

**Helena Public Schools
Kindergarten
Classroom Teacher
Health and Wellness**

Health Maintenance & Enhancement

- Explore how people grow and change
- Identify feeling of hunger and feelings of fullness
- Identify a trusted adult to notify of hunger in the home
- Begin to explore that food comes from plants and animals
- Understand that foods fit into different categories, and that we need a variety to stay healthy
- Understand the importance of breakfast and healthy snacks
- Illustrate proper food safety procedures such as washing hands, not touching others food, and washing fruits and vegetables
- Identify how food fits into individual cultures & society
- Identify & encourage feelings of hunger & feeling full & mindful eating (appetite) exercises
- Know the importance of eating breakfast
- Identify community helpers & health professionals (e.g., fire, police, nurse, doctor, dentist, pediatrician, pharmacist, safety patrol)
- Recognize that people have disagreements & choices on how to resolve them
- Identify safety rules & procedures and demonstrate self control
- Demonstrates self-directed behavior without external rewards
- Explore goal setting and rewards for a healthy life style

Functions & Interrelationships of Systems

- Identify the five senses
- Recognize how to protect vision & hearing
- Show location of central nervous system (brain, spinal cord)
- Awareness that people have different skin
- Show the location of the heart and lungs
- Identify the basic components of the respiratory system (e.g., nose, mouth, lungs)
- Identify the location of the stomach
- State qualities of a good friend
- Appreciate the uniqueness of the individual and the way in which people are the same and different.
- Respect the rights & feelings of others
- Understand that children need help from adults to make some decisions
- Understand all decisions have consequences, positive and/or negative
- Recognize elements of a healthy relationship (i.e. respect, caring, boundaries)
- Recognize small children make many decisions such as what clothes to wear, which toys to play with, or with who to be friends

Risk Assessment & Reduction

- Recognize the positive lifestyle behaviors (e.g., sunscreen physical activity, diet, sleep, stress management)
- Identify safe & unsafe practices & conditions at home, school, & in the community (e.g., 911, Emergency plan)
- Recognize warning labels that identify harmful items & substances (e.g., cleaning products, plastic bags)
- Explain how to make emergency phone calls
- Recognize how the environment affects a person's health
- Identify ways to protect the body from the environment (e.g., sunscreen, insect repellent, sunglasses, goggles, hats)