

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.
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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.

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.

Social and Emotional Health

1: Core Concepts

4.1 Identify and describe different kinds of feelings.

2: Access Information

4.2 Identify and locate people who can help at home and school.

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.

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.

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.

3: Health Behaviors

5.4 Demonstrate proper tooth brushing techniques.

5.5 Demonstrate proper hand washing to prevent the spread of germs.

8: Advocacy

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