

Health Education – Pre-Kindergarten

(1) Young children learn health-promoting habits and routines in pre-kindergarten. In these early years, they develop basic concepts, attitudes, and skills about nutrition, safety, hygiene, and physical activity that contribute to their well being. Children's experiences with their health and discovery of ways to improve it enhance their desire and ability to make wise decisions for healthy living in the future.

(2) Pre-kindergarten children develop personal and social skills that enable them to function well within the social setting of the classroom. Children develop a sense of who they are and their capabilities, and establish positive relationships with others, which enables them to effectively participate in class and community and accomplish meaningful tasks.

(PK-1) Health Education

Health education includes personal hygiene and nutrition education. Children learn that regular hygiene routines and good nutrition are important to their health.

The child:

(A) becomes aware of routine healthy behaviors (e.g., brushing teeth)

(B) begins to follow health-promoting routines (e.g., washing hands)

(C) begins to understand the need for exercise and rest

(D) refines use of eating utensils

(E) begins to recognize and select healthy foods

(F) prepares simple healthy snacks

(G) names the five senses

(PK.2) Safety

Pre-kindergarten children acquire everyday routines and procedures to remain safe and avoid injury. They learn about fire, traffic, environmental and personal safety, and what to do in emergency situations.

The child:

(A) recognizes the danger of fire and learns to treat fire with caution

(B) responds appropriately during a fire drill

(C) knows how to seek help in an emergency

(D) knows how to cross a street safely

(E) recognizes the symbol for poison

(F) knows never to eat substances that are not food

(G) recognizes the danger of poisonous substances, including drugs

(H) knows not to talk to, accept rides from, or take treats from strangers

(I) knows how to get help from a parent and/or trusted adult when made to feel uncomfortable or unsafe by another person/adult

(J) knows never to take medicine unless it is administered by an adult

(K) knows about safe behavior around bodies of water (e.g., pools, lakes).

(PK.3) Personal Development

Children develop a sense of self in pre-kindergarten. They begin to show initiative in learning and begin to take greater responsibility for their own behavior. They learn to channel their energies in ways that promote effective learning experiences.

The child:

(A) develops a sense of personal space

(B) expresses interests and self-direction in learning

(C) begins to show self-control by following classroom rules

(D) begins to be responsible for individual behavior and actions

(E) begins to show greater ability to control intense feelings (e.g., anger).

(PK.4) Social Development

Children develop interpersonal and social skills for communicating with others. They learn alternatives for resolving conflicts and communicating their needs and feelings verbally, and they begin to develop and maintain productive relationships with other children.

The child:

(A) begins to share and cooperate with others in group activities

(B) respects other people's space and personal belongings

(C) begins to develop friendships with others

(D) begins to express thoughts, feelings, and ideas through language as well as through gestures and actions

(E) responds to the suggestions of others.