

Michigan Model For Comprehensive School Health Education - Kindergarten

LESSONS	HEALTH BENCHMARKS	SCIENCE BENCHMARKS	LANGUAGE ARTS BENCHMARKS
<p><u>Phase I Getting Acquainted With School</u></p> <p><u>Lesson 1. I Know a Lot Already</u></p>	<p>Recognize characteristics of emotional, social, and physical healthy. 1:2:b</p> <p>Identify the elements of good health. 3:2:a</p> <p>Understand the importance of achieving and maintaining good health. 3:2:b</p> <p>Identify various communication techniques used with family and peers. 4:1:b</p>		
<p><u>Lesson 2. Rules to Stay Safe So We Can Learn</u></p>	<p>Recognize characteristics of emotional, social, and physical healthy. 1:2:b</p> <p>Identify personal choices that affect health. 3:3:a</p>		<p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p>
<p><u>Lesson 3. Making Friends</u></p>	<p>Recognize characteristics of emotional, social, and physical healthy. 1:2:b</p> <p>Identify effective interpersonal communication skills. 4:1:c</p> <p>Identify healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Recognize behaviors which help or hinder effective communication. 4:2:b</p>		<p>Use expanding vocabulary and appropriate spelling in written work. 2:1:b</p> <p>Present information in a clear and logical form. 4:1:b</p>
<p><u>Lesson 4. We Are Alike and Different</u></p>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Recognize characteristics of emotional, social, and physical healthy. 1:2:b</p> <p>Identify practices which promote personal well-being. 3:1:c</p>	<p>Identify observable properties of matter. 2:1:a</p>	<p>Present information in a clear and logical form. 4:1:b</p>

LESSONS	HEALTH BENCHMARKS	SCIENCE BENCHMARKS	LANGUAGE ARTS BENCHMARKS
<u>Lesson 4. Continued</u>	Identify the elements of good health. 3:2:a		
<u>Lesson 5. Similarities and Differences</u>	Identify good personal hygiene practices. 1:1:b Recognize characteristics of emotional, social, and physical healthy. 1:2:b Identify practices which promote personal well-being. 3:1:c Identify the elements of good health. 3:2:a		Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c
<u>Lesson 6. So Many Different Feelings</u>	Identify good personal hygiene practices. 1:1:b Recognize characteristics of emotional, social, and physical healthy. 1:2:b Explain the availability of local health services and agencies. 2:2:c Identify healthy ways to express needs, wants, and feelings. 4:2:a		Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a Use questions to gain understanding of oral / visual information. 3:3:b
<u>Lesson 7. What to Do About Strong Feelings</u>	Identify good personal hygiene practices. 1:1:b Recognize characteristics of emotional, social, and physical healthy. 1:2:b Explain the availability of local health services and agencies. 2:2:c Identify healthy ways to express needs, wants, and feelings. 4:2:a		
<u>Lesson 8. Learning to Solve Problems</u>	Recognize the importance and consequences of feelings. 1:1:a		Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a

LESSONS	HEALTH BENCHMARKS	SCIENCE BENCHMARKS	LANGUAGE ARTS BENCHMARKS
<u>Lesson 8. Continued</u>	<p>Recognize characteristics of emotional, social, and physical healthy. 1:2:b</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Identify healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Identify positive ways to solve conflicts. 4:3:b</p>		<p>Identify types of information used in daily activity. 3:3:a</p>
<u>Lesson 9. Practicing the Steps for Solving Problems</u>	<p>Recognize the importance and consequences of feelings. 1:1:a</p> <p>Recognize characteristics of emotional, social, and physical healthy. 1:2:b</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Identify healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Identify positive ways to solve conflicts. 4:3:b</p>		<p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Identify types of information used in daily activity. 3:3:a</p>
<u>Lesson 10. The 2 D's for Telling</u>	<p>Identify appropriate health practices that affect self and others. 1:1:c</p> <p>Identify harmful behaviors. 3:1:a</p>		<p>Use expanding vocabulary and appropriate spelling in written work. 2:1:b</p> <p>Use organization skills to assist in recall of oral / visual information. 3:3:c</p> <p>Use accepted language in personal communication. 4:2:c</p>
<u>Phase II I Have Five Senses Lesson 1. The Five Senses</u>	<p>Identify major body parts and related functions (e.g., heart -pumping blood). 1:2:a</p>		<p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p>

<u>Lesson 2. Ears and Sounds</u>	Identify major body parts and related functions (e.g., heart -pumping blood). 1:2:a		Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a
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<u>Lesson 2. Continued</u>	Identify various communication techniques used with family and peers. 4:1:b Identify effective interpersonal communication skills. 4:1:c		
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<u>Lesson 3. Eyes and Sight</u>	Identify various health care requirements and policies that affect safety and well being. 1:3:b Identify practices which promote personal well-being. 3:1:c Choose age-appropriate healthy behaviors. 3:3:c Recognize ways to communicate care and consideration for self and others. 4:1:a Identify various communication techniques used with family and peers. 4:1:b		Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a
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<u>Lesson 4. Smelling and Tasting</u>	Identify major body parts and related functions (e.g., heart -pumping blood). 1:2:a Identify various communication techniques used with family and peers. 4:1:b Identify effective interpersonal communication skills. 4:1:c		Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a
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<u>Enhancer 4. Smelling, Tasting, and Seeing Together</u>	Identify major body parts and related functions (e.g., heart -pumping blood). 1:2:a		Use various examples from various sources to support personal interpretations. 2:4:c
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	Identify various communication techniques used with family and peers. 4:1:b		Present information in a clear and logical form. 4:1:b Use questions to gain understanding of oral / visual information. 3:3:b
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<u>Lesson 5. Touching</u>	Identify major body parts and related functions (e.g., heart -pumping blood). 1:2:a		Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a
<u>Lesson 6. The Five Senses Work Together</u>	Identify appropriate health practices that affect self and others. 1:1:c Identify major body parts and related functions (e.g., heart -pumping blood). 1:2:a Recognize characteristics of emotional, social, and physical healthy. 1:2:b		Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a
<u>Phase III Senses Keep Us Safe Lesson 1. What Are Poisons?</u>	Identify good personal hygiene practices. 1:1:b Identify information available from health care providers / services in the community. 1:3:a Identify harmful behaviors. 3:1:a Identify personal choices that affect health. 3:3:a		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a
<u>Lesson 2. A Rule for Poisons</u>	Identify good personal hygiene practices. 1:1:b Identify information available from health care providers / services in the community. 1:3:a Identify harmful behaviors. 3:1:a		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Write to determine what is known about specific topics. 2:4:a

	Identify personal choices that affect health. 3:3:a		
<u>Enhancer 2. Poison Prevention</u>	Identify good personal hygiene practices. 1:1:b		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c

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<u>Lesson 7. Continued</u>	<p>Explain the availability of local health services and agencies. 2:2:c</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify examples of social pressure. 3:1:b</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Recognize behaviors which help or hinder effective communication. 4:2:b</p>		<p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p>
<p><u>IV Health Helpers</u> <u>Keep Us Safe</u> <u>Lesson 1. Families</u> <u>Are Health Helpers</u></p>	<p>Identify appropriate health practices that affect self and others. 1:1:c</p> <p>Recognize characteristics of emotional, social, and physical healthy. 1:2:b</p> <p>Explain the availability of local health services and agencies. 2:2:c</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>		<p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p>
<p><u>Lesson 2. Police</u> <u>Officers As Your</u> <u>Health Helpers</u></p>	<p>Identify professional services needed for maintaining personal health. 2:3:a</p> <p>Identify the variety of options in health care services / treatment. 2:3:b</p> <p>Identify harmful behaviors. 3:1:a</p>		<p>Recognize writing styles used for different audiences and purposes, e.g., notes to a friend, thank you letter. 2:2:b</p> <p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Use questions to gain understanding of oral / visual information. 3:3:b</p>

LESSONS	HEALTH BENCHMARKS	SCIENCE BENCHMARKS	LANGUAGE ARTS BENCHMARKS
<u>Lesson 2. Continued</u>	Recognize resources needed to implement health plans. 5:2:b		
<u>Lesson 3. Fire Fighters As Your Health Helpers and Fire Safety Rules</u>	<p>Identify professional services needed for maintaining personal health. 2:3:a</p> <p>Identify the variety of options in health care services / treatment. 2:3:b</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Recognize resources needed to implement health plans. 5:2:b</p>	<p>Demonstrate understandings of scientific investigation. 1:2:b</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Recognize writing styles used for different audiences and purposes, e.g., notes to a friend, thank you letter. 2:2:b</p> <p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Use questions to gain understanding of oral / visual information. 3:3:b</p>
<u>Lesson 4. Calling Emergency Health Helpers</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Explain the availability of local health services and agencies. 2:2:c</p> <p>Identify professional services needed for maintaining personal health. 2:3:a</p> <p>Identify the variety of options in health care services / treatment. 2:3:b</p> <p>Recognize resources needed to implement health plans. 5:2:b</p>	<p>Demonstrate understandings of scientific investigation. 1:2:b</p>	<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Recognize writing styles used for different audiences and purposes, e.g., notes to a friend, thank you letter. 2:2:b</p> <p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Present information in a clear and logical form. 4:1:b</p>
<u>Lesson 5. Doctors As Your Health Helpers</u>	<p>Identify professional services needed for maintaining personal health. 2:3:a</p> <p>Identify the variety of options in health care services / treatment. 2:3:b</p> <p>Identify harmful behaviors. 3:1:a</p>		<p>Recognize writing styles used for different audiences and purposes, e.g., notes to a friend, thank you letter. 2:2:b</p> <p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Use questions to gain understanding of oral / visual information. 3:3:b</p>

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<u>Lesson 5. Continued</u>	Recognize resources needed to implement health plans. 5:2:b		
<u>Lesson 6. Nurses As Your Health Helpers</u>	<p>Identify professional services needed for maintaining personal health. 2:3:a</p> <p>Identify the variety of options in health care services / treatment. 2:3:b</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Recognize resources needed to implement health plans. 5:2:b</p>		<p>Recognize writing styles used for different audiences and purposes, e.g., notes to a friend, thank you letter. 2:2:b</p> <p>Use questions to gain understanding of oral / visual information. 3:3:b</p> <p>Present information in a clear and logical form. 4:1:b</p>
<u>Lesson 7. Dentist As Your Health Helpers</u>	<p>Identify health practices which help prevent disease. 1:3:c</p> <p>Recognize cultural differences and similarities among people regarding health. 2:1:a</p> <p>Identify the role of various local health agencies and / or services. 2:2:a</p> <p>Understand the importance of achieving and maintaining good health. 3:2:b</p> <p>Recognize resources needed to implement health plans. 5:2:b</p>		<p>Recognize writing styles used for different audiences and purposes, e.g., notes to a friend, thank you letter. 2:2:b</p> <p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p>
<u>Lesson 8. So many Health Helpers</u> <u>Enhancer 8 Guess the Health Helpers</u>	<p>Identify the role of various local health agencies and / or services. 2:2:a</p> <p>Identify the benefits of various local health resources. 2:2:b</p> <p>Explain the availability of local health services and agencies. 2:2:c</p> <p>Identify professional services needed for maintaining personal health. 2:3:a</p> <p>Identify the role of various local health agencies and / or services. 2:2:a</p>		<p>Write to clarify the meaning of new information. 2:4:b</p> <p>Present information in a clear and logical form. 4:1:b</p> <p>Present information in a clear and logical form. 4:1:b</p>

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<p><u>Enhancer 8.</u> <u>Continued</u></p>	<p>Identify the benefits of various local health resources. 2:2:b</p> <p>Explain the availability of local health services and agencies. 2:2:c</p> <p>Identify professional services needed for maintaining personal health. 2:3:a</p>		
<p><u>Phase V Safe and Healthy Choices for Me</u> <u>Lesson 1. Health Habits for Me</u></p>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Recognize characteristics of emotional, social, and physical healthy. 1:2:b</p> <p>Identify information available from health care providers / services in the community. 1:3:a</p> <p>Identify practices which promote personal well-being. 3:1:c</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>	<p>Explore scientific investigations. 1:2:a</p> <p>Explore ways that matter can change. 2:2:a</p>	<p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Use questions to gain understanding of oral / visual information. 3:3:b</p> <p>Present information in a clear and logical form. 4:1:b</p>
<p><u>Lesson 2. Two Sets of Teeth to Chew, Smile, and Talk</u></p>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify major body parts and related functions (e.g., heart -pumping blood). 1:2:a</p>	<p>Explore scientific investigations. 1:2:a</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p> <p>Explore ways that matter can change. 2:2:a</p>	<p>Write to determine what is known about specific topics. 2:4:a</p> <p>Use questions to gain understanding of oral / visual information. 3:3:b</p> <p>Present information in a clear and logical form. 4:1:b</p>
<p><u>Lesson 3. Stopping Decay</u></p>	<p>Identify good personal hygiene practices. 1:1:b</p>	<p>Explore the effects of physical changes on common materials. 2:2:b</p>	<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p>

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<u>Lesson 3. Continued</u>	<p>Recognize characteristics of emotional, social, and physical healthy. 1:2:b</p> <p>Identify information available from health care providers / services in the community. 1:3:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>		<p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Present information in a clear and logical form. 4:1:b</p>
<u>Lesson 4. Brushing Right</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify how the media affects (sic) thoughts, feelings, and personal health. 2:1:b</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>	<p>Demonstrate understandings of scientific investigation. 1:2:b</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c</p>
<u>Enhancer 4 Molar Roller Game</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify how the media affects (sic) thoughts, feelings, and personal health. 2:1:b</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>		<p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c</p>
<u>Lesson 5 Rest, Sleep, and Exercise</u>	<p>Identify good personal hygiene practices. 1:1:b</p>	<p>Demonstrate understandings of scientific investigation 1:2:b</p>	<p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p>

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<u>Lesson 5. Continued</u>	<p>Identify practices which promote personal well-being. 3:1:c</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>		<p>Present information in a clear and logical form. 4:1:b</p> <p>Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c</p>
<u>Lesson 6 Playing and Resting</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify practices which promote personal well-being. 3:1:c</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>	Demonstrate understandings of scientific investigation. 1:2:b	Use organization skills to assist in recall of oral / visual information. 3:3:c
<u>Lesson 7 Lots of Different Foods</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Recognize characteristics of emotional, social, and physical healthy. 1:2:b</p> <p>Identify the role of various local health agencies and / or services. 2:2:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>		
<u>Enhancer 7A Plant or Animal</u>		<p>Identify observable properties of matter. 2:1:a</p> <p>Explore ways to classify living things. 3:1:b</p>	Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a
<u>Enhancer 7B Tasty, Nutritious Snacks</u>	Identify appropriate health practices that affect self and others. 1:1:c		Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a

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<u>Enhancer 7B.</u> <u>Continued</u>	Identify practices which promote personal well-being. 3:1:c		
<u>Lesson 8 Is It or Isn't It a Drug</u>	Identify good personal hygiene practices. 1:1:b Identify harmful behaviors. 3:1:a Identify the elements of good health. 3:2:a Identify personal choices that affect health. 3:3:a Recognize and use refusal and cooperation skills. 4:3:c	Explore scientific investigations. 1:2:a Demonstrate understandings of scientific investigation. 1:2:b Demonstrate safety when engaged in scientific activity. 1:2:c	Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Present information in a clear and logical form. 4:1:b
<u>Lesson 9 Being Careful With Medicine</u>	Identify good personal hygiene practices. 1:1:b Identify harmful behaviors. 3:1:a Identify the elements of good health. 3:2:a Identify personal choices that affect health. 3:3:a Recognize and use refusal and cooperation skills. 4:3:c		Use questions to gain understanding of oral / visual information. 3:3:b Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c
<u>Lesson 10 Saying "NO" to Drugs</u>	Identify good personal hygiene practices. 1:1:b Identify information available from health care providers / services in the community. 1:3:a Identify harmful behaviors. 3:1:a		Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a Present information in a clear and logical form. 4:1:b Use accepted language in personal communication. 4:2:c

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<u>Lesson 10.</u> <u>Continued</u>	Identify the elements of good health. 3:2:a Identify personal choices that affect health. 3:3:a Recognize and use refusal and cooperation skills. 4:3:c		
<u>Lesson 11 Practice Solving a Problem Involving an Unknown Substance</u>	Identify harmful behaviors. 3:1:a Identify personal choices that affect health. 3:3:a Identify the attributes of personal responsibility. 3:3:b		Use organization skills to assist in recall of oral / visual information. 3:3:c
<u>Phase VI Helping One Another Stay Safe and Healthy</u> <u>Lesson 1 What to Do About Symptoms</u>	Identify good personal hygiene practices. 1:1:b Recognize characteristics of emotional, social, and physical healthy. 1:2:b Identify health practices which help prevent disease. 1:3:c Identify harmful behaviors. 3:1:a Identify the elements of good health. 3:2:a		Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a
<u>Lesson 2 Communicable Disease Prevention</u>	Identify good personal hygiene practices. 1:1:b Recognize characteristics of emotional, social, and physical healthy. 1:2:b	Explore scientific investigations. 1:2:a Demonstrate understandings of scientific investigation. 1:2:b	Write to clarify the meaning of new information. 2:4:b Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c

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<u>Lesson 2. Continued</u>	<p>Identify information available from health care providers / services in the community. 1:3:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>		
<u>Lesson 3 Families</u>	<p>Identify appropriate health practices that affect self and others. 1:1:c</p> <p>Recognize characteristics of emotional, social, and physical healthy. 1:2:b</p> <p>Explain the availability of local health services and agencies. 2:2:c</p> <p>Identify the elements of good health. 3:3:a</p> <p>Identify personal choices that affect health. 3:3:a</p>		<p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c</p>
<u>Lesson 4 Families Work Together</u>	<p>Identify the attributes of personal responsibility. 3:3:b</p> <p>Recognize ways to communicate care and consideration for self and others. 4:1:a</p> <p>Identify various communication techniques used with family and peers. 4:1:b</p> <p>Identify healthy ways to express needs, wants, and feelings. 4:2:a</p>		
<u>Lesson 5. Look How Much We Know!</u>	<p>Recognize characteristics of emotional, social, and physical healthy. 1:2:b</p>		<p>Use organization skills to assist in recall of oral / visual information. 3:3:c</p>