

**Health TEKS Integration  
Kindergarten**

TEKS	Health TEKS	P.E./ WELL- NESS	SOCIAL STUDIES	B.B.R.	NURSES	COUNSELORS	DARE/ GREAT
K.1(A)	identify and practice personal health habits that help individuals stay healthy such as a proper amount of sleep and clean hands				✓		
K.1(B)	identify types of food that help the body grow such as healthy breakfast foods and snacks				✓		
K.1(C)	identify types of exercise and active play that are good for the body	✓					
K.2(A)	identify the purpose of protective equipment such as a seat belt and a bicycle helmet	✓					
K.2(B)	identify safe and unsafe places to play such as a back yard and a street	✓			✓	✓	✓
K.2(C)	name the harmful effects of tobacco, alcohol and other drugs	✓			✓		✓
K.2(D)	identify ways to avoid harming oneself or another person	✓					✓
K.2(E)	practice safety rules during physical activity such as water safety & bike safety	✓					
K.2(F)	identify how to get help from a parent and/or trusted adult when made to feel uncomfortable or unsafe by another person/adult					✓	
K.2(G)	demonstrate procedures for responding to emergencies including dialing 911	✓			✓		✓
K.2(H)	name objects that may be dangerous such as knives, scissors and screwdrivers and tell how they can be harmful	✓			✓		✓
K.3(A)	demonstrate how to seek the help of parents/guardians and other trusted adults in making decisions and solving problems	✓				✓	
K.3(B)	plan a healthy meal and/or snack				✓		
K.4(A)	name the five senses	✓					
K.4(B)	name major body parts and their functions	✓					
K.4(C)	name & demonstrate good posture principles such as standing straight with shoulders back	✓					
K.5(A)	name people who can provide helpful health information such as parents, doctors, teachers and nurses				✓		
K.5(B)	explain the importance of health information				✓		
K.6(A)	tell how germs cause illness and disease in people of all ages				✓		
K.6(B)	name symptoms of common illnesses and diseases				✓		
K.6(C)	explain practices used to control the spread of germs such as washing hands				✓		
K.6(D)	discuss basic parts of the body's defense system against germs such as the skin				✓		

<b>K.7(A)</b>	tell how weather affects individual health such as dressing for warmth, protecting skin from sun, and keeping classrooms and homes warm and cool		✓				
<b>K.7(B)</b>	identify ways to prevent the transmission of head lice such as sharing brushes and caps				✓		
<b>K.8(A)</b>	recognize and describe individual differences and communicate appropriately with all individuals	✓				✓	
<b>K.8(B)</b>	explain the importance of showing consideration and respect for parents, grandparents, other family members, friends, and other individuals	✓				✓	
<b>K.8(C)</b>	recognize and explain the importance of manners and rules for healthy communication	✓					
<b>K.9(A)</b>	identify and use refusal skills to avoid unsafe behavior situations such as saying no in unsafe situations and then telling an adult if he/she is threatened	✓		✓	✓	✓	✓
<b>K.9(B)</b>	demonstrate skills for making new acquaintances	✓		✓	✓		✓