

**Kindergarten Health**  
**Personal Health and Hygiene**

<http://www.sad44.org/curriculum/health/health.pdf>

	Quarter 1	Quarter 2	Quarter 3	Quarter 4
<b>Unit (May be on-going; not quarterly)</b>	<b>Disease Prevention And Personal Hygiene</b>	<b>My Body</b>	<b>Healthy Foods</b>	<b>Goal Setting</b>
<b>Strands</b>	Health Concepts (A) Health Promotion and Risk Reduction (C)	Health Concepts (A)	Health Promotion and Risk Reduction (C)	Decision-Making and Goal Setting (F)
	<a href="http://www.state.me.us/education/lres/hpe.htm">http://www.state.me.us/education/lres/hpe.htm</a>			
<b>Activities</b>	Draw pictures: hand washing, covering mouth Develop “Big Book” on safety in preventing disease	Books, videos, Draw and Label Create a song	Graph/categorize snacks Visit or guest speaker such as local hygienist Movement to song Make collage of healthy foods	Create dental health chart Bring in and share home escape plan Fire Safety Unit
<b>Assessments</b>	<i>Germ Busters</i> A2; C2 <a href="http://www.maptasks.org">http://www.maptasks.org</a> <i>I Have a Cold</i> (optional assessments)	My Body, My Senses A3 Teacher made checklist	<i>What’s for Lunch?</i> C3 <i>Creating a Healthy Lunch</i>	A Health Goal F2
<b>Vocabulary</b>	Germ Personal hygiene Spread germs Vaccinations	5 senses and related Body parts (Eyes: sight)	Dentist Healthy foods	Goal New Year’s Resolution
<b>Resources</b>	Comprehensive School Health Education <i>Body Battles</i> <i>Germs Make Me Sick</i>		Veggie People	
	<a href="http://www.ceismc.gatech.edu/busyt/eng.shtml">http://www.ceismc.gatech.edu/busyt/eng.shtml</a> This site allows you to search by grade spans and a list of lessons will come up. <a href="http://www.pecentral.org/lessonideas/health/healthlp.asp">http://www.pecentral.org/lessonideas/health/healthlp.asp</a> Gives you lots of different options into how you want to search.			