Oregon Health

Kindergarten

Wellness and Health Promotion WHP	1 **Define what a value is and name values that different people and families care about.** K.WHP.1
	2 **Identify illnesses that are easily transmitted and illnesses that are not.** K.WHP.2
	3 **Understand steps to protect eyes, teeth, skin, and ears.** K.WHP.3
	4 **Identify three wellness practices that help one feel good and have energy.** K.WHP.4
	5 **Identify different types of healthcare workers who help people feel better.** K.WHP.5
	6 **Describe how family and friends influence health practices and behaviors.** K.WHP.6
	7 **Understand the importance of access to clean air, clean water, food, and shelter.** K.WHP.7
Safety and First Aid SFA	1 **Identify how to stay safe and prevent injury when riding in a vehicle, crossing streets, riding a bicycle, in the water, and playing.** K.SFA.1
	2 **Understand how to identify trusted adults that can help keep people safe at home, at school, and in the community.** K.SFA.2
	3 **Practice how to ask trusted adults for help when feeling uncomfortable, scared, confused, or unsafe.** K.SFA.3
	4 **Explain safety rules for home, school, and the community, including firearm safety rules.** K.SFA.4
	5 **Identify when it is ok to share and not ok to share personal information, such as individual names, parent's or caregiver's names, phone numbers, and addresses.** K.SFA.5
Substance Use, Misuse, and Abuse SUB	1 **Discuss how to use medicines correctly.** K.SUB.1
	2 **Understand that some medicines and substances can be poisonous.** K.SUB.2
	3 **Identify family and school rules about medicine use.** K.SUB.3

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Food, Nutrition, and Physical Activity FNP	1	**Understand that food comes from plants and animals and provides energy to help people grow, develop, and learn.** K.FNP.1
	2	**Understand the importance of eating a variety of foods and trying new foods and activities.** K.FNP.2
	3	**Describe the benefits of drinking water, especially when physically active.** K.FNP.3
	4	**Analyze how people eat and prepare foods differently based on culture, personal preference, and availability.** K.FNP.4
	5	**Identify food practices that make mealtimes enjoyable.** K.FNP.5
	6	**Understand that not all people can eat all kinds of food.** K.FNP.6
Social, Emotional, and Mental Health SEM	1	**TSEL Practice 4B Demonstrate empathy and affirm other's perspectives during teamwork and collaborative problem solving.** K.SEM.1
	2	**Identify how mental health is a part of overall health and well-being.** K.SEM.2
	3	**Identify a trusted parent, caregiver, or adult to talk with about feelings.** K.SEM.3
	4	**Identify ways to appreciate and take care of body and mind.** K.SEM.4
Healthy Relationships and Violence Prevention HRVP	1	**Define what a relationship is and identify different kinds of relationships.** K.HRVP.1
	2	**Understand that all people have the right to feel safe and free from bullying and violence.** K.HRVP.2
	3	**Recognize that everyone has different interests, likes, and ways to express identities.** K.HRVP.3
	4	**Define what a personal boundary is and recognize that personal boundaries differ in different kinds of relationships and for different people.** K.HRVP.4
	5	**Discuss how to use words to communicate needs and boundaries, and how to listen to the needs of others.** K.HRVP.5
	6	**Describe the characteristics of a trusted adult.** K.HRVP.6
	7	**Identify that bullying and teasing are harmful.** K.HRVP.7
	8	**Understand that it is never okay to touch someone without their permission.** K.HRVP.8
	9	**Identify that abuse is never a child's fault and discuss how to communicate personal boundaries and report unsafe or unwanted touch.** K.HRVP.9

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Growth and Development GD

1. **Discuss different types of family structures and why all families deserve respect.** K.GD.1
2. **Identify ways in which human bodies are the same and different from each other, and how bodies change over time.** K.GD.2
3. **Name reproductive body parts, using medically accurate terminology.** K.GD.3