

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
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
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
Goal-Setting Skills	1. Identify a healthy goal. P.7.1
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