

## Content Area: Health

### Standard 1: Social and Emotional Health

Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

**Topic:** Emotions

**Indicator:** Examine emotions and responses to various situations

- Objectives:**
1. Identify words that describe a variety of feelings
  2. Discuss healthy ways to express feelings

**Topic:** Character Traits

**Indicator:** Identify positive and negative character traits, contributing to one's uniqueness

- Objectives:**
1. Identify and practice skills for making and keeping friends

**Topic:** Communication

**Indicator:** Recognize methods of communication

- Objectives:**
1. Show consideration and respect for self and others
  2. Choose nonviolent ways to resolve conflicts

### Standard 2: Alcohol, Tobacco, and Other Drugs

Students will demonstrate the ability to use drug knowledge, decision-making skills, and health enhancing strategies to address the use, non-use, and abuse of medications, alcohol, tobacco, and other drugs.

**Topic:** Medicine

**Indicator:** Identify appropriate uses of medicine

- Objectives:**
1. Recognize the safe use of medicines

### Standard 3: Personal and Consumer Health

Students will demonstrate the ability to use consumer knowledge, skills, and strategies to develop sound personal health practices involving the use of health care products, services, and community resources.

(there are no PreK objectives for this standard)

### Standard 4: Family Life and Human Sexuality

Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and health growth and development throughout the life cycle.

(there are no PreK objectives for this standard)

### **Standard 5: Safety and Injury Prevention**

Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.

**Topic:** Emergencies

**Indicator:** Recognize how to respond appropriately to emergency situations.

- Objectives:**
1. Identify how to respond to emergency situations such as tell an adult and call 911 (WSS VII C2)
  2. Identify ways to be safe in a car and on the school bus
  3. Demonstrate the safe use of school materials (paint, glue, scissors, crayons, pencils)

**Topic:** Child Abuse Prevention

**Indicator:** Identify ways to stay safe from strangers

- Objectives:**
1. Identify reasonable choices and alternatives regarding interactions with strangers
  2. Identify parts and name parts of the body
  3. State what to do if someone touches their body appropriately or inappropriately

### **Standard 6: Nutrition and Fitness**

Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.

**Topic:** Response to Food

**Indicator:** Identify the relationships between food and the senses

- Objectives:**
1. Recognize that foods have different tastes (i.e., sweet, sour, bitter, and salty)

**Topic:** Food and Health

**Indicator:** Recognize the relationship between food and health

- Objectives:**
1. Tell why the body needs food (WSS VII C2)

**Topic:** Manners

**Indicator:** Define proper eating manners

- Objectives:**
1. Identify healthy eating habits and proper eating manners

## **Standard 7: Disease Prevention and Control**

Students will demonstrate the ability to apply prevention and treatment knowledge, skills, and strategies to reduce susceptibility and manage disease.

**Topic:** Prevention Practices

**Indicator:** Identify ways to reduce risk for becoming sick

- Objectives:**
1. Recognize that germs can make a person sick
  2. Recognize the signs of illness and when to tell an adult
  3. Identify ways to reduce the risk of becoming sick
  4. Identify healthy personal hygiene habits and reasons for each
  5. List the proper times and procedures for washing hands