



HEALTH
KINDERGARTEN
17.00100

Kindergarten Health Education Standards

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Kindergarten students recognize basic facts and concepts about their bodies and begin to acquire skills and practices that keep them safe and healthy. Students learn to seek help and advice from parents or guardians and other trusted adults and begin to learn how to seek reliable health information. They understand how to make good decisions about simple health issues, to respect others, to follow school safety rules, and to be responsible.

HEK.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Kindergarten students will identify healthy behaviors.

- a. Name healthy behaviors.
- b. Identify that physical health is one dimension of health and wellness.

HEK.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Kindergarten students will recognize and identify external factors that influence their personal health.

- a. Explain how family influences personal health practices.
- b. Identify what the school can do to support personal health practices.

HEK.3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Description: Students will access valid health information and health-promoting products and services. Kindergarten students will identify trusted adults who can assist them in enhancing their health.

- a. Discuss the role of trusted adults and health professionals as sources of health information.
- b. Identify school and community health helpers.

HEK.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Description: Students will use effective communication skills to enhance personal, family, and community health. Kindergarten students will recognize skills needed to develop and maintain healthy personal relationships.

- a. Discuss ways to express feelings in a healthy way.

- b. Develop listening skills to enhance health.

HEK.5: Students will demonstrate the ability to use decision-making skills to enhance health.

Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Kindergarten students will identify health-related situations where decision-making skills are needed.

- a. Identify health-related situations.
- b. Discuss when and what assistance is needed for health-related situations.

HEK.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Kindergarten students will identify personal health goals and determine who can assist them in achieving their goals.

- a. Name a personal health goal.
- b. Identify family members who can assist with achieving short-term health goals.

HEK.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Kindergarten students will name health behaviors to prevent injuries, diseases, and disorders.

- a. Show healthy behaviors that improve personal health and wellness.
- b. Demonstrate healthy behaviors that prevent injuries.

HEK.8: Students will demonstrate the ability to advocate for personal, family, and community health.

Description: Kindergarten students will role model healthy behaviors that promote personal health and encourage positive choices in others.

- a. Seek assistance to promote personal health.
- b. Encourage peers to make positive health choices.