

HLTH 5: Knowledge of Wellness

Child shows and communicates increasing knowledge of the body and ways to take care of it

HANDOUT 6
DRDP-K (2015)**Mark the latest developmental level the child has mastered:**

Building			Integrating		
Earlier ○	Middle ○	Later ○	Earlier ○	Middle ○	Later ○
Identifies different body parts	Demonstrates basic understanding about the body's need for care	Expresses ideas about actions that help a person get better when sick or injured and some actions that make the body healthy	Communicates basic understanding about internal body parts and their functions or demonstrates curiosity about how behaviors make the body healthy	Communicates understanding about the causes of health and illness or about the roles adults play in maintaining and promoting children's health	Communicates detailed understanding about the causes of health and illness as it relates to internal body parts and functions
Examples					
<ul style="list-style-type: none"> ▶ Pats tummy, and indicates, "My tummy hurts!" ▶ Holds up arm and communicates, "I hurt my elbow on the climber." ▶ Applies ice pack to an injured elbow when instructed by an adult, "Hold the ice on your elbow." ▶ Communicates to an adult that he scraped his knee. 	<ul style="list-style-type: none"> ▶ Pretends to be a nurse in the dramatic play area and wraps a peer's "injured" arm in gauze. ▶ Communicates to a friend, "Look what I got!" while showing her a sticker and adds, "The dentist gave it to me. She cleaned my teeth." ▶ Communicates to adult, "We have to go wash it now," after falling and scrapping hand. ▶ Communicates, "I don't feel well," and lies down on the couch. 	<ul style="list-style-type: none"> ▶ Communicates, "She gave me some medicine. It made my ear all better!" when adult asks what a health care provider did during a recent visit. ▶ Expresses to an adult that he needs asthma medicine after becoming short of breath from running around. ▶ Reminds adult, "I'm thirsty! It's time to take a water break!" during outside play. ▶ Communicates, "When I'm sick I sleep a lot." 	<ul style="list-style-type: none"> ▶ Communicates to an adult that she needs her asthma medicine in order to run outside. ▶ Communicates, "I ate too much at lunch. My tummy is too full!" ▶ Communicates, "I am too hot. It is easier to rest in the shade where it is cooler." ▶ Asks, "Why is it good to eat vegetables?" 	<ul style="list-style-type: none"> ▶ Communicates, "I went to the doctors and got two shots, one for the flu and one for something else." ▶ Communicates, "My dad told me that candy gives you cavities." ▶ Communicates, "Mary's face is red, I think she didn't wear her hat outside in the sun." ▶ Communicates, "Flu is worse than a cold, but, if you eat healthy food, you won't get sick." 	<ul style="list-style-type: none"> ▶ Communicates, "I need to sleep enough at night so my brain can be rested and ready to learn." ▶ Communicates, "Exercise makes your heart strong and your muscles strong, so you'll live a long time." ▶ Communicates, "When you eat too much food and don't exercise, your body can't use all the food, so it turns into fat."

○ Child is emerging to the next developmental level

○ If you are unable to rate this measure, explain here:

Knowledge of Wellness**HLTH 5 (of 5)**