

Kindergarten

Wellness Promotion and Disease Prevention

- 1 Identify and discuss the functions of sensory organs. [WE.K.1](#)
- 2 Identify proper personal hygiene skills (e.g., brushing teeth, hand washing). [WE.K.2](#)
- 3 Identify healthy foods. [WE.K.3](#)

Wellness Information and Services

- 4 Identify healthcare/safety professionals (e.g., teachers, policemen, school nurses, dentists, doctors). [WE.K.4](#)
- 5 Demonstrate when and how to call 9-1-1 emergency services. [WE.K.5](#)
- 6 Identify healthy and unhealthy household products and recognize danger symbols (e.g., Mr. Yuck, skull and crossbones). [WE.K.6](#)

Wellness Behaviors

- 7 Identify proper clothing to wear for different weather conditions and activities. [WE.K.7](#)
- 8 Describe the function of safety equipment used during play (e.g., helmets, knee pads, elbow pads). [WE.K.8](#)
- 9 Demonstrate safety procedures (e.g., street crossing, fire drills, transportation safety). [WE.K.9](#)
- 10 Explain medication should be avoided without supervised use. [WE.K.10](#)
- 11 Identify unsafe actions that might lead to injuries. [WE.K.11](#)
- 12 Explain that all people, including children, have the right to tell others not to touch their body. [WE.K.12](#)
- 13 Identify adults to notify when uncomfortable with certain touches. [WE.K.13](#)
- 14 Recognize tobacco, alcohol, and other drugs as harmful substances. [WE.K.14](#)
- 15 Identify feelings and ways to deal with difficult emotions. [WE.K.15](#)
- 16 Recognize potentially harmful or dangerous situations and explore appropriate refusal skills (e.g., meeting strangers, using harmful substances). [WE.K.16](#)