

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
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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	21st Century Skills and Readiness Competencies
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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

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.