration, happiness, pride);
 - b) personal hygiene practices (e.g., tooth brushing, flossing, hand washing, grooming);
 - c) germs (e.g., bacteria, viruses) that lead to common diseases (e.g., cold, flu).
- K.3 The student will explain the concept of being safe. Key concepts/skills include
- a) the need for safety rules and practices;
 - b) the differences between emergency and non-emergency situations;
 - c) the choices that prevent injuries (e.g., wearing helmets, using seat belts and safety seats, tying shoelaces).

Information Access and Use

- K.4 The student will identify sources of health and safety information. Key concepts/skills include
- a) a variety of information sources such as product-safety symbols, television, radio, print materials, and electronic media;
 - b) individuals, including school nurses, family members, health care personnel, teachers, school counselors, and public safety officials.

Community Health and Wellness

- K.5 The student will explain the importance of seeking guidance from parents/guardians and other trusted adults. Key concepts/skills include
- a) the peaceful resolution of conflicts;
 - b) the importance of sharing information with trusted adults.
- K.6 The student will identify expectations for personal behavior in school and social settings. Key concepts/skills include
- a) acceptable behavior in classrooms and during play;
 - b) respect for the property and rights of others;
 - c) respect for the personal space of others.