North Carolina Health Education

Kindergarten

Mental and Emotional Health

1 Remember the association of healthy expression of emotions, mental health, and healthy behavior. K.MEH.1

1 Identify a variety of feelings that people experience and ways of expressing them. K.MEH.1.1

2 Demonstrate personal responsibilities for actions and possessions. K.MEH.1.2

2 Identify that effort and practice lead to improved skills. K.MEH.2

1 Remember that mistakes are important for learning. K.MEH.2.1

2 Remember that practice is needed to improve performance. K.MEH.2.2

Personal and Consumer Health

1 Demonstrate age-appropriate personal behaviors that promote health and prevent disease. K.PCH.1

1 Identify that healthy behaviors impact personal health. K.PCH.1.1

2 Use steps of correct hand washing at appropriate times throughout the day. K.PCH.1.2

3 Model proper tooth brushing techniques. K.PCH.1.3

4 Explain rationale for not sharing hygiene products (combs, brushes, toothbrushes). K.PCH.1.4

5 Select and use appropriate clothing according to the weather. K.PCH.1.5

2 Understand necessary steps to prevent and respond to unintentional injury. K.PCH.2

1 Recognize the meanings of traffic signs and safe practices for being a pedestrian and bicyclist. K.PCH.2.1

2 Explain the benefits of safety equipment including seat belts, booster seats, helmets, mouth guards, shin guards, and flotation devices. K.PCH.2.2

3 Illustrate how to get help in an emergency. K.PCH.2.3

4 Identify appropriate responses to warning signs, sounds, and labels. K.PCH.2.4

Interpersonal Communications and Healthy Relationships

1 Recognize healthy and effective interpersonal communication and relationships. K.ICHR.1

Explain reasons for sharing. K.ICHR.1.1

Recognize that all people have inherent value and dignity regardless of differences. K.ICHR.1.2

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3 Give examples of protective behaviors to use when approached by someone who you don't know or someone who makes you feel unsafe K.ICHR.1.3

4 Recognize bullying, teasing, and aggressive behaviors and how to respond. K.ICHR.1.4

Nutrition and Physical Activity

1 **Identify sources of food and water and their importance to the body.** K.NPA.1

1 Recognize that food gives us energy. K.NPA.1.1

2 Identify that fruits and vegetables come from plants. K.NPA.1.2

2 **State the importance of physical activity for the body.** K.NPA.2

1 List ways to be physically active. K.NPA.2.1

Alcohol, Nicotine, Cannabis, and other Drugs

1 **Understand household safety procedures for products and medicines with adult supervision.** K.ANCOD.1

1 Explain what is likely to happen if harmful household products are ingested or inhaled. K.ANCOD.1.1

2 Recognize that some medications look like candy. K.ANCOD.1.2

3 Identify a parent, guardian, or trusted adult and professionals who can be trusted to provide safety information about household products and medicines. K.ANCOD.1.3

4 Use appropriate strategies to access help when needed in emergencies involving household products and medicines. K.ANCOD.1.4