

# Kindergarten

## Mental and Emotional Health

### **1 Remember the association of healthy expression of emotions, mental health, and healthy behavior.** *K.MEH.1*

- 1 Identify a variety of feelings that people experience and ways of expressing them. *K.MEH.1.1*
- 2 Demonstrate personal responsibilities for actions and possessions. *K.MEH.1.2*

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### **2 Identify that effort and practice lead to improved skills.** *K.MEH.2*

- 1 Remember that mistakes are important for learning. *K.MEH.2.1*
- 2 Remember that practice is needed to improve performance. *K.MEH.2.2*

## Personal and Consumer Health

### **1 Demonstrate age-appropriate personal behaviors that promote health and prevent disease.** *K.PCH.1*

- 1 Identify that healthy behaviors impact personal health. *K.PCH.1.1*
- 2 Use steps of correct hand washing at appropriate times throughout the day. *K.PCH.1.2*
- 3 Model proper tooth brushing techniques. *K.PCH.1.3*
- 4 Explain rationale for not sharing hygiene products (combs, brushes, toothbrushes). *K.PCH.1.4*
- 5 Select and use appropriate clothing according to the weather. *K.PCH.1.5*

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### **2 Understand necessary steps to prevent and respond to unintentional injury.** *K.PCH.2*

- 1 Recognize the meanings of traffic signs and safe practices for being a pedestrian and bicyclist. *K.PCH.2.1*
  - 2 Explain the benefits of safety equipment including seat belts, booster seats, helmets, mouth guards, shin guards, and flotation devices. *K.PCH.2.2*
  - 3 Illustrate how to get help in an emergency. *K.PCH.2.3*
  - 4 Identify appropriate responses to warning signs, sounds, and labels. *K.PCH.2.4*
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## Interpersonal Communications and Healthy Relationships

### 1 Recognize healthy and effective interpersonal communication and relationships. [K.ICHR.1](#)

- 1 Explain reasons for sharing. [K.ICHR.1.1](#)
  - 2 Recognize that all people have inherent value and dignity regardless of differences. [K.ICHR.1.2](#)
  - 3 Give examples of protective behaviors to use when approached by someone who you don't know or someone who makes you feel unsafe [K.ICHR.1.3](#)
  - 4 Recognize bullying, teasing, and aggressive behaviors and how to respond. [K.ICHR.1.4](#)
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## Nutrition and Physical Activity

### 1 Identify sources of food and water and their importance to the body. [K.NPA.1](#)

- 1 Recognize that food gives us energy. [K.NPA.1.1](#)
  - 2 Identify that fruits and vegetables come from plants. [K.NPA.1.2](#)
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### 2 State the importance of physical activity for the body. [K.NPA.2](#)

- 1 List ways to be physically active. [K.NPA.2.1](#)
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## Alcohol, Nicotine, Cannabis, and other Drugs

### 1 Understand household safety procedures for products and medicines with adult supervision. [K.ANCOD.1](#)

- 1 Explain what is likely to happen if harmful household products are ingested or inhaled. [K.ANCOD.1.1](#)
- 2 Recognize that some medications look like candy. [K.ANCOD.1.2](#)
- 3 Identify a parent, guardian, or trusted adult and professionals who can be trusted to provide safety information about household products and medicines. [K.ANCOD.1.3](#)
- 4 Use appropriate strategies to access help when needed in emergencies involving household products and medicines. [K.ANCOD.1.4](#)