

# 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

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

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