

Content Area: Comprehensive Health and Physical Education

Standard: 3. Emotional and Social Wellness in Health

Prepared Graduates:
➤ Utilize knowledge and skills to enhance mental, emotional, and social well-being

Grade Level Expectation: Kindergarten

Concepts and skills students master:
1. Exhibit understanding that one's actions impact others

Evidence Outcomes	21st Century Skills and Readiness Competencies
--------------------------	--

Students can:

- a. Demonstrate ways to show respect, consideration, and care for others
- b. Explain the importance of respecting the personal space and boundaries of others
- c. Explain that feelings influence behavior

Inquiry Questions:

- 1. How does the way I feel change how I act?
- 2. How do my actions affect others?

Relevance and Application:

- 1. Families are places where personal space is practiced.
- 2. Feelings affect behavior at home and at school.

Nature of Health:

- 1. The understanding of how emotions influence behavior and physical feelings is important to emotional and mental health.

Content Area: Comprehensive Health and Physical Education

Standard: 2. Physical and Personal Wellness in Health

Prepared Graduates:

- Apply knowledge and skills related to health promotion, disease prevention, and health maintenance

Grade Level Expectation: Kindergarten

Concepts and skills students master:

1. Explain how personal hygiene and cleanliness affect wellness

Evidence Outcomes

Students can:

- a. Describe what it means to be healthy
- b. Explain why hygiene is important for good health
- c. Demonstrate the steps for proper hand washing
- d. Explain positive outcomes from brushing and flossing teeth daily
- e. Demonstrate steps for proper brushing and flossing of teeth
- f. Explain why sleep and rest are important for proper growth and good health

21st Century Skills and Readiness Competencies

Inquiry Questions:

1. What does it mean to be healthy?
2. How would your teeth look and feel if you did not brush them?
3. What if nobody ever washed their hands?

Relevance and Application:

1. Lack of sleep affects concentration and mood.
2. Effective hand washing can reduce the spread of germs that cause colds and flu.

Nature of Health:

1. Good hygiene promotes good physical health.