Utah Health

Kindergarten (June 2026 edition)

HEALTH FOUNDATIONS AND PROTECTIVE FACTORS OF HEALTHY SELF (HF) Students will learn characteristics of a safe and healthy relationship.	1 **Identify trusted adults (for example, parent, guardian, relative, teacher, counselor, clergy) and describe how to recognize the characteristics that make them trusted and safe.** K.HF.1
	2 **Describe how to make friends and be a good friend.** K.HF.2
	3 **Communicate respectfully with others.** K.HF.3
MENTAL AND EMOTIONAL HEALTH (MEH) Students will identify emotions and how to appropriately react to different emotions.	1 **Identify how different emotions feel and how the body reacts to those emotions.** K.MEH.1
	2 **Practice methods to calm down (for example, deep breathing, counting to 10, mindfulness).** K.MEH.2
NUTRITION (N) Students will understand what people eat and why food choices are important for health.	1 **List a variety of healthy foods from each food group.** K.N.1
	2 **Explain the importance of choosing healthy foods and beverages at each meal.** K.N.2
	3 **Discuss the importance of trying new foods.** K.N.3
HUMAN DEVELOPMENT (HD) Students will learn basic hygiene skills and how to interact with others appropriately.	1 **Describe why oral hygiene, washing body and hands, and wearing clean clothes are important for a healthy body.** K.HD.1
	2 **Explain different methods (for example, booster seats, seatbelts, helmets, safety equipment, visiting healthcare providers) for keeping the developing body safe and healthy.** K.HD.2
	3 **Distinguish between appropriate and inappropriate touch.** K.HD.3
	4 **Discuss how to clearly say no, leave a situation or interaction, and identify and talk with a trusted adult when feeling uncomfortable, afraid, or unsafe.** K.HD.4