

Acton-Boxborough Regional School District

COMPREHENSIVE HEALTH EDUCATIONS OBJECTIVES*

KINDERGARTEN

EMOTIONAL/SOCIAL HEALTH

Students will:

1. Develop an awareness of individual uniqueness and similarities.
2. Develop good self-esteem by practicing decision-making, taking care of personal belongings, and practicing coping skills. **5.5, 5.6**** (Coping skills involve perceiving situations as opportunities and taking action/exerting control when possible.)
3. Develop an awareness of ways in which to get adult help in case of sexual/physical abuse. **7.1**
4. Identify and use language to discuss feelings. **5.1** (Describe physical and emotional reactions of the body due to these feelings.)
5. Identify strategies (common language) to use in resolving conflicts. **5.2**
6. Begin to take responsibility for using respectful and polite language in school. **5.3**

SAFETY & PREVENTION

Students will:

1. Identify rules of safe behavior related to fire, school buses and playgrounds. **9.1**
2. Identify steps to take when encountering blood and bodily fluids (Acton Public Schools Universal Precaution Standards – school nurse). **9.6**
3. Be able to state their address and phone number.
4. Tell how to get adult help in case of illness, poisons and accidents. (school nurse, 911 training) **8.2, 9.2, 10.4**

PHYSICAL HEALTH

Students will:

1. Learn about physical fitness (gross motor), exercise, life sports, relaxation activities. (See Physical Education Department objectives.) **2.1 –2.5**
2. Tell why hand washing is important for their health. **2.6**
3. Identify healthy snacks. **2.6**
4. Identify and demonstrate good personal hygiene (hand washing, care covering mouth, disposal of tissues). **2.6**
5. Describe body changes (loss and care of teeth, growth, the need for glasses). **1.2**

*minor revisions in 2012

** Numbers refer to the Massachusetts State Health Frameworks document learning standards.