

Helena Public Schools  
Kindergarten  
School Counselor  
Health and Wellness

**Health Maintenance & Enhancement**

**Support the following Competencies:**

- Recognize & practice saying “no” to unhealthy actions & behaviors
- Identify and demonstrate calming strategies for stress-like behaviors
- Recognize what stress is & how it affects the body

**Function**

**Support the following Competencies:**

- Recognize that people express love differently to their parents, families, and friends
- Understand that love means having deep & warm feelings about oneself & others
- Recognize that family structures differ
- Recognize different emotions
- Identify appropriate ways of expressing feelings & recognize verbal & nonverbal cues associated with each (e.g., happy, sad, mad, & afraid)
- Demonstrate peaceful conflict resolution
- Understand that some people have mental illnesses
- Understand that mental illness can be managed

**Risk Assessment & Reduction**

**Support the following Competencies:**

- Recognize that there are safe & unsafe substances that can be taken into the body
- Identify ways to stay away from dangerous substances
- Recognize that tobacco, alcohol, & other drugs can have dangerous effects on the body