

**CLAY COMMUNITY SCHOOLS – CURRICULUM HEALTH & WELLNESS STANDARDS
GRADES PreK-2**

Standard 1 – PreK-2

2.1.1	Identify that healthy behaviors affect personal health.
2.1.2	Recognize that there are multiple dimensions of health. (emotional, intellectual, physical, and social health)
2.1.3	Describe ways to prevent communicable diseases.
2.1.4	List ways to prevent common childhood injuries.
2.1.5	Describe why it is important to have regular medical checkups.

Standard 2 – PreK-2

2.2.1	Identify how the family influences personal health practices and behaviors.
2.2.2	Identify what the school can do to support personal health practices and behaviors.
2.2.3	Describe how the media can influence health behaviors.

Standard 3 – PreK-2

2.3.1	Identify trusted adults who can help enhance health.
2.3.2	Identify ways to locate school and community health helpers.

Standard 4 – PreK-2

2.4.1	List verbal and nonverbal communication skills to enhance health.
2.4.2	Explain listening skills to enhance health.
2.4.3	Identify healthy ways to express needs, wants, and feelings.
2.4.4	List ways to treat people with kindness and respect.
2.4.5	Describe ways to respond in an unwanted, threatening, or dangerous situation.
2.4.6	Explain situations why talking to a trusted adult is important.
2.4.7	Identify nonviolent ways to manage or resolve conflict.

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Standard 5 – PreK-2

2.5.1	Identify personal health decisions.
2.5.2	Identify people or places where health information can be obtained.

Standard 6 – PreK-2

2.6.1	Identify the benefits of planning and setting personal health goals.
2.6.2	Identify a personal health goal and make a plan to achieve it.
2.6.3	List possible barriers to achieving the personal health goal.
2.6.4	Show how to achieve the personal health goal.
2.6.5	Explain the impact of personal choices on the personal health goal.
2.6.6	Name trusted adults who can help in achieving the personal health goal.
2.6.7	Show progress towards achieving the personal health goal.

Standard 7 – PreK-2

2.7.1	Identify character traits and behaviors of a healthy and safe person.
2.7.2	List a variety of behaviors to avoid or reduce health and safety risks.

Standard 8 – PreK-2

2.8.1	List personal, family, school or community health and safety concerns.
2.8.2	Identify a health or safety issue that has personal relevance.