

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](#)
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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](#)