

Kindergarten Health Goals – Draft 1/7/04

State Goal 22 Understand principles of health promotion and the prevention and treatment of illness and injury

Standard 22A Explain the basic principles of health promotion, illness prevention, and safety.

- Recognize the importance of covering one's mouth and nose when sneezing or coughing.
- Demonstrate how to avoid infecting others with germs.
- Recognize the necessity of washing hands to prevent the transmission of germs.
- Talk about the importance of taking medicines in the presence of a responsible adult.
- Practice procedures to follow during tornado and fire drills.
- Demonstrate how to dress properly in varying types of weather.

22B Describe and explain the factors that influence health among individuals, groups, and communities

- Recognize skills necessary to ensure safety and cleanliness.
- Identify people and services within the school responsible for health-related issues.

22C Explain how the environment can affect health

- Explain what it means to recycle.
- Be aware of what pollution is.

State Goal 23 Understand human body systems and factors that influence growth and development.

23A Describe and explain the structure and functions of the human body systems and how they interrelate.

- Identify basic body parts: head, legs, arms, chest, feet, hands, eyes, ears, and nose.

23B Explain the effects of health related actions on the body systems

- Recognize why it is important to brush your teeth.
- Identify healthy snacks

23C Describe factors that affect growth and development

- Describe how families share time together.
- Give examples of what makes a friend a friend.
- Recognize basic emotions/ feelings such as mad, sad, happy, frustrated, afraid.

Goal 24 Promote and enhance health and well-being through the use of effective communication and decision-making skills.

24A Demonstrate procedures for communicating in positive ways, resolving differences, and preventing conflict.

- Recall safety rules at home, at school, and in the community.
- Recognize when to ask an adult for help.
- Recognize basic emotions.
- Name the components of good listening skills.
- Identify good manners
- Discuss good and bad behaviors.

24B Apply decision-making skills related to the promotion and protection of individual health

- Remember to wash hands at appropriate times.

24C Demonstrate skills essential to enhancing health and avoiding dangerous situations

- Discuss who strangers are and why one should be cautious around them.
- Define 'good touch' and 'bad touch'.
- Recite your name, address, and phone number.
- Practice using emergency numbers in your community, including 911 if it is available.
- Explain the role of fire fighters and police officers.