

KINDERGARTEN: HEALTH CURRICULUM FRAMEWORKS

NATIONAL STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.		
Minnesota Benchmark	Activities	Resources*
The student will describe how individual behavior affects individual health.	<u>Unit: Emotional, Intellectual, and Social Health</u> <ul style="list-style-type: none"> • Name examples of good touch and bad touch/gestures. <u>Unit: Nutrition</u> <ul style="list-style-type: none"> • Explain how food is fuel for the body and brain. • List/identify healthy snacks. <u>Unit: Disease Prevention and Control</u> <ul style="list-style-type: none"> • Describe how to prevent the spread of germs (e.g., hand washing) <u>Unit: Personal Health</u> <ul style="list-style-type: none"> • List how to keep yourself healthy and safe. <u>Unit: Injury Prevention</u> <ul style="list-style-type: none"> • Predict what happens when playing in safe and unsafe ways. 	
The student will describe how the family influences personal health.	<u>Unit: Family Life, Growth, and Development</u> <ul style="list-style-type: none"> • Discuss how a family helps you to be healthy. • Identify cultural customs (e.g., eating habits, health care practices, celebrations). • Explore how families are alike and different. 	
NATIONAL STANDARD 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.		
Minnesota Benchmark	Activities	Resources*
The student will explain how information and how we spend our time influences health.	<u>Unit: Emotional, Intellectual, and Social Health</u> <ul style="list-style-type: none"> • Describe personal TV-watching habits <u>Unit: Personal Health</u> <ul style="list-style-type: none"> • Describe personal TV-watching habits. • Draw pictures that show the impact of long periods of watching TV or playing video games and personal health. 	

*The following resources are available throughout the year in all units: Brain Pop, “Scholastic News,” Morning Meeting, Leveled Readers, Apps for iPads

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NATIONAL STANDARD 3: Students will demonstrate the ability to access valid information and products and services to enhance health.		
Minnesota Benchmark	Activities	Resources*
The student will demonstrate the ability to locate school and community health helpers.	<u>Unit: Injury Prevention</u> <ul style="list-style-type: none"> • Identify safety rules for home, school and community. • Practice how to ask for help if you, a friend, or family member were injured or in trouble. • Explain why, how, and when you need to call 911. • Identify health helpers outside of family (e.g., doctor, firefighter). 	
NATIONAL STANDARD 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.		
Minnesota Benchmark	Activities	Resources*
The student will show healthy ways to express needs, wants, and feelings.	<u>Unit: Emotional, Intellectual, and Social Health</u> <ul style="list-style-type: none"> • Discuss how you are a special person. • Identify comfortable and uncomfortable feelings. • Demonstrate how to say NO to inappropriate touch. • Identify ways you might hurt others or they might hurt you. 	
NATIONAL STANDARD 5: Students will demonstrate the ability to use decision-making skills to enhance health.		
Minnesota Benchmark	Activities	Resources*
The student will identify skills in problem solving and decision making.	<u>Unit: Drug Use Prevention</u> <ul style="list-style-type: none"> • Identify safety rules for medicines and health-care products. <u>Unit: Personal Health</u> <ul style="list-style-type: none"> • Choose between healthy and unhealthy choices (e.g., nutrition, tobacco, violence prevention, conflict). <u>Unit: Injury Prevention</u> <ul style="list-style-type: none"> • List harmful substances to avoid. • Explain the consequences of playing with weapons. 	

*The following resources are available throughout the year in all units: Brain Pop, “Scholastic News,” Morning Meeting, Leveled Readers, Apps for iPads

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NATIONAL STANDARD 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.		
Minnesota Benchmark	Activities	Resources*
The student will identify responsible health behaviors.	<u>Unit: Drug Use Prevention</u> <ul style="list-style-type: none"> • Explain the difference between medicine and dangerous substances (e.g., insect spray, cleaning fluids, gasoline). <u>Unit: Injury Prevention</u> <ul style="list-style-type: none"> • Identify an emergency and recognize when to get help. 	
NATIONAL STANDARD 8: Students will demonstrate the ability to advocate for personal, family, and community health.		
Minnesota Benchmark	Activities	Resources*
The student will identify safe behaviors in the home, school, and community.	<u>Unit: Emotional, Intellectual, and Social Health</u> <ul style="list-style-type: none"> • Role-play how to respond to peer pressure in terms of following safe practices. 	

District Standard	Activities	Resources*
The student will use refusal skills to say no to drugs	<u>Unit: Drug Use Prevention</u> <ul style="list-style-type: none"> • List a variety of ways to say no to peer pressure (drugs) 	
The student will describe what a stranger is.	<u>Unit: Injury Prevention</u> <ul style="list-style-type: none"> • Describe a stranger. 	

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