

# HEALTH & SAFETY

	Standard	Key: I- Introduced M-Met Standard		
	<b>Health</b>	<b>3K</b>	<b>4K</b>	<b>5K</b>
Demonstrates independence and importance of hygiene and nutrition.	Becomes aware of routine healthy behaviors ( i.e. brushing teeth)		I	M
	Follows health promoting behaviors ( washing hands, using tissue, toileting)		I	M
	Understands the need for exercise and rest		I	M
	Recognizes and select healthy snacks		I	M
	Prepares simple healthy snacks		I	M
	Observes changes in weather and seasons and wear appropriate clothing		I	M
	<b>Safety</b>	<b>3K</b>	<b>4K</b>	<b>5K</b>
Understands basic health and safety rules.	Recognizes the danger of fire and learn to treat fire with caution	I	M	M
	Responds appropriately during fire, severe weather and crisis drills	I	M	M
	Demonstrates stop, drop and roll skills	I	M	M
	Knows how to seek help in an emergency	I	M	M
	Knows how to cross the street safely	I	M	M
	Knows address		I	M
	Knows telephone number		I	M
	Knows to use safety belts and door locks in the car to keep safe	I	M	M
	Identifies safety signs: poison, stop sign, stop lights, crosswalk, railroad crossing		I	M
	Knows never to eat substances that are not food	I	M	M
	Recognizes the danger of poisonous substances including drugs	I	M	M
	Knows not to talk to, accept rides from or take treats from strangers	I	M	M
	Knows how to get help from a parent and/or trusted adult when feeling uncomfortable or unsafe by another	I	M	M
	Knows never to take medicine unless it is administered by an adult	I	M	M
	Know about safe behaviors around bodies of water (pool, lakes)	I	M	M
	Observes safety measures on playground equipment	I	M	M
Knows the difference between hot and cold water faucets	I	M	M	
Understands that guns are dangerous and should not be touched	I	M	M	