

**Health Scope and Sequence
Kindergarten**

Lesson	Quaver Activities	TEKS
1st 9 Weeks		
August 14 - October 13		
UNIT 1: General Health		
1. Exploring My Health	<ul style="list-style-type: none"> Exploring My Health 3-5 mins Unlocking the Dimensions 3-5 mins Four Dimensions of Health (Music Video) 3-5 mins My Health Puzzle 3-5 mins Choose Your Reflection (Exploring My Health) 3-5 mins 	2.B, 3.A, 4.A, 6.A, 7.B
2. What is a Healthy Behavior?	<ul style="list-style-type: none"> What is a Healthy Behavior? 6-9 mins Do What's Right (Make a Super Choice) 7-10 mins Jump to the Healthy Choice (Music Video) 6-9 mins Healthy Choice Super Pledge 5-8 mins Train the Brain (What is a Healthy Behavior?) 6-9 mins 	2.B, 6.A, 6.C, 6.D, 8.B
3. What is Healthy Help?	<ul style="list-style-type: none"> What is Healthy Help? 6-9 mins Tell a Healthy Helper 7-10 mins Healthy Helpers (Gym Game/Role play) 5-8 mins My Healthy Helpers 6-9 mins QLibs (What is Healthy Help?) 7-10 mins 	2.A
4. What is an Emergency?	<ul style="list-style-type: none"> What is an Emergency? 6-9 mins Emergency or Not 7-10 mins Emergency (Lyrics) 6-9 mins Be an Emergency Hero 5-8 mins Quiz Challenge-K- General Health 6-9 mins 	8.A, 9.A, 10.C
UNIT 2: Social Behavior		
1. Learning to Listen	<ul style="list-style-type: none"> Learning to Listen 6-9 mins Listening Practice 7-10 mins How Do You Show You're Listening (Lyrics) 6-9 mins Listening Game 5-8 mins Learning to Listen (Reflections and Other Thoughts) 6-9 mins 	3.A, 3.B, 3.E,
2. Making New Friends	<ul style="list-style-type: none"> Making New Friends 6-9 mins How To Be a Good Friend 7-10 mins We Should Be Friends (Lyrics) 6-9 mins Lesson mindset (Growing Stronger) 5-8 mins Making Friends (Reflections) 6-9 mins 	3.D, 3.E
3. What are Healthy Relationships?	<ul style="list-style-type: none"> What are Healthy Relationships? 6-9 mins Meet My Good Friends 7-10 mins 	3.C, 3.D, 3.E, 3.F,

Lesson	Quaver Activities	TEKS
	<ul style="list-style-type: none"> ● Someone I Can Talk To (Lyrics) 6-9 mins ● Relationship Four Corners (What Are Healthy Relationships) 5-8 mins ● QLibs (What Are Healthy Relationships?) 6-9 mins 	4.A, 5.A, 12.A, 12.B, 12.C
4. Using Kind Words	<ul style="list-style-type: none"> ● Using Kind Words 6-9 mins ● Kind and Unkind Words 7-10 mins ● Kind Words (Lyrics) 6-9 mins ● Kindness is My Jam 5-8 mins ● Quiz Challenge-K-Social Behavior 6-9 mins 	3.A, 3.B, 3.C, 3.E
2nd 9 Weeks October 16 - December 20		
UNIT 3: Responsible Decision Making		
1. What Is a Problem?	<ul style="list-style-type: none"> ● What Is a Problem? 6-9 mins ● What's the Problem? 7-10 mins ● Something's Not Working (Lyrics) 6-9 mins ● Be a Problem Solver 5-8 mins ● What Is a Problem? (Reflections) 6-9 mins 	
2. I Can Make It Better	<ul style="list-style-type: none"> ● I Can Make It Better 6-9 mins ● What Do You Think? 7-10 mins ● Make It Better (Lyrics) 6-9 mins ● Can We Do It Better? 5-8 mins ● I Can Make It Better (Reflections and Other Thoughts) 6-9 mins 	
3. My Values and My Health Goals	<ul style="list-style-type: none"> ● My Values and My Health Goals 6-9 mins ● Choosing My Health Goals 7-10 mins ● Get Motivated (Lyrics) 6-9 mins ● Lesson mindset (Growing Stronger) 5-8 mins ● My Values and My Health Goals (Reflections and Other Thoughts) 6-9 mins 	4.B
4. Basic Online Safety	<ul style="list-style-type: none"> ● Basic Online Safety 6-9 mins ● Be Safe on the Internet 7-10 mins ● Move and Talk (Basic Online Safety) 6-9 mins ● Act Out Online Safety 5-8 mins ● Quiz Challenge-K- Responsible Decision Making 6-9 mins 	11.A
UNIT 4: Healthy Practices and Hygiene		
1. Hygiene Skills	<ul style="list-style-type: none"> ● Hygiene Skills 6-9 mins ● Hygiene Hyjinks 7-10 mins ● Wash Our Hands (Lyrics) 6-9 mins ● Clean Up Our Act 5-8 mins ● QLibs (Hygiene Skills) 6-9 mins 	2.B, 2.C, 4.B

Lesson	Quaver Activities	TEKS
2. My Teeth and Mouth	<ul style="list-style-type: none"> My Teeth and Mouth 6-9 mins Exploring Our Mouth 7-10 mins Brush Your Teeth (Music Video) 6-9 mins My Hygiene Promise 5-8 mins Dentist, Dentist (My Teeth and Mouth) 6-9 mins 	2.B
3. What is Exercise?	<ul style="list-style-type: none"> What is Exercise? 6-9 mins Exercise or Not? 7-10 min Move and Groove (Music Video) 6-9 min Types of Exercise 5-8 min What is Exercise? (Reflections and Other Thoughts) 6-9 min 	2.B
4. Introducing the Importance of Sleep	<ul style="list-style-type: none"> Introducing the Importance of Sleep 6-9 mins Sleep is Amazing 7-10 min My Health Is Up to Me (Music Video) 6-9 min My Bedtime Routine 5-8 min Quiz Challenge-K- Healthy Practices and Hygiene 6-9 min 	2.B, 4.B, 7.B

3rd 9 Weeks

January 9 - March 8

UNIT 5: Mental Health and Wellness

1. What are Emotions?	<ul style="list-style-type: none"> What Are Emotions? 6-9 mins Emotions Soundboard 7-10 min How I'm Feeling Today (Lyrics) 6-9 min Lesson Mindset (Growing Stronger) 5-8 min I Feel 6-9 min 	3.A
2. When I Feel Worried	<ul style="list-style-type: none"> When I Feel Worried 6-9 mins What is Worry? 7-10 mins No Worries (Lyrics) 6-9 mins Managing My Worries 5-8 mins When I Feel Worried (Reflections and Other Thoughts) 6-9 mins 	3.A, 3.B
3. Controlling Myself	<ul style="list-style-type: none"> Controlling Myself 6-9 mins I'm In Control 7-10 min I Can Control (Lyrics) 6-9 min Self-Control Simon 5-8 min Controlling Myself (Reflections and Other Thoughts) 6-9 min 	3.B
4. How Do I Feel?	<ul style="list-style-type: none"> How Do I Feel? 6-9 min My Happy Feelings 7-10 min Show Me How You're Feeling (Lyrics) 6-9 min 	3.A, 4.A

Lesson	Quaver Activities	TEKS
	<ul style="list-style-type: none"> • What's the Emotion? 5-8 min • Quiz Challenge - K - Mental Health and Wellness 6-9 min 	
UNIT 6: Healthy Eating and Nutrition		
1. Food and My Body	<ul style="list-style-type: none"> • Food and My Body 6-9 mins • What My Food Does 7-10 min • Jump to the Healthy Choice (Music Video) 6-9 min • What's On My Plate? 5-8 min • Food Sorter (Food and My Body) 6-9 min 	6.B, 6.C
2. Can I Eat Anything I Want?	<ul style="list-style-type: none"> • Can I Eat Anything I Want? 6-9 mins • Whole or Processed? 7-10 min • My Health is Up to Me (Music Video) 6-9 min • Keeping it Real (Whole or Processed) 5-8 min • QLibs (Can I Eat Anything I Want?) 6-9 min 	6.D, 7.A
3. Eating Habits	<ul style="list-style-type: none"> • Eating Habits 6-9 mins • Choosing Healthy Snacks 7-10 min • Balance and Nutrition (Music Video) 6-9 min • Lesson Mindset (Eating Habits) 5-8 min • Eating Habits (Reflections and Other Thoughts) 6-9 min 	6.B, 6.C, 6.D, 7.B
4. Harmful Effects - Substances	<ul style="list-style-type: none"> • Harmful Effects 6-9 mins • Zoop and Doop 7-10 min • Zoop's Healthy Choices Game 6-9 min • Be Like Zoop 5-8 min • Quiz Challenge-K-Healthy Eating and Nutrition 6-9 min 	13.B, 14.A
4th 9 Weeks March 18 - May 23		
UNIT 7: Disease and Illness Prevention		
1. What is a Checkup?	<ul style="list-style-type: none"> • What is a Checkup? 6-9 mins • What Do Healthy Helpers Do? 7-10 min • Doctor or Dentist? (Gym Game) 6-9 min • What Happens at a Checkup? 5-8 min • Checkup Chant 6-9 min 	9.A, 9.B
2. Cold and Flu	<ul style="list-style-type: none"> • Cold and Flu 6-9 mins • Germ-Finding Super-Gogs 7-10 min • The Kid vs. The Germs (Music Video) 6-9 mins • Germ Fighters 5-8 mins • Doctor, Doctor (Cold and Flu) 6-9 mins 	2.C,
3. What is Medicine?	<ul style="list-style-type: none"> • What is Medicine? 6-9 mins • All About Medicine 7-10 min • Medicine (Music Video) 6-9 min 	2.C, 13.A

Lesson	Quaver Activities	TEKS
	<ul style="list-style-type: none"> ● Medicine Safety Rules 5-8 min ● Doctor, Doctor (What is Medicine?) 6-9 min 	
4. Staying Healthy	<ul style="list-style-type: none"> ● Staying Healthy 6-9 mins ● What Went Wrong? 7-10 mins ● Good Habits (Music Video) 6-9 mins ● Lesson mindset (Growing Stronger) 5-8 mins ● Quiz Challenge-K_Disease and Illness Prevention 6-9 mins 	2.B, 7.B
UNIT 8: Safety and Accident Prevention		
1. Helmets and Seatbelts	<ul style="list-style-type: none"> ● Helmets and Seatbelts 6-9 mins ● Helmets and Seatbelts? 7-10 min ● Be Safe, Be Smart, Be Aware (Music Video) 6-9 min ● Be a Safety Star 5-8 min ● Helmets and Seatbelts (Reflections and Other Thoughts) 6-9 min 	8.B
2. What is Personal Safety?	<ul style="list-style-type: none"> ● What is Personal Safety? 6-9 mins ● Do We Have a Problem? (Safe or Unsafe) 7-10 min ● Safe or Unsafe Game 6-9 min ● Traffic Light (What Is Personal Safety?) 5-8 min ● Keeping It Real (Thinking Smart) 6-9 min 	9.B, 9.C, 10.A, 10.C, 12.D
3. Safe Play	<ul style="list-style-type: none"> ● Safe Play 6-9 mins ● Playing It Safe 7-10 min ● Go, Collect, Play 6-9 min ● How Can We Play It Safe? 5-8 min ● Safe and Unsafe Play 6-9 min 	8.B, 10.A
4. Protecting My Five Senses	<ul style="list-style-type: none"> ● Protecting My Five Senses 6-9 mins ● Explore the Five Senses 7-10 min ● Five Senses (Lyrics) 6-9 min ● Protecting My Five Senses 5-8 min ● Quiz Challenge - K - Safety and Accident Prevention 6-9 min 	1.A 8.B, 10.A, 10.B