

## MSAD #57 Health Curriculum

### Kindergarten Healthy Me!

<u>Topic:</u>	<u>Students will be able to:</u>	<u>Suggested Teaching Strategies</u>	<u>Evidence of Learning</u>	<u>Suggested Resources</u>
<b><u>I. How Can I Be Healthy?</u></b>				
A. Vocabulary: (germs, soap, tissues toothbrush, toothpaste, check-up dentist, feelings)	Demonstrate the importance of hand washing and cleanliness A2  Identify coughing and sneezing as a means of spreading germs A2  Demonstrate the importance of dental health (tooth brushing techniques, regular checkups, healthy foods) C2, C3	Model and discuss healthy behaviors  Age appropriate videos and handouts/worksheets  Guest speakers (hygienist, guidance counselor, school nurse	Observation of healthy behaviors at school  Completed worksheets  Calendar for dental health unit showing brushing times	School Nurse  Dental Hygienist  Nutritionist  Guidance counselor
B. Personal Hygiene Skills Washing hands Using tissues	Differentiate between healthy and unhealthy snacks C2	Bulletin boards		School lunch staff
C. Healthy Habits Snacks Dental health	Set goals for use of personal hygiene skills C3	Read a story	Student participation in class discussion	Health Teacher
D. Ways to express feelings appropriately	Identify feelings and appropriate ways to express them E1	Tooth Model for dental health  Make a healthy snack together		
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<b><u>II. How Can I Stay Safe?</u></b>				
A. Vocabulary: (safety, hot, crawl firefighter, smoke detector, stop/drop/cover/roll bus driver, rules poison(s), stranger)	Identify and practice fire safety rules C4  Identify and practice bus safety rules C4  Identify choices for safe and unsafe play C4  Demonstrate an understanding that poisonous substances are harmful C1  Recognize the dangers of talking to strangers C4	Model and discuss (fire, bus, playground) safety rules and behaviors  Age appropriate handouts/worksheets and videos  Practice bus evacuation & fire drills  Guest speakers (transportation- bus safety, firefighter – fire safety, police officer- taking to strangers, school nurse or doctor- harmful substances)	Bus, Fire safety booklet  Participation in class discussions  Completed worksheets or activities  Observation of following rules for safe play	Fire Department  Bus Drivers  Police officer  School Nurse or Doctor  Guidance Counselor  MASAT Presentation
B. Safe playground behavior				
C. Fire safety				
D. Bus safety				
E. Dangerous or harmful practices				