
NORTHWEST TERRITORIES

School Health Program

KINDERGARTEN



Northwest
Territories Education, Culture and Employment
Health and Social Services

March, 1991

MENTAL AND EMOTIONAL WELL BEING

KINDERGARTEN

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
INTRO.	LIFESTYLE	Everyone can maintain and improve personal health at school	i) identify positive practices that maintain and improve health at school ii) demonstrate practices that maintain and improve health at school
1	SELF-AWARENESS	Everyone has physical characteristics	i) describe some physical characteristics
2	SELF-AWARENESS	Everyone has different abilities	i) identify some things they can do ii) demonstrate some things they can do
3	SELF-AWARENESS	Everyone has many different feelings	i) identify basic feelings
4	RELATIONSHIPS	Everyone needs friends	i) identify activities they do with their friends

GROWTH & DEVELOPMENT

KINDERGARTEN

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	BODY SYSTEMS	The body is made up of different parts which have special names	i) name external body parts ii) locate external body parts
2	BODY SYSTEMS	Sensory organs are special body parts	i) name the sensory organs of the body ii) locate the sensory organs of the body
3	BODY SYSTEMS	Sensory organs help people learn about the environment and are important for health	i) explain what the sensory organs do
4	BODY SYSTEMS	Sensory organs help people learn about the environment and are important for health	i) describe ways to protect the sensory organs
5	LIFESTYLE	People can develop positive health habits	i) identify positive daily health habits ii) demonstrate positive daily health habits
6	LIFESTYLE	People can develop positive health habits	i) identify positive regular health habits ii) demonstrate positive regular health habit

NUTRITION

KINDERGARTEN

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	FOOD IDENTIFICATION	People eat food to help their bodies grow healthy and strong	i) distinguish between a food and a non-food
2	FOOD IDENTIFICATION	People eat food to help their bodies grow healthy and strong	i) name a variety of familiar foods
3	FOOD APPRECIATION	Food helps our bodies grow healthy and strong	i) prepare a healthy snack ii) demonstrate a willingness to taste healthy snacks iii) state reasons for eating
4	FOOD APPRECIATION	A willingness to taste familiar and unfamiliar foods promotes food appreciation	i) demonstrate a willingness to taste unfamiliar foods

DENTAL HEALTH

KINDERGARTEN

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	STRUCTURE AND FUNCTION	People develop two sets of teeth in their lifetime	i) describe primary and permanent teeth ii) explain that primary teeth are replaced by permanent teeth
2	STRUCTURE AND FUNCTION	Teeth have many functions	i) describe the functions of the teeth
3	ORAL HYGIENE	Regular use of oral hygiene skills promotes dental health	i) demonstrate proper toothbrushing skills
4	FACTORS AFFECTING DENTAL HEALTH	The food which people eat affects their dental health	i) identify dentally safe and dentally unsafe food

SAFETY AND FIRST AID

KINDERGARTEN

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	PERSONAL SAFETY	It is important to follow personal safety rules	i) state personal safety rules
2	PERSONAL SAFETY	Personal safety involves knowledge of personal identity facts and community helpers	i) state personal identity facts ii) identify community safety helpers
3	FIRE SAFETY	It is important to follow correct fire drill procedures at school	i) state the importance of the fire alarm bell ii) demonstrate the school's fire drill procedures
4	PERSONAL SAFETY	It is important to follow safety rules for pedestrians	i) explain the importance of pedestrian safety ii) explain the importance of wearing light or reflective clothing when it is dark

ALCOHOL AND OTHER DRUGS

KINDERGARTEN

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	SAFETY	A poison is anything which is unsafe to taste, eat, drink or smell	i) identify safe/unsafe situations ii) identify some poisonous substances iii) explain why they should ask an adult they trust before tasting any unknown substance
2	SAFETY	A poison is anything which is unsafe to taste, eat, drink or smell	i) identify some poisonous substances ii) identify the poison warning sign iii) identify products with poison signs
3	SAFETY	A poison is anything which is unsafe to taste, eat, drink or smell	i) identify some poisonous substances ii) identify the poison warning sign iii) explain why they should not taste, eat, or drink anything if they don't know what it is
4	DRUGS	Many substances are unsafe and have warning signs	i) identify the hazard warning signs ii) explain why they should not touch any substance with a hazard warning sign