

Kindergarten

Health Mini Unit Overview

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Outcomes & Indicators

DMK.1

Establish that being curious about health and well-being is important for developing healthy habits, establishing healthy relationships, supporting safety, and exploring "self".

- a) Explain what is understood about healthy habits
- b) Examine basic choices related to healthy habits
- c) Make healthy choices related to healthy habits

Cross-Curricular Connections

Science

MOK.1

Investigate observable characteristics of familiar objects and materials in their environment.

- a) Pose questions about characteristics of objects and materials that lead to exploration and investigation.
- e) Explore how materials may change as a result of processes such as cutting, gluing together, heating, cooling, folding, and pouring them into different containers.

Arts Education:

CPK.4

Create art works that express own observations and ideas about the world.

- b) Use diverse sources such as stories, poems, observations, visual images, music, sounds, or objects as inspiration for art making.
- f) Select from a variety of art materials, tools, and paper size when creating a visual art expression (e.g., found objects, digital cameras, household items, wire).
- h) Demonstrate co-ordination and development of skills in the use of simple visual art tools and materials.

Essential Questions & "I Can" Statements

Essential Questions:

1. What are habits?
2. What are healthy and what are unhealthy habits?
3. What happens if I do not apply these healthy habits?

"I Can" Statements:

1. I can explain what healthy habits are
2. I can explain the difference between healthy and unhealthy habits
3. I can describe what happens if I do not apply these healthy habits to my life

KUD's

Know:

- The difference between healthy and unhealthy choices.
- How to apply these habits to our daily lives.
- The different elements of healthy habits.

Understand:

- What healthy habits are.
- How each healthy habit can benefit one's health.
- How one's own health can be negatively impacted by not applying these healthy habits in their daily life.
- How others may be impacted by choosing not to apply these healthy habits.

Do:

- Participate in healthy behaviours at school.
- Create healthy habits to apply in school and at home

Kindergarten

Health Lesson Overviews

Discovering Healthy Habits

Introduction to the different kinds of Healthy Habits.
Begin Experiment for Lesson #5.

1

2

GermS VS Soap: A Hands-On Lesson in Germ-Busting!

Learn about germs and how we are affected through experimentation.
Practice proper hand washing.

GermS VS Soap: A Hands-On Lesson in Germ-Busting! (Part 2)

Continue our learning on germs and how it affects our friends through experimentation.
Practice proper hand washing.

3

4

Delicious and Nutritious: Exploring the World of Healthy Eating!

Dive into the difference between healthy and unhealthy foods. Learn about the Canadian food guide and what it means to balance your plate!

Sparkling Smiles: The Brushing Breakthrough!

Check on egg experiment.
Learn about why brushing your teeth and flossing is an important and healthy habit.

5

6

The Healthy Handbook: Working Towards Healthy Habits

Review our healthy habits.
Create a healthy habits handbook to be able to look back at.