

Grades Pre-K, K

Adopted 2013

Core Concepts: Physical, Mental, Emotional and Social Growth and Development

- 1. Identify displays of affection with appropriate people and situations.** P.1.1

- a. Describe similarities and differences between self and others and understand that the body is good and special.** P.1.2.A

- b. Describe all of the qualities and characteristics that make them special (physical, emotional, mental).** P.1.2.B

- c. Identify and describe functions of body parts (e.g. stomach, feet, hands, ears, eyes, mouth) and identify those parts of the body that are considered private.** P.1.2.C

- a. Describe different types of families.** P.1.3.A

- b. Identify how families can influence personal health.** P.1.3.B

- 4. Describe characteristics of a friend.** P.1.4

- a. Describe a healthy and safe environment.** P.1.5.A

- c. Describe appropriate and inappropriate touch.** P.1.6.C

- 7. Identify and practice behaviors that help to prevent disease and other health problems.** P.1.7

- 10. Discuss germs and their connection to illness.** P.1.10

Accessing Health Information and Resources

- 1. Identify characteristics of a trusted adult.** P.2.1

- 2. Demonstrate the ability to seek health information from trusted adults.** P.2.2

- 3. Demonstrate the ability to seek help from trusted adults.** P.2.3

Self-Management of Healthy Behaviors

- 1. Demonstrate how to appropriately express feelings in a healthy way.** P.3.1

- a. Identify personal behaviors that are health-enhancing.** P.3.2.A

- b. Demonstrate good hygiene practices to improve and maintain health.** P.3.2.B

- 7. Demonstrate ways to treat self and others with dignity and respect.** P.3.7

Analyzing Internal and External Influences

1. Discuss their roles in the family and the roles of their parents/guardians. P.4.1
 2. Discuss the influence of media and technology on personal health. P.4.2
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Communication Skills

- a. Describe various ways people can communicate. P.5.1.A
 - a. Identify and practice healthy ways to express needs, wants and feelings. P.5.4.A
 - c. Identify healthy ways to express empathy for others. P.5.4.C
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Decision-Making Skills

1. Identify and discuss choices that enhance health. P.6.1
 2. Identify adults who can assist in making health-related decisions. P.6.2
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Goal-Setting Skills

1. Identify a healthy goal. P.7.1
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Advocacy

- a. Demonstrate through play fairness and respect for others. P.8.1.A
- b. Discuss positive ways to show care, consideration and concern for others. P.8.1.B