Montana Health Enhancement

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

Skip to main content

	4. Identifying risky situations; and D.K.4
	5. Identifying dangerous situations. D.K.5
Demonstrate the ability to use decision-making skills to enhance health and safety.	1. Giving examples of safe and healthy decisions; E.K.1
	2. Identifying persons who can assist with safety and health-related decisions; E.K.2
	3. Identifying ways to solve safety and health-related issues or problems; E.K.3
	4. Identifying possible consequences of choices when making safety and health-related decisions. E.K.4
Demonstrate the ability to use goal-setting skills to enhance health.	1. Identifying healthy habits; and F.K.1
	2. Identifying ways family members model healthy behaviors. F.K.2
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
	2. Identifying personal health practices and behaviors; and G.K.2
	3. Identifying behaviors that are harmful or risky to health. G.K.3
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
	2. Identifying positive health choices that can be made by peers and self; H.K.2
	3. Identifying health-related messages. H.K.3