Indiana Health & Wellness

K-Grade 2

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

1 Healthy Behaviors

1. Identify that healthy behaviors affect personal health. K-2.1.1

2 Dimensions of Health

2. Recognize that there are multiple dimensions of health (mental/emotional, intellectual, physical, environmental, and social health). K-2.1.2

3 Personal Health

3. Describe ways to prevent communicable diseases. K-2.1.3

4 Preventing Injury

4. List ways to prevent common childhood injuries. K-2.1.4

5 Accessing Health Care

5. Describe why it is important to have regular medical checkups. K-2.1.5

6 Family History & Personal Health

No standards defined.

7 Practicing Healthy Behaviors

No standards defined.

8 Unhealthy Behavior Outcomes

No standards defined.

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

1 Family Influence on Health

1. Identify how family and culture influence personal health practices and behaviors. K-2.2.1

2 School and Community Impact

2. Identify what the school can do to support personal health practices and behaviors. K-2.2.2

3 Media Influence on Health Behaviors

. Describe how peers, technology, and media can influence health practices and behaviors. K-2.2.3

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4 Peer Influence on Health Behaviors

No standards defined.

5 Cultural Influence on Health Behaviors

No standards defined.

6 Technology Influence on Health Behaviors

No standards defined.

7 Norms Perception Influence on Health Behaviors

No standards defined.

8 Personal Values Influence on Health Behaviors

No standards defined

9 Health Risk Behaviors

No standards defined.

10 School/Public Health Policy Influence on Health Behaviors

No standards defined.

Students will demonstrate the ability to access valid information, products and services to enhance health.

1 Health Information and Services

1. Identify trusted adults who can help enhance and support health. K-2.3.1

2 Accessing Health Information

2. Identify ways to locate school and community health helpers. K-2.3.2

3 Professional Health Services

No standards defined.

4 Locating Reliable Health Products/Services

No standards defined.

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risk.

1 Verbal/Nonverbal Communication Skills

1. Identify and demonstrate verbal and nonverbal communication skills to enhance health. K-2.4.1

2 Listening Skills

2. Practice listening skills to enhance health. K-2.4.2

3 Expressing Needs, Wants, and Feelings

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. Express needs, wants, and feelings in a healthy way. K-2.4.3

4 Communicating Care, Consideration, and Respect

4. Model ways to treat people with kindness and respect. K-2.4.4

5 Health Risk Refusal Skills

5. Describe ways to respond in an unwanted, threatening, or dangerous situation. K-2.4.5

6 Asking for Assistance

6. Explain situations where talking to a trusted adult is important. K-2.4.6

7 Managing Conflict

7. Identify and explain healthy strategies to manage and resolve conflict. K-2.4.7

8 Overcoming Communication Barriers

No standards defined.

9 Overcoming Communication Barriers

No standards defined.

Students will demonstrate the ability to use decision-making skills to enhance health.

1 Personal Health Decisions and Influences

1. Identify personal health decisions. K-2.5.1

2 Evaluating Health Information

2. Identify people or places where health information can be obtained. K-2.5.2

3 Making Health-Related Decisions

No standards defined.

4 Health Decision Connections

No standards defined.

5 Personal Health Responsibility

No standards defined.

6 Personal Health Decisions

No standards defined.

Students will demonstrate the ability to use goal-setting skills to enhance health.

1 Setting Health Goals

1. Identify the benefits of planning and setting personal health goals. K-2.6.1

2 Achieving Health Goals

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. Identify a realistic and personal health goal. K-2.6.2

3 Barriers to Health Goals

3. Describe steps to achieve the personal health goal. K-2.6.3

4 Health Goal Adaptability

4. Identify possible benefits and barriers to achieving the personal health goal. K-2.6.4

5 Personal Choices and Health Goals

5. Take steps to achieve the personal health goal. K-2.6.5

6 Health Goal Support Systems

6. Identify trusted adults that can help in achieving the personal health goal. K-2.6.6

7 Health Goal Progress

No standards defined.

Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.

1 Safety Knowledge Skills

1. Identify character traits and behaviors of a healthy and safe person. K-2.7.1

2 Health and Safety Strengths and Needs

2. List a variety of behaviors to avoid or reduce health and safety risks. K-2.7.2

3 Health and Safety Strengths and Needs

No standards defined.

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

1 Safety Concerns and Assessments

1. List personal, family, school, or community health and safety concerns. K-2.8.1

2 Standing for Health/Safety Issues

2. Identify a health or safety issue that has personal relevance. K-2.8.2

3 Evidence for Health/Safety Issues

No standards defined.

4 Advocating for Health Issues

No standards defined.

5 Personal Belief for Health/Safety Issues

No standards defined.

6 Communicating Health/Safety Issues

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No standards defined.

7 Communicating Health/Safety Issues

No standards defined.

8 Communicating Health/Safety Issues

No standards defined.