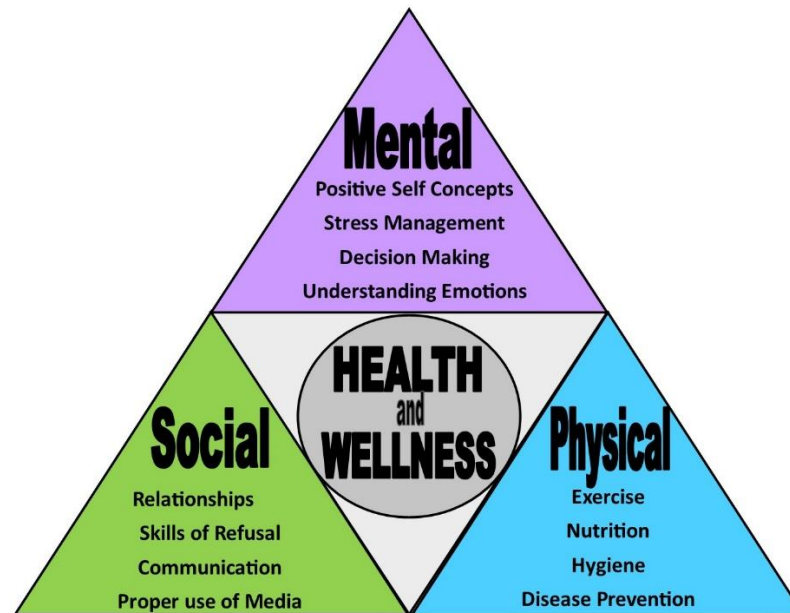


# Kindergarten

The academic success of Utah's students is strongly linked to their health. The goal of Health Education is to support parents and families in developing healthy, responsible students who have the knowledge, skills, and dispositions to work together in an inclusive manner to think critically and participate in a variety of activities that lead to lifelong healthy behaviors. The inclusion of health in a student's education positively contributes to their ability to learn, focus, and achieve health and wellness throughout their lives. The Utah Core Standards for Health Education focus on overall health which includes physical, mental, emotional, and social health in each of the six strands.

The Health Triangle is a tool to show how the three elements of health are interconnected and need to be balanced to achieve overall health and wellness. The image below has some examples of mental, physical, and social health. The Health Education Core Standards are designed to incorporate each area of the triangle within each strand.



**Strand 1: Health Foundations and Protective Factors of a Healthy Self (HF)**

Goal: Students will learn characteristics of a safe and healthy relationship.

Standard	Sample Activities	Teacher Resources	Related & Future Standards:
<b>Standard K.HF.1:</b> Identify trusted adults (e.g., parent, guardian, relative, teacher, counselor, clergy) and describe how to recognize the characteristics that make them trusted and safe.	<ul style="list-style-type: none"><li>• Students list a minimum of 3 adults who make them feel safe, secure, and comfortable.</li><li>• Identify people in the school and community that can provide help to students.</li></ul>	<a href="#">Prevent Child Abuse Utah School Based Programs</a>	Future: Standard K.HD.1
<b>Standard K.HF.2:</b> Describe how to be a good friend, and how to make a friend	<ul style="list-style-type: none"><li>• Use children names often in daily routines.</li><li>• Provide time and play opportunities for children to practice social skills and play together.</li><li>• Teach, model and practice social behaviors.</li><li>• <a href="#">Friendships lesson plan.</a></li></ul>	<a href="#">BrainPop -Friends</a> <a href="#">A Collection of Social Emotional Lesson Plans &amp; Activities</a>	Future: Standard 1.HF.3 Future: Standard 1.MEH.1
<b>Standard K.HF.3:</b> Communicate respectfully with others.	<ul style="list-style-type: none"><li>• Teach, model and practice polite language. For example:</li><li>• Discuss simple classroom rules and use visual cues for resolving conflict.</li><li>• Teach, model and role play problem solving skills with peers.</li><li>• <a href="#">Respect Popcorn Party.</a></li><li>• <a href="#">A Welcoming Classroom lesson plan.</a></li><li>• <a href="#">Positively Respectful.</a></li><li>• <a href="#">Words that Hurt and Words that Heal lesson plan.</a></li><li>• <a href="#">Matthew and Tilly: Addressing Name Calling.</a></li><li>• <a href="#">Appreciating Differences and Acknowledging.- Stereotypes.</a></li></ul>	<a href="#">Use Polite Words: YouTube Video</a> <a href="#">Teaching Tolerance</a>	Future: Standard K.HF.2 Future: Standard 1.HF.3

**Strand 2: Mental and Emotional Health (MEH)**

Goal: Students will identify emotions and how to appropriately react to different emotions.

Standard	Sample Activities	Teacher Resources	Related & Future Standards:
<b>Standard K.MEH.1:</b> Identify how different emotions feel and how your body reacts to those emotions.	<ul style="list-style-type: none"><li>• Teach and model expressing and labeling emotions appropriately. Practice these skills in small groups or individually.</li><li>• <a href="#">Identifying and Expressing Feelings</a>.</li></ul>	<a href="#">Identifying and Expressing Feelings</a>  <a href="#">A Collection of Social Emotional Lesson Plans &amp; Activities</a>	Future: Standard 1.MEH.2
<b>Standard K.MEH.2:</b> Practice methods to calm down (e.g., deep breathing, counting to 10, mindfulness).	<ul style="list-style-type: none"><li>• Practice and model deep breathing as a relaxation technique using visual cues and imagery such as smell the flowers (breathe in through your nose) and blow out the candles (breathe out through your mouth).</li><li>• Have students lay down and place their hands on their stomach to visualize that they are taking in deep breaths.</li><li>• Practice and model how to stop, count to 10, and gain control of body and/or emotions.</li><li>• Practice and model mindfulness strategies such as stretching like an animal and positive self-talk.</li></ul>	<a href="#">Coping Skills for Kids</a>	Future: Standard 1.MEH.2

**Strand 5: Nutrition**

Goal: Students will understand what people eat and why food choices are important for health.

Standard	Sample Activities	Teacher Resources	Related & Future Standards:
<b>Standard K.N.1:</b> List a variety of healthy foods from each food group.	<ul style="list-style-type: none"><li>Identify a variety of healthy foods, including cultural foods from children in your classroom, using visuals such as pictures, play food, or real food.</li><li>Sort foods groups (i.e., dairy, meat, vegetable, fruit, grain, fats &amp; sugars).</li></ul>	<a href="#">Discover MyPlate: Nutrition Education for Kindergarten</a> <a href="#">American Heart Association Fruit and Veggie Toolkit for Kids</a>	Future: Standard 1.N.1
<b>Standard K.N.2:</b> Explain the importance of choosing healthy foods and beverages at each meal.	<ul style="list-style-type: none"><li>Discuss the health benefits of eating healthy foods and beverages: growth, strength, prevents illness.</li><li>Discuss what different foods do for the body and why variety is important.</li></ul>	<a href="#">Discover MyPlate: Nutrition Education for Kindergarten</a> <a href="#">American Heart Association Fruit and Veggie Toolkit for Kids</a>	Related: Science LS1.C Standard K.2.1 Future: Standard 1.N.2 Future: Standard 1.N.3
<b>Standard K.N.3:</b> Discuss the importance of trying new foods.	<ul style="list-style-type: none"><li>Provide opportunities for children to sample a variety of foods from different food groups and cultures.</li></ul>	<a href="#">Discover MyPlate: Nutrition Education for Kindergarten</a> <a href="#">American Heart Association Fruit and Veggie Toolkit for Kids</a>	Future: Standard K.N.1 Future: Standard K.N.2

Additional Resource: [Dairy West Resources](#)

**Strand 6: Human Development**

Goal: Students will learn basic hygiene skills and how to interact with others appropriately.

Standard	Sample Activities	Teacher Resources	Related & Future Standards:
<b>Standard K.HD.1:</b> Describe why oral hygiene, washing body and hands, and wearing clean clothes are important for a healthy body.	<ul style="list-style-type: none"><li>● Create visual cues displaying steps for everyday routines such as: washing hands, blowing nose, and coughing into elbow.</li><li>● Teach, model, and practice personal care skills.</li></ul>	<a href="#">BrainPopJr-Health</a>	Future: Standard 1.HD.1
<b>Standard K.HD.2:</b> Explain different methods (e.g., booster seats, seatbelts, helmets, safety equipment, visiting healthcare providers) for keeping the developing body safe and healthy.	<ul style="list-style-type: none"><li>● Invite community members to teach about safety equipment. For example:</li><li>● Properly fitting helmets.</li><li>● Size requirements for booster seats.</li></ul>	<a href="#">BrainPopJr-Health</a>	Future: Standard 1.SDP.1
<b>Standard K.HD.3:</b> Distinguish between appropriate and inappropriate touch.	<ul style="list-style-type: none"><li>● Discuss simple classroom rules and use visual cues for resolving conflict.</li><li>● Teach, model, and role play problem solving skills with peers.</li><li>● <a href="#">My Space, Your Space lesson plan.</a></li></ul>	<a href="#">Teaching Touching Safety Rules</a> <a href="#">Safe Touch/Unsafe Touch: YouTube Video</a>	Future: Standard K.HD.4 Future: Standard 1.HD.4
<b>Standard K.HD.4:</b> Discuss how to clearly say no, leave a situation or interaction, and identify and talk with a trusted adult when feeling uncomfortable, afraid, or unsafe.	<ul style="list-style-type: none"><li>● Refer to trusted adult list created in K.HF.1.</li><li>● Practice saying no.</li><li>● Discuss various situations that may require student to seek help.</li></ul>	<a href="#">Prevent Child Abuse Utah School Based Programs</a>	Future: Standard K.HF.1 Future: Standard 1.HD.4