

Health Habits

Strand

Substrand

1.0 Basic Hygiene

Age

At around 48 months of age

At around 60 months of age

Foundation

1.1 Demonstrate knowledge of some steps in the handwashing routine.

1.1 Demonstrate knowledge of more steps in the handwashing routine.

Examples

Examples

- Shows a friend how to wash hands but leaves out several steps.
- Washes fingers and part of hand. Does not wash between fingers.
- A child with Down syndrome puts soap on hands and with teacher's hands guiding her, rubs hands together, rinses, and turns off the water.

- Shows a friend how to wash hands but may leave out a step.
- During toileting, a child shows a friend how to wash hands properly while singing the handwashing song. Then communicates, "Oops! I forgot to dry my hands."
- After using the bathroom, a child who is non-verbal goes to the sink and follows all the directions for washing hands, pointing to each picture prompt.

Foundation

1.2 Practice health habits that prevent infectious diseases and infestations (such as lice) when appropriate, with adult support, instruction, and modeling.

1.2 Begin to independently practice health habits that prevent infectious disease and infestations (such as lice) when appropriate, with less adult support, instruction, and modeling.

Examples

Examples

Examples

- When reminded, coughs in sleeve, blows nose in tissue, or avoids touching blood.
- When reminded, washes hands before helping to prepare snack, after using the bathroom, and before eating.
- Follows rules for not sharing hats, forks, and toothbrushes, with adult support.
- Drinks from a drinking fountain without touching mouth to spout, when reminded by an adult.
- Washes hands after handling classroom pet, when reminded by teacher.

- When coughing during circle time, coughs into sleeve.
- Sneezes while playing, gets a tissue to blow nose, throws it in the waste basket when finished, and then washes hands when prompted.
- Watching a friend pick up an apple slice from the floor, communicates, "Eating dirty food can make you sick."
- Tells friend not to use own spoon to serve self from common serving dish.
- Drinks water from a drinking fountain without touching the spout.

Examples

Domain

HEALTH