

HANDOUT 1

Foundations Map

3.0 Knowledge of Wellness

At around 48 months of age	At around 60 months of age
3.1 Identify a few internal body parts (most commonly the bones, brain, and heart) but may not understand their basic function.	3.1 Identify several different internal body parts and demonstrate a basic, limited knowledge of some functions.
Examples <ul style="list-style-type: none"> Communicates "Food goes into my tummy." After riding tricycle, tells another child, "Feel my heart. It's beating fast!" When asked what the brain does, responds, "You need to have a brain to be smart." 	Examples <ul style="list-style-type: none"> Touches own chest, takes a big breath, exhales, and says, "Lungs help us breathe." Communicates that the heart pumps blood, which keeps people alive. Communicates, "My bones help me move." Holds head and communicates, "I can't think, teacher; my brain is tired."
3.2 Begin to understand that health-care providers try to keep people well and help them when they are not well.	3.2 Demonstrate greater understanding that health-care providers try to keep people well and help them when they are not well.
Examples <ul style="list-style-type: none"> While in dramatic play area, pretends to be a doctor and communicates that medicine will make people feel better. Explains that dentists take care of teeth and that doctors and nurses give medicine to make sick people well. In the dramatic play area, acts the part of doctor and puts a bandage on a friend's pretend "owee." 	Examples <ul style="list-style-type: none"> Communicates that the doctor or nurse may give a shot or pill or medicine to help keep them well. Child with diabetes explains that the school nurse helps her with her insulin. Communicates, "My dentist says I need to brush my teeth after eating candy."
3.3 Communicate to an adult about not feeling well, feeling uncomfortable, or about a special health need, with varying specificity and reliability.	3.3 Communicate to an adult about not feeling well, feeling uncomfortable, or about a special health need, with more specificity and reliability.
Examples <ul style="list-style-type: none"> Child with asthma having symptoms communicates, "My tummy hurts," rather than "I can't breathe." Tells teacher, "Peanuts make me sick." Communicates, "My tummy hurts" when noticing need to have a bowel movement. Tells the teacher, "I wear a special bracelet because sugar makes me sick." 	Examples <ul style="list-style-type: none"> Child with asthma starts to wheeze and says to teacher, "I need my asthma medicine." Communicates to the teacher, "I can't eat peanuts because I am allergic to them." Tells teacher, "My head hurts; I need to lie down." Deaf child lets adult know that hearing aid is not working by pointing to his ear or saying "It's broken." Tells the teacher, "I wear a special bracelet because I have diabetes."