

# Grade K

## Resiliency HE.K.R

### Standard 1 Character HE.K.R.1

- 1 Define and give examples of kindness and caring. HE.K.R.1.1
  - 2 Demonstrate the ability to take turns and share with others. HE.K.R.1.2
  - 3 Describe ways to show respect to others. HE.K.R.1.3
  - 4 Identify the difference between the truth and a lie. HE.K.R.1.4
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### Standard 2 Personal Responsibility HE.K.R.2

- 1 Identify healthy choices that affect personal wellness. HE.K.R.2.1
  - 2 Demonstrate the ability to follow rules and directions. HE.K.R.2.2
  - 3 Discuss the value of goal setting. HE.K.R.2.3
  - 4 Identify and recognize basic feelings. HE.K.R.2.4
  - 5 Identify personal strengths and actions individuals can do independently. HE.K.R.2.5
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### Standard 3 Mentorship and Citizenship HE.K.R.3

- 1 Identify the roles and responsibilities of trusted adults. HE.K.R.3.1
  - 2 Identify characteristics of a good citizen in school and the community. HE.K.R.3.2
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### Standard 4 Critical Thinking and Problem Solving HE.K.R.4

- 1 Identify when help is needed and who to ask for help. HE.K.R.4.1
  - 2 Identify the importance of sharing thoughts and ideas to solve problems. HE.K.R.4.2
  - 3 Discuss ways to work together to solve problems. HE.K.R.4.3
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## Personal Health Concepts HE.K.PHC

### Standard 1 Core Concepts HE.K.PHC.1

- 1 Identify healthy behaviors that affect personal health. HE.K.PHC.1.1
  - 2 Understand how you can prevent childhood injuries in the home, school, and community settings. HE.K.PHC.1.2
  - 3 Recognize there are body parts inside and outside of the body. HE.K.PHC.1.3
  - 4 Recognize ways you can prevent common communicable diseases. HE.K.PHC.1.4
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### Standard 2 Internal and External Influence HE.K.PHC.2

- 1 Identify members of the school and community who support personal health practices and behaviors. HE.K.PHC.2.1
  - 2 Name healthy behaviors that family members should practice. HE.K.PHC.2.2
  - 3 Identify safe and unsafe examples of internet use. HE.K.PHC.2.3
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### Standard 3 Prevention and Decision Making HE.K.PHC.3

- 1 Name situations when a health-related decision can be made individually or when assistance is needed. HE.K.PHC.3.1
  - 2 Recognize healthy options to personal health-related issues or problems. HE.K.PHC.3.2
  - 3 Recognize the consequences of not following rules/practices when making healthy and safe decisions. HE.K.PHC.3.3
  - 4 Define a personal health goal and how it relates to overall health. HE.K.PHC.3.4
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### Standard 4 Advocacy HE.K.PHC.4

- 1 Identify the appropriate responses to unwanted, unsafe, and threatening situations. HE.K.PHC.4.1
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## Community and Environmental Health HE.K.CEH

### Standard 1 Core Concepts HE.K.CEH.1

- 1 Recognize ways the community encourages a healthy environment. HE.K.CEH.1.1
  - 2 Recognize ways in the community to prevent common communicable diseases. HE.K.CEH.1.2
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### Standard 2 Internal and External Influence HE.K.CEH.2

- 1 Explain the importance of rules to maintain health. HE.K.CEH.2.1
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### Standard 3 Prevention and Decision Making HE.K.CEH.3

- 1 Recognize ways the community can prevent childhood injuries in the school and community settings. HE.K.CEH.3.1

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**Standard 4 Advocacy** HE.K.CEH.4

- 1 Encourage others make positive health choices. HE.K.CEH.4.1
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**Consumer Health** HE.K.CH

**Standard 1 Core Concepts** HE.K.CH.1

- 1 Recognize warning labels and signs on hazardous products and places. HE.K.CH.1.1
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**Standard 3 Prevention and Decision Making** HE.K.CH.3

- 1 Define healthy and unhealthy choices. HE.K.CH.3.1
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**Standard 4 Advocacy** HE.K.CH.4

- 1 Define ways to ask for support from a trusted adult or professional. HE.K.CH.4.1