



Health & Wellness

GRADE K

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STANDARDS	PAGE REFERENCES
Standard 1: Healthy Lifestyles	
Goal 1.1: Acquire the essential skills to lead a healthy life.	
K.H.1.1.1 Describe exercise. (769.01.a)	Student Edition: <i>Health Big Ideas Book</i> 4-5, 28-29, 43 Teacher's Edition: T32, T33-T36, 63, 73, 123; AC 71; PFP 18, 46, 62, 126, 138; TAI 70
K.H.1.1.2 Recognize the role of germs in spreading disease. (769.01.b)	Student Edition: <i>Health Big Ideas Book</i> 42-43 Teacher's Edition: 58, 59, 109, 111, 112, 113, 124
K.H.1.1.3 Recognize safety signs and procedures at home, school, and around the neighborhood. (769.01.c)	Student Edition: <i>Health Big Ideas Book</i> 30-31, 32-33, 34-35, 36-37, 38-39 Teacher's Edition: 77, 83, 84, 85, 86, 87, 88, 89, 90, 91, 93, 95, 96; IBI 78; TAI 82

STANDARDS	PAGE REFERENCES
K.H.1.1.4 Describe how each person experiences a variety of feelings and moods. (769.01.d)	Student Edition: <i>Health Big Ideas Book</i> 6-7, 8-9 <i>Life Skills Book</i> 18-19 Teacher’s Edition: 7, 9, 115; TAI 6, 8, 114
K.H.1.1.5 Differentiate between helpful and harmful drugs. (769.01.e-1)	Student Edition: <i>Health Big Ideas Book</i> 40-41 Teacher’s Edition: 97, 98, 99, 101, 103, 105, 107, 108; TAI 100, 102, 104
K.H.1.1.6 Identify medicines/drugs, their safe use, and safe places. (769.01.e-1)	Student Edition: <i>Health Big Ideas Book</i> 40-41 Teacher’s Edition: 97, 98, 99, 101, 103, 105, 107, 108; TAI 100, 102
K.H.1.1.7 Differentiate between healthy and unhealthy foods. (769.01.f)	Student Edition: <i>Health Big Ideas Book</i> 22-23, 24-25 <i>Life Skills Book</i> 10-11 Teacher’s Edition: 45, 47, 49, 51, 52, 53, 57, 60, 123; TAI 50
K.H.1.1.8 Identify body parts. (769.01.g)	Student Edition: <i>Health Big Ideas Book</i> 18-19, 20 Teacher’s Edition: 38-39, 41, 44, 108; AC 113; TAI 64
K.H.1.1.9 Describe the family. (769.01.h)	Student Edition: <i>Health Big Ideas Book</i> 12-13 Teacher’s Edition: 21, 32; AC 25; TAI 20
K.H.1.1.10 Identify health products commonly used. (769.01.i)	Student Edition: <i>Health Big Ideas Book</i> 26-27 Teacher’s Edition: 61, 65, 69, 135, 136; AC 131
K.H.1.1.11 Identify healthy environment. (769.01.j)	Student Edition: <i>Health Big Ideas Book</i> 46-47 Teacher’s Edition: 137, 138, 139, 141, 143, 145, 148

STANDARDS	PAGE REFERENCES
Standard 2: Risk Taking Behavior	
Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	
K.H.2.1.1 Explain that germs are everywhere and are invisible. (770.01.a)	Student Edition: <i>Health Big Ideas Book</i> 42-43 Teacher’s Edition: 58, 59, 91, 109, 111, 112, 113, 124
K.H.2.1.2 Identify acceptable and unacceptable behavior. (770.01.b)	Student Edition: <i>Health Big Ideas Book</i> 8-9, 10-11, 14-15, 40-41 <i>Life Skills Book</i> 6-7 Teacher’s Edition: 9, 11, 13, 16, 23, 81, 91, 108; AC 141; TAI 12
K.H.2.1.3 Discuss how to make a wise responsible choice. (770.01.c)	Student Edition: <i>Health Big Ideas Book</i> 14-15 <i>Life Skills Book</i> 8-9, 10-11, 12-13, 16-17 Teacher’s Edition: 57, 91, 107; AC 41, 53, 55, 73, 119, 135
Standard 3: Communication Skills for Healthy Relationships	
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	
K.H.3.1.1 Identify the ways a person expresses feelings and moods. (771.01.a)	Student Edition: <i>Health Big Ideas Book</i> 6-7, 8-9 <i>Life Skills Book</i> 18-19 Teacher’s Edition: 7, 9, 115; TAI 6, 8, 114
K.H.3.1.2 Demonstrate appropriate ways to say no. (771.01.b)	Student Edition: <i>Life Skills Book</i> 14-15 Teacher’s Edition: 80, 81, 97, 107; AC 91, 93
K.H.3.1.3 Identify “verbal” and “nonverbal” communication skills. (771.01.c)	Student Edition: <i>Life Skills Book</i> 4-5, 6-7, 14-15, 22-23 Teacher’s Edition: 15, 16, 147; AC 21, 25, 95, 105, 121

STANDARDS	PAGE REFERENCES
Standard 4: Consumer Health	
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	
K.H.4.1.1 Identify health products (soap, shampoo, toothpaste). (772.01.a)	Student Edition: <i>Health Big Ideas Book</i> 26-27 Teacher’s Edition: 61, 65, 69, 135, 136; AC 131
K.H.4.1.2 Identify poison symbols (Mr. Yuck, skull, crossbones). (772.01.b)	Student Edition: <i>Health Big Ideas Book</i> 34-35 Teacher’s Edition: 85
K.H.4.1.3 Identify health workers. (772.01.c)	Student Edition: <i>Health Big Ideas Book</i> 42-43, 44-45 Teacher’s Edition: 121, 125, 126, 127, 129, 136; CL 3, 35, 79, 111; TAI 128
Standard 5: Mental and Emotional Wellness	
Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.	
K.H.5.1.1 Identify feelings. (773.01.a)	Student Edition: <i>Health Big Ideas Book</i> 6-7, 8-9 <i>Life Skills Book</i> 18-19 Teacher’s Edition: 7, 9, 115; TAI 6, 8, 114
K.H.5.1.2 Identify that each person experiences different feelings and moods. (773.01.b)	Student Edition: <i>Health Big Ideas Book</i> 6-7, 8-9 <i>Life Skills Book</i> 18-19 Teacher’s Edition: 7, 9, 115; TAI 6, 8, 114
K.H.5.1.3 Explore the benefits of play. (773.01.c)	Student Edition: <i>Health Big Ideas Book</i> 4-5 Teacher’s Edition: 5; TAI 4
K.H.5.1.4 Recognize trusted adults who can provide assistance. (773.01.d)	Student Edition: <i>Health Big Ideas Book</i> 40-41, 42-43, 44-45 <i>Life Skills Book</i> 6-7, 18-19, 20-21 Teacher’s Edition: 31, 43, 93, 101, 117, 126, 133; CL 79; TAI 134