Alabama Health Education

Kindergarten

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Health Promotion

Health Behaviors

1 Identify behaviors that impact personal health. K.1.1

Nutrition &

2 Identify healthy food choices. Example: MyPlate K.1.2

Drug Awareness

3 List everyday chemical products that can be used like a harmful drug. Examples: glue, laundry pods, aerosol sprays K.1.3

Hygiene

4 Explain why healthy behaviors such as brushing teeth and getting adequate sleep are important. K.1.4

Disease Prevention & Health Care

5 Describe ways to prevent the spread of communicable diseases. Examples: coughing into elbow, washing hands K.1.5

Safety

6 List reasons to call for emergency assistance. K.1.6

Dimensions of Health

7 Identify positive examples of physical health. K.1.7

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Analyzing Influences

Family, Peer, & Culture

1 Identify external factors that influence personal health. Examples: family, culture, media K.2.1

a List family rules and activities that promote health and safety. Example: limiting screen time, not talking to strangers K.2.1A

Media & Technology

2 List types of media. Examples: television, radio, internet, advertisements K.2.2

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Access to Information

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and services to enhance health.	Information, Products, & Services 1 Identify school and community health helpers who can assist in understanding health procedures. Examples: dentist, doctor, school nurse K.3.1 2 Discuss the role of the school nurse in encouraging student wellness. K.3.2
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	**Interpersonal Communication** Social 1 Explain how a person can use good listening skills to enhance his or her health. K.4.1 Emotions & Feelings 2 Name various emotions and feelings. Examples: anger, sadness, joy, fear K.4.2 Conflict Resolution 3 Describe how to express feelings to prevent a conflict from starting. K.4.3 Refusal Skills 4 Tell ways to respond in an unwanted, threatening, or dangerous situation. K.4.4 5 Identify characteristics of a trusted adult. K.4.5
Students will demonstrate the ability to use decision-making skills to enhance health.	**Decision -Making** Problem Solving 1 Discuss when and what assistance is needed for health-related situations. Examples: explaining when someone should call 911, asking for help when a student is ill, determining the difference between tattling and telling K.5.1
Students will demonstrate the ability to use goal-setting skills to enhance health.	**Goal -Setting** Self-Awareness 1 Define a goal and identify several potential ageappropriate, short-term health goals. Examples: brushing teeth daily, meeting or achieving ARI reading goal K.6.1 Problem-Solving 2 Identify family members who can assist with achieving shortterm health goals. K.6.2
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	**Self-Management** Monitor Progress 1 Show healthy behaviors that improve personal health and wellness. Examples: demonstrating correct technique for hand washing, showing basic first aid procedures for bandaging a cut K.7.1

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Injury Prevention

2 Demonstrate healthy behaviors that prevent injuries. Example: practicing safety precautions when crossing the street K.7.2

Students will demonstrate the ability to advocate for personal, family, and community health.

Advocacy

Promote Healthy Habits

1 Role play behaviors that promote personal healthy habits. Examples: requesting help when deciding on healthier snack options, asking for help when being teased at school K.8.1