

# STANDARDS FOR HEALTH AND WELLNESS: KINDERGARTEN

## CATALINA FOOTHILLS SCHOOL DISTRICT

### **Standard 1: Essential Health Concepts**

**Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

HW.K.1.1 Recognize that a healthy person is healthy in body and mind (for example: a healthy person eats well and gets exercise; required: express emotions/feelings appropriately).

HW.K.1.2 Identify healthy behaviors (for example: eating habits – eating a good breakfast, good sleep patterns, personal hygiene: brushing teeth/flossing, bathing, eating healthy foods/snacks; required: sun safety practices – wearing sunscreen and hat).

HW.K.1.3 Describe ways to prevent communicable diseases (for example: appropriate steps to hand washing, food sharing, using/throwing away tissues, coughing/sneezing and covering mouth).

### **Standard 2: Analyzing Influences**

**Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

HW.K.2.1 Describe how the family influences personal health practices and behaviors (for example: how a family member models food choices, eating habits, outdoor activities/play, going to the dentist).

HW.K.2.2 Identify ways that technology can influence personal health (for example: technology tools for medical testing, hearing, vision, tracking heart rate, vaccinations, allergies, asthma, epi-pen).

### **Standard 3: Accessing Valid Information and Services**

**Demonstrate the ability to access valid information and products or services to enhance health.**

HW.K.3.1 Identify trusted adults and professionals who can help promote health (for example: parents, teachers, school counselor, school nurse, health care workers - doctors, dentists).

HW.K.3.2 Explain ways to identify trustworthy adults who can help with health-related issues or problem-solving.

#### **Standard 4: Interpersonal Communication**

**Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

HW.K.4.1 Demonstrate active listening skills (for example: not interrupting, body language – eye contact). [Connect to ELA Listening and Speaking standards]

HW.K.4.1 Demonstrate healthy ways to express needs, wants, and feelings (for example: taking turns, disagreeing with a friend, using simple problem solving strategies: words instead of hands, walking away or ignoring, saying how you feel - “I message”; required: show how to tell a trusted adult if feeling unsafe or threatened, stranger danger, bullying, saying “no” to an inappropriate touch). [Connect to Developmental Guidance.]

#### **Standard 5: Decision Making**

**Demonstrate the ability to use decision-making skills to enhance health.**

HW.K.5.1 Describe situations when a health-related decision is needed (for example: dangerous situations, when a stranger approaches you on the street; washing hands after using restroom, going to the nurse for a stomach ache, using a band-aid when bleeding, when to use a tissue, taking medications).

#### **Standard 6: Goal Setting**

**Demonstrate the ability to use goal-setting skills to enhance health.**

HW.K.6.1 Identify a short-term personal health goal and take action toward achieving the goal (for example: setting times to brush teeth, eating healthy snacks, getting enough sleep, playing outdoors every day, increasing exercise/fitness activities, using sunscreen, drinking water). [Connect to Physical Education & Standard 7]

#### **Standard 7: Practicing Health-Enhancing Behaviors**

**Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

HW.K.7.1 Demonstrate healthy practices and behaviors to maintain or improve personal health (for example: hand washing techniques, hygiene practices, following rules for safe play and safety routines – exiting the classroom properly during a fire drill to prevent injuries). [Connect to Standard 1 and Standard 6]

#### **Standard 8: Health Promotion**

**Demonstrate the ability to advocate for personal, family, and community health.**

HW.K.8.1 Make requests to promote personal health (for example: writing rules for the school/classroom, making healthy food choices, asking parents to buy healthy snacks; required: stranger danger, bullying). [Connect to Standard 3]