

Kindergarten Health Education Course Overview

<p>1.0 Wellness</p> <p>1.1 Health Habits</p> <p>1.1.1 hand washing</p> <p>1.1.2 exercise and rest</p> <p>1.1.3 nutrition</p> <p>1.1.4 food guide pyramid</p> <p>1.1.5 importance of drinking water</p> <p>1.1.6 cleanliness habits hair nails and body</p> <p>1.1.7 feelings-describe and name</p> <p>1.1.8 anger</p> <p>1.1.9 sadness and grief</p> <p>1.1.10 ways to share feelings</p> <p>1.1.11 recognize stress</p> <p>2.0 Physical Health/Disease Prevention</p> <p>2.1 Understand physical health</p> <p>2.1.1 label and locate body parts</p> <p>2.1.2 five senses</p> <p>2.1.3 keep body organs healthy</p> <p>2.1.4 dental health</p> <p>2.2 Disease Prevention</p> <p>2.2.1 recognize symptoms treatments for communicable diseases</p> <p>2.2.2 hand washing for disease prevention</p> <p>2.2.3 prevention of heart disease and cancer</p> <p>2.2.4 germs and disease</p> <p>2.2.5 HIV-AIDS responding to someone who is bleeding</p>	<p>3.0 Human Relationships</p> <p>3.1 Cooperation and Friendship</p> <p>3.1.1 sharing</p> <p>3.1.2 taking turns</p> <p>3.1.3 helping other</p> <p>3.1.4 conflict resolution skills</p> <p>3.1.5 boys/girls-equally special</p> <p>3.1.6 boys/girls-expressing feelings</p> <p>3.1.7 boys/girls-physically active</p> <p>3.1.8 boys/girls-learn many things</p> <p>3.2 Family</p> <p>3.2.1 meaning</p> <p>3.2.2 family caring for one another-rules</p> <p>4.0 Substance Abuse Prevention</p> <p>4.1 Substance Use Affects the Body</p> <p>4.1.1 drugs change people</p> <p>4.1.2 medicine should be given by adults</p> <p>4.1.3 making healthy choices</p> <p>4.1.4 smoking risks</p> <p>5.0 Safety</p> <p>5.1 Understanding Safety</p> <p>5.1.1 safety rules – home, school, community</p> <p>5.1.2 gun safety</p> <p>5.2 Personal Body Rights</p> <p>5.2.1 body protection</p> <p>5.2.2 bathing suit zones</p> <p>5.2.3 okay to touch</p> <p>5.2.4 trusted adults</p> <p>5.2.5 not a child's fault</p>
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