

**Elementary School Health Education  
Course: Health - Kindergarten**

<b>Mental and Emotional Health Unit</b>		
Lesson Number	Lesson Topic	Lesson Objective
1	<b>Communication and Emotions</b>	<ul style="list-style-type: none"> <li>• Recognize methods of communication</li> <li>• Examine emotions and responses to various situations</li> </ul>

<b>Disease Prevention and Control Unit</b>		
Lesson Number	Lesson Topic	Lesson Objective
1	<b>Personal Health Maintenance</b>	<ul style="list-style-type: none"> <li>• Identify ways to care for your body</li> </ul>
2	<b>Prevention Practices</b>	<ul style="list-style-type: none"> <li>• Identify ways to reduce risk of becoming sick</li> </ul>

<b>Safety and Injury Prevention Unit</b>		
Lesson Number	Lesson Topic	Lesson Objective
1	<b>Emergencies</b>	<ul style="list-style-type: none"> <li>• Recognize how to respond appropriately to emergency situations</li> </ul>
2	<b>Safety Rules and Procedures</b>	<ul style="list-style-type: none"> <li>• Identify ways to be safe when outdoors</li> <li>• Identify actions to stay safe from fires</li> <li>• Identify ways to be safe in a car</li> <li>• Tell what to do when lost</li> </ul>

<b>Tobacco, Alcohol, and Other Drugs Unit</b>		
Lesson Number	Lesson Topic	Lesson Objective
1	<b>Medicine</b>	<ul style="list-style-type: none"> <li>• Identify appropriate uses of medicine</li> </ul>

As of 1/2023, there are four units in kindergarten health education. Kindergarten health education curriculum is currently under HCPS review for alignment to MSDE Comprehensive Health Education Framework.