

Kindergarten Health Education Curriculum Overview

Core Unit	MLR	Essential Understandings / Key Concepts
Communication <ul style="list-style-type: none"> • Conflict Resolution • Cooperation • Decision-Making Skills 	A1 C1 E1a E1b	<ul style="list-style-type: none"> - It is important for family members to express ne wants, and feelings in a respectful and positive way. - There are healthy ways for people to express their needs, wants and feelings throughout life. - Expressing feelings in a healthy way promotes personal well-being.
Personal Health <ul style="list-style-type: none"> • Handwashing 	A2 A3 A4 C1b	<ul style="list-style-type: none"> -Practicing proper hygiene (handwashing, cough or sneeze into tissue or arm) promotes personal and environmental health.
Safety <ul style="list-style-type: none"> • Safety Rules 	A1 C2a C2b	<ul style="list-style-type: none"> - Following safety rules as a pedestrian and when riding in or on vehicles (ATVs, snowmobiles, bicycles, cars, busses, etc.) helps to prevent injuries. - Everyone’s personal space and boundaries should be recognized and respected. - Students need personal safety skills to better protect themselves in different situations.
Dental Health <ul style="list-style-type: none"> • Basic Oral Hygiene Skills 	C1b F2	<ul style="list-style-type: none"> - Brushing and flossing remove plaque from tooth surfaces, helping to prevent tooth decay and gum disease. - Teeth should be brushed daily after meals and especially before going to sleep at night.
Nutrition <ul style="list-style-type: none"> • Healthy versus Unhealthy Food Choices • Daily Nutrition Tips 	C1a D1a D1b F2	<ul style="list-style-type: none"> -Messages from family members can influence personal health, including self esteem. - MyPlate is a guide to help make healthy food choices. - Family lifestyle, school food programs and the availability of food affect what we eat.
Prevention and Control of Diseases <ul style="list-style-type: none"> • Healthy Helpers 	B1 E1e	<ul style="list-style-type: none"> -Community and school helpers can assist with personal and family health issues. - Situations that threaten personal safety should be communicated to a trusted adult.
Daily Motor Break	A2	<ul style="list-style-type: none"> - Physical activity benefits the physical, emotional, mental and social components of health.