

Michigan Model for Health[®]

Kindergarten Overview — 21 Lessons

8

Lessons

- Showing respect and caring
- Making and keeping friends
- Caring touch in positive relationships
- Identifying, describing, and expressing feelings
- Managing strong feelings
- Giving and receiving compliments and appreciation
- Being responsible at home and school
- Identifying people who can help

Social & Emotional Health

- Variety of foods and snacks for good health
- Drinking water for good health
- Categorize foods and snacks into the five food groups
- Importance of physical activity for good health
- Examples of ways to be physically active

Nutrition & Physical Activity

2

Lessons

- How to safely use over-the-counter and prescription medicines
- Household products that can be dangerous
- Rules for avoiding poisons
- Trustworthy sources of information

Alcohol, Tobacco & Other Drugs

3

Lessons

5

Lessons

- Dangerous and destructive situations that need adult help
- Pedestrian safety
- Rule for dangerous objects and weapons
- How and when to dial 911
- Avoiding inappropriate touch
- Trusted adults who can help

Safety

Personal Health & Wellness

3

Lessons

- Hand washing
- Taking care of teeth
- Encouraging peers to make positive choices for personal health

HIV Education

K