

Kindergarten

Wellness and Health Promotion WHP

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

Safety and First Aid 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.1
- 2 Understand how to identify trusted adults that can help keep people safe at home, at school, and in the community. K.SFA.2
- 3 Practice how to ask trusted adults for help when feeling uncomfortable, scared, confused, or unsafe. K.SFA.3
- 4 Explain safety rules for home, school, and the community, including firearm safety rules. K.SFA.4
- 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. K.SFA.5

Substance Use, Misuse, and Abuse SUB

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

Food, Nutrition, and Physical Activity FNP

- 1 Understand that food comes from plants and animals and provides energy to help people grow, develop, and learn.** K.FNP.1
- 2 Understand the importance of eating a variety of foods and trying new foods and activities.** K.FNP.2
- 3 Describe the benefits of drinking water, especially when physically active.** K.FNP.3
- 4 Analyze how people eat and prepare foods differently based on culture, personal preference, and availability.** K.FNP.4
- 5 Identify food practices that make mealtimes enjoyable.** K.FNP.5
- 6 Understand that not all people can eat all kinds of food.** K.FNP.6

Social, Emotional, and Mental Health SEM

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

Healthy Relationships and Violence Prevention HRVP

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

Growth and Development GD

- 1 Discuss different types of family structures and why all families deserve respect.** K.GD.1

- 2 Identify ways in which human bodies are the same and different from each other, and how bodies change over time.** K.GD.2

- 3 Name reproductive body parts, using medically accurate terminology.** K.GD.3