Utah Early Learning

Health — Ages 3–5

Age 3

HUMAN DEVELOPMENT Students will learn independence in basic hygiene skills and understand different types of touch.

1. Participate in and develop personal hygiene and care. HE 3 YR.1.1
2. Develop an awareness between appropriate and inappropriate touch. HE 3 YR.1.2

HEALTH FOUNDATIONS AND PROTECTIVE FACTORS OF A HEALTHY SELF Students will learn the characteristics of safe and healthy relationships.

1. With prompting and support, recognize trusted adults (for example, parent, guardian, relative, teacher, counselor, clergy) and describe how to recognize the characteristics that make them trusted and safe. HE 3 YR.2.1
2. Identify and practice how to make friends and be a good friend by calling peers by name and engaging in parallel and associative play. HE 3 YR.2.2
3. With prompting and support, begin to join in, maintain interactions, and interact cooperatively with others by sharing, turn-taking, resolving conflicts, and recognizing others' needs. HE 3 YR.2.3
4. With prompting and support, attend to and show appreciation for the actions or choices of others (for example, compliment others). HE 3 YR.2.4

MENTAL AND EMOTIONAL HEALTH Students will identify emotions and react appropriately to different emotions.

1. With prompting and support, express, identify, and label emotions (for example, happy, sad, angry, afraid) and feelings (for example, thirsty, hungry, hot, cold, tired). HE 3 YR.3.1
2. With prompting and support, begin to demonstrate methods to calm down (for example, deep breathing, count to ten, mindfulness). HE 3 YR.3.2
3. With prompting and support, begin to develop self-control by regulating one's own impulses and feelings, following simple directions, waiting for turns, transitioning between activities, and complying with limitations. HE 3 YR.3.3

NUTRITION Students will understand why food choices are important for health.

1. Begin to identify the difference between healthy and less healthy food choices. HE 3 YR.4.1
2. Begin to identify why eating healthy food is important. HE 3 YR.4.2

With prompting and support, try new foods from a variety of food groups. HE 3 YR.4.3

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Age 4

HUMAN DEVELOPMENT Students will learn independence in basic hygiene skills and understand different types of touch.

1. Show independence in personal hygiene and care. HE 4 YR.1.1
2. With prompting and support, distinguish between appropriate and inappropriate touch. HE 4 YR.1.2

HEALTH FOUNDATIONS AND PROTECTIVE FACTORS OF A HEALTHY SELF Students will learn the characteristics of safe and healthy relationships.

1. With prompting and support, identify trusted adults (for example, parent, guardian, relative, teacher, counselor, clergy) and describe how to recognize the characteristics that make them trusted and safe. HE 4 YR.2.1
2. Identify and practice how to make friends and be a good friend by developing and using friendship skills with peers and participating in cooperative play. HE 4 YR.2.2
3. With prompting and support, join in, invite, and interact cooperatively with others by sharing, turn-taking, resolving conflicts, and recognizing others' needs. HE 4 YR.2.3
4. With prompting and support, attend to and show appreciation for the actions or choices of others (for example, compliment others). HE 4 YR.2.4

MENTAL AND EMOTIONAL HEALTH Students will identify emotions and react appropriately to different emotions.

1. Express, identify, and label emotions of self and others (for example, happy, sad, angry, afraid, frustrated, bored) and feelings (for example, thirsty, hungry, hot, cold, tired). HE 4 YR.3.1
2. With prompting and support, begin to demonstrate methods to calm down (for example, deep breathing, count to ten, mindfulness). HE 4 YR.3.2
3. With prompting and support, develop and practice self-control by regulating one's own impulses and feelings, following simple directions, waiting for turns, transitioning between activities, and complying with limitations. HE 4 YR.3.3

NUTRITION Students will understand why food choices are important for health.

1. Identify a variety of healthy foods. HE 4 YR.4.1
2. Identify why eating healthy food is important and begin to categorize into food groups. HE 4 YR.4.2
3. With prompting and support, try new foods from a variety of food groups. HE 4 YR.4.3