

# Grade K

Adopted 2016

**Comprehend concepts related to health promotion and disease prevention to enhance personal health.**

1. Identifying healthy and unhealthy behaviors; A.K.1
2. Identifying characteristics of physical, mental, and emotional health; A.K.2
3. Identifying characteristics of family and social health, including those of traditional and contemporary American Indian cultures and practices; A.K.3
4. Identifying ways germs are spread; A.K.4
5. Showing ways to prevent the spread of germs; A.K.5
6. Identifying environmental factors that can affect health; A.K.6
7. Identifying safety practices at school and in the community; A.K.7
8. Identifying common childhood injuries; A.K.8
9. Giving examples of health care; and A.K.9
10. Identifying body parts and their function. A.K.10

**Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

1. Identifying family practices that promote health; and B.K.1
2. Identifying healthy practices at school. B.K.2

**Demonstrate the ability to access valid information, products, and services to enhance health.**

1. Identifying adults who help promote health; and C.K.1
2. Identifying school and community health and safety resources. C.K.2

**Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

1. Identifying feelings and emotions; D.K.1
2. Understanding that listening is a respectful and caring behavior; D.K.2
3. Using refusal skills in risky situations; D.K.3

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**4. Identifying risky situations; and** D.K.4

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**5. Identifying dangerous situations.** D.K.5

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**Demonstrate the ability to use decision-making skills to enhance health and safety.**

**1. Giving examples of safe and healthy decisions;** E.K.1

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**2. Identifying persons who can assist with safety and health-related decisions;** E.K.2

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**3. Identifying ways to solve safety and health-related issues or problems;** E.K.3

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**4. Identifying possible consequences of choices when making safety and health-related decisions.** E.K.4

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**Demonstrate the ability to use goal-setting skills to enhance health.**

**1. Identifying healthy habits; and** F.K.1

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**2. Identifying ways family members model healthy behaviors.** F.K.2

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**Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**1. Identifying healthy behaviors toward self and others;** G.K.1

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**2. Identifying personal health practices and behaviors; and** G.K.2

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**3. Identifying behaviors that are harmful or risky to health.** G.K.3

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**Demonstrate the ability to advocate for personal, family, and community health.**

**1. Identifying ways to ask others to assist in promoting health;** H.K.1

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**2. Identifying positive health choices that can be made by peers and self;** H.K.2

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**3. Identifying health-related messages.** H.K.3

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