

**INDEPENDENT SCHOOL DISTRICT OF BOISE CITY  
IDAHO ACHIEVEMENT STANDARDS  
KINDERGARTEN  
HEALTH**

**Standard 1: Healthy Lifestyles**

Students learn the importance of safety skills that lead to a healthy life.

**Goal 1.1: Acquire the essential skills to lead a healthy life.**

**Objective(s): By the end of Kindergarten, students will be able to:**

- K.H.1.1.1 Describe exercise.
- K.H.1.1.2 Recognize the role of germs in spreading disease.
- K.H.1.1.3 Recognize safety signs and procedures at home, school, and around the neighborhood.
- K.H.1.1.4 Describe how each person experiences a variety of feelings and moods.
- K.H.1.1.5 Differentiate between helpful and harmful drugs.
- K.H.1.1.6 Identify medicines/drugs, their safe use, and safe places.
- K.H.1.1.7 Differentiate between healthy and unhealthy foods.
- K.H.1.1.8 Identify body parts.
- K.H.1.1.9 Describe the family.
- K.H.1.1.10 Identify health products commonly used.
- K.H.1.1.11 Identify healthy environment.

**Standard 2: Risk Taking Behavior**

Students learn about healthy and unhealthy behaviors.

**Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.**

**Objective(s): By the end of Kindergarten, students will be able to:**

- K.H.2.1.1 Explain that germs are everywhere and are invisible.
- K.H.2.1.2 Identify acceptable and unacceptable behavior.
- K.H.2.1.3 Discuss how to make a wise responsible choice.

**Standard 3: Communication Skills for Healthy Relationships**

Students learn effective ways to communicate.

**Goal 3.1: Demonstrate the ability to use communication skills to enhance health.**

**Objective(s): By the end of Kindergarten, students will be able to:**

- K.H.3.1.1 Identify the ways a person expresses feelings and moods.
- K.H.3.1.2 Demonstrate appropriate ways to say no.
- K.H.3.1.3 Identify “verbal” and “nonverbal” communication skills.

**Standard 4: Consumer Health**

Students learn about safe and unsafe products.

**Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.**

**Objective(s): By the end of Kindergarten, students will be able to:**

- K.H.4.1.1 Identify health products (soap, shampoo, toothpaste).
- K.H.4.1.2 Identify poison symbols (Mr. Yuck, skull, crossbones).
- K.H.4.1.3 Identify health workers.

**Standard 5: Mental and Emotional Wellness**

Students learn to identify feelings and moods.

**Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.**

**Objective(s): By the end of Kindergarten, students will be able to:**

- K.H.5.1.1 Identify feelings.
- K.H.5.1.2 Identify that each person experiences different feelings and moods.
- K.H.5.1.3 Explore the benefits of play.
- K.H.5.1.4 Recognize trusted adults who can provide assistance.