



Health, Safety, Manners and Routines in Kindergarten

Kindergarten is an exciting year for children. Much of a school day is spent on school lessons and learning new skills. Kindergarten is also a time to learn routines, manners, health and safety. In the brick and mortar school a portion of each day is devoted to topics such as health, hygiene, rest, safety, fair play, manners and school routines. At OHVA we want to encourage families to establish daily routines. We realize that putting healthy habits and positive routines in place takes time. Time spent on these foundational skills counts as attendance. Kindergarten students are allowed to log one hour per day under health to cover these important areas. Below are some ideas for establishing routines. Have you been doing any of these activities? Have you been counting them in your daily attendance? It's not too late to start building routines.

Health and Routine Ideas



Spend time each morning talking about the calendar/days of week/date/weather/seasons.

Say ABCs, spell name, count to 10 or 30 or 100, say address, phone number, and birthday.



Sing a Good Morning Song / Say the Pledge / Get own supplies ready.

Review Daily Schedule – order of lessons, special things coming up (don't forget snack time, story time, rest, lunch and breaks).

Have student write their first and last name then write: Today is _____. The weather is _____.



Daily Rest Time (It is healthy to take a nap 😊 or have a 15-20 minute quiet time).



Patience, waiting in line, hands to self, listening, turn taking, following 2-3 step directions, saying please and thank you.



Snack Time – preparation / clean up.

Reviewing the day, favorite lesson, explanations, examples, recap.

Safety Ideas– stranger danger, safe use of school and household tools, safety at play.

Health Ideas – discuss doctor visit, dental health, nutrition, germs, healthy heart.



You may have to practice waiting in line when you are at the store, library or other location. Turn taking, manners, patience and sharing can be practiced at home or on class connect.

PLEASE LOG **ONE HOUR PER DAY** UNDER **HEALTH** TO COVER HEALTH, SAFETY, MANNERS and ROUTINES.