

## Kindergarten Health Standards

<b>Grade Level</b> <b>Skill</b> <b>Focus</b>	<b>→ Students analyze the influence of family, peers, culture, social media, technology, and other determinants on health behaviors. (Skill 2)</b> <b>→ Students demonstrate effective interpersonal communication skills to enhance health. (Skill 4)</b>
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### Wellness and Health Promotion (WHP)

- K.WHP.1** Define what a value is and name values that different people and families care about.
- K.WHP.2** Identify illnesses that are easily transmitted and illnesses that are not.
- K.WHP.3** Understand steps to protect eyes, teeth, skin, and ears.
- K.WHP.4** Identify three wellness practices that help one feel good and have energy.
- K.WHP.5** Identify different types of healthcare workers who help people feel better.
- K.WHP.6** Describe how family and friends influence health practices and behaviors.
- K.WHP.7** Understand the importance of access to clean air, clean water, food, and shelter.

### Safety and First Aid (SFA)

- K.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.2** Understand how to identify trusted adults that can help keep people safe at home, at school, and in the community.
- K.SFA.3** Practice how to ask trusted adults for help when feeling uncomfortable, scared, confused, or unsafe.
- K.SFA.4** Explain safety rules for home, school, and the community, including firearm safety rules.
- K.SFA.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.

### Substance Use, Misuse, and Abuse (SUB)

- K.SUB.1** Discuss how to use medicines correctly.
- K.SUB.2** Understand that some medicines and substances can be poisonous.
- K.SUB.3** Identify family and school rules about medicine use.

### Food, Nutrition, and Physical Activity (FNP)

- K.FNP.1** Understand that food comes from plants and animals and provides energy to help people grow, develop, and learn.
- K.FNP.2** Understand the importance of eating a variety of foods and trying new foods and activities.
- K.FNP.3** Describe the benefits of drinking water, especially when physically active.
- K.FNP.4** Analyze how people eat and prepare foods differently based on culture, personal

- preference, and availability.
- K.FNP.5** Identify food practices that make mealtimes enjoyable.
  - K.FNP.6** Understand that not all people can eat all kinds of food.

### **Social, Emotional, and Mental Health (SEM)**

- K.SEM.1** *TSEL Practice 4B* Demonstrate empathy and affirm other's perspectives during teamwork and collaborative problem solving.
- K.SEM.2** Identify how mental health is a part of overall health and well-being.
- K.SEM.3** Identify a trusted parent, caregiver, or adult to talk with about feelings.
- K.SEM.4** Identify ways to appreciate and take care of body and mind.

### **Healthy Relationships and Violence Prevention (HRVP)**

- K.HRVP.1** Define what a relationship is and identify different kinds of relationships.
- K.HRVP.2** Understand that all people have the right to feel safe and free from bullying and violence.
- K.HRVP.3** Recognize that everyone has different interests, likes, and ways to express identities.
- K.HRVP.4** Define what a personal boundary is and recognize that personal boundaries differ in different kinds of relationships and for different people.
- K.HRVP.5** Discuss how to use words to communicate needs and boundaries, and how to listen to the needs of others.
- K.HRVP.6** Describe the characteristics of a trusted adult.
- K.HRVP.7** Identify that bullying and teasing are harmful.
- K.HRVP.8** Understand that it is never okay to touch someone without their permission.
- K.HRVP.9** Identify that abuse is never a child's fault and discuss how to communicate personal boundaries and report unsafe or unwanted touch.

### **Growth and Development (GD)**

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