

Grade K

Adopted 2007

Nutrition and Physical Activity

1: Core Concepts

- 1.1 Describe how consuming a variety of healthy foods and beverages helps a person stay healthy.
 - 1.2 Describe how being physically active helps a person stay healthy.
 - 1.3 Describe how drinking water helps a person stay healthy.
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3: Health Behaviors

- 1.4 Generate examples of physical activities that are personally enjoyable.
 - 1.5 Select a variety of foods that can be eaten for healthy snacks.
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Alcohol, Tobacco, and Other Drugs

1: Core Concepts

- 2.1 Identify household products that are harmful if touched, ingested, or inhaled.
 - 2.2 Describe ways that over-the-counter and prescription medicines can be helpful or harmful.
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2: Access Information

- 2.3 Identify trustworthy sources of accurate information about potentially poisonous household products.
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3: Health Behaviors

- 2.4 Explain rules for handling household products and avoiding poisons.
 - 2.5 Describe how to safely use medicines.
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Safety

1: Core Concepts

- 3.1 Describe pedestrian hazards and safe pedestrian behaviors.
- 3.2 Identify dangerous objects and weapons.
- 3.3 Describe the characteristics of appropriate touch and inappropriate touch.
- 3.4 Explain that a child is not at fault if someone touches him or her in an inappropriate way.

2: Access Information

- 3.5 Demonstrate the procedure for calling 911 and explain when it is appropriate to do so.
 - 3.6 Demonstrate how to ask trusted adults for help.
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3: Health Behaviors

- 3.7 Demonstrate safe pedestrian behaviors.
 - 3.8 Describe dangerous and destructive situations that need to be reported to an adult.
 - 3.9 Apply a rule and demonstrate actions to use in hypothetical situations when weapons may be present.
 - 3.10 Generate examples of safe places one might go if feeling personally threatened.
 - 3.11 Apply strategies to avoid personally unsafe situations.
 - 3.12 Apply strategies to get away in hypothetical cases of inappropriate touching or abduction.
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Social and Emotional Health**1: Core Concepts**

- 4.1 Identify and describe different kinds of feelings.
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2: Access Information

- 4.2 Identify and locate people who can help at home and school.
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3: Health Behaviors

- 4.3 Describe and demonstrate ways to be responsible at home and school.
 - 4.4 Demonstrate the ability to recognize and express a variety of feelings appropriately.
 - 4.5 Identify and demonstrate strategies to manage strong feelings.
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7: Social Skills

- 4.6 Identify and practice strategies to make friends.
 - 4.7 Demonstrate giving and accepting a compliment or statement of appreciation.
 - 4.8 Describe situations when it is appropriate to use "please," "thank you," "excuse me," and "I am sorry."
 - 4.9 Apply "please," "thank you," "excuse me," and "I am sorry" to appropriate situations.
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Personal Health and Wellness

1: Core Concepts

- 5.1 Explain the importance of taking care of teeth and having one's own toothbrush to prevent disease.
 - 5.2 Explain the importance of dental health cleanings and exams.
 - 5.3 Explain the importance of proper hand washing to prevent disease.
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3: Health Behaviors

- 5.4 Demonstrate proper tooth brushing techniques.
 - 5.5 Demonstrate proper hand washing to prevent the spread of germs.
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8: Advocacy

- 5.6 Encourage peers to make positive choices for personal health and wellness.