

Maryland Comprehensive Health Education Framework

Grade K

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Mental and Emotional Health

- Identify appropriate ways to express emotions. 1a.K.1 (Second Step & Physical Education)
- Identify big or strong emotions and safe and unsafe ways of expressing one's emotions. 1a.K.2 ((Second Step & Move, Move, Move)
- Demonstrate awareness of personal emotions and how they may be the same or different from others. 1a.K.3 (Move, Move, Move)
- Identify personal strengths. 1a.K.5 (Move, Move, Move)

Safety and Violence Prevention

- Identify proper safety for activities including biking, skateboarding, and riding in a car. 1d.K.2 (Move, Move, Move)
- Identify ways to stay safe when riding in a vehicle or bus. 1d.K.4 (Move, Move, Move)
- Explain actions that help one to stay safe around strangers. 1d.K.6 (Move, Move, Move)
- Demonstrate the ability to seek help from trusted adults. 1d.K.8 (School Counseling)
- Identify age appropriate privacy as well as setting and respecting healthy boundaries. 1d.K.11(Second Step)
- Identify parts of the body that are private of self or others. 1d.K.12 (School Counseling)

Healthy Eating

- Identify the benefits of drinking water. 1e.K.1 (Physical Education)
- Identify a variety of nutritious foods and beverages and recognize that foods are categorized into groups. 1e.K.3 (Move, Move, Move)

Disease Prevention and Control

- Identify the steps for proper hand washing. 1f.K.2 (Move, Move, Move)
- Identify personal health care practices. 1f.K.3 (Move, Move, Move)
- List ways to prevent harmful effects of the sun. 1f.1.5 (Move, Move, Move)

[National Health Education Standards](#)

Standard 4: Interpersonal Communication

Demonstrate listening skills to enhance health. 4.E1.b