

**HEALTH
KINDERGARTEN
CURRICULUM MAP**

August/September	October	November	December
<p>3. Understands the relationship of family health to individual health.</p> <ul style="list-style-type: none"> • Knows the roles of parents and the extended family in supporting a strong family and promoting the health of children (e.g., the limits parents set for children, the value or religious beliefs taught, behaviors and values modeled). • Hand washing (keep hands out of mouth/nose) • General safety issues (bus, playground, classrooms, hallway...) • Importance of a good nights sleep and a healthy breakfast. 	<p>5. Knows essential concepts and practices concerning injury prevention and safety.</p> <ul style="list-style-type: none"> • Knows precautions that should be taken in special conditions (e.g., bad weather, Halloween, darkness, staying home alone, being approached by strangers, avoiding conflicts). <p>9. Understands aspects of substance use and abuse.</p> <ul style="list-style-type: none"> • Knows how to distinguish between helpful and harmful substances. 	<p>6. Understands essential concepts about nutrition and diet.</p> <ul style="list-style-type: none"> • Classifies foods and food combinations according to the food groups. 	<p>1. Knows the availability and effective use of health services, products, and information.</p> <ul style="list-style-type: none"> • Knows community health service providers and their roles (e.g., paramedics, dentists, nurses, sanitarians, dietitians). <p>5. Knows essential concepts and practices concerning injury prevention and safety.</p> <ul style="list-style-type: none"> • Knows how to recognize emergencies and respond appropriately (e.g., uses telephone appropriately to obtain help; identifies and obtains help from police officers, fire fighters, and medical personnel; treats simple injuries such as scratches, cuts, bruises, and first-degree burns).

Embedded All Year: 4. Knows how to maintain mental and emotional health.

Identifies and shares feelings in appropriate ways.

Use words not fists to solve problems.

*Encourage exercise/physical activity.

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January	February	March/April	May
<p>8. Knows essential concepts about the prevention and control of disease.</p> <ul style="list-style-type: none"> • Knows the signs and symptoms of common illnesses (e.g., fever, rashes, coughs, congestion, wheezing). • Cover coughs and sneezes. • Dress appropriately for the weather. 	<p>7. Knows how to maintain and promote personal health.</p> <ul style="list-style-type: none"> • Knows basic personal hygiene habits required to maintain health (e.g., caring for teeth, gums, eyes, ears, nose, skin, hair, nails). 	<p>2. Knows environmental and external factors that affect individual and community health.</p> <ul style="list-style-type: none"> • Knows sources and causes of pollution (e.g., air, ground, noise, water, food) in the community. <p>5. Knows essential concepts and practices concerning injury prevention and safety.</p> <ul style="list-style-type: none"> • Knows ways to seek assistance if worried, abused, or threatened (e.g., physically, emotionally, sexually). <p>*Child abuse prevention month is in April.</p>	<p>10. Understands the fundamental concepts of growth and development.</p> <ul style="list-style-type: none"> • Understands individual differences (in terms of appearance, behavior). • Knows the cycle of growth and development in humans from infancy to old age. <p>5. Knows essential concepts and practices concerning injury prevention and safety.</p> <ul style="list-style-type: none"> • Knows basic fire, traffic, water, and recreation safety practices.

Embedded All Year: 4. Knows how to maintain mental and emotional health.

Identifies and shares feelings in appropriate ways.

Use words not fists to solve problems.

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