



**Kindergarten Individual Development Survey (KIDS)  
Correspondence to Illinois Learning Standards:  
The KIDS Health (HLTH) Domain and the Illinois Early Learning and Development  
Standards (IELDS)**

Overall, there is substantial correspondence between the KIDS<sup>1</sup> and the Illinois Early Learning and Development Standards (IELDS) learning standards subsumed under Goals 19 through 24. Although the KIDS differs some from the IELDS in the broad organization and categorization of content, both similarly address key observable skills and behavioral indicators of health. This alignment reflects shared assumptions about what constitutes the most important cognitive, verbal, and behavioral changes in early childhood with respect to physical activity, health, and safety. The following table shows correspondences between the KIDS measures and the IELDS.

**Correspondence between the KIDS Instrument and  
the Illinois Early Learning and Development Standards**

| KIDS Measure  | Illinois Early Learning and Development Standards (IELDS)  | KIDS Measure Corresponds with IELDS in the Following Ways:  |
|---|--|---|
| <p><b>HLTH 1: Safety</b></p> <p><b>Definition:</b> Child shows awareness of safety and increasingly demonstrates knowledge of safety skills when participating in daily activities.</p> | <p><b>Learning Standard 19.C</b></p> <p>Demonstrate knowledge of rules and safety during activity.</p> <p><b>Learning Standard 21.A</b></p> <p>Demonstrate individual responsibility during group physical activities.</p> <p><b>Learning Standard 22.A</b></p> <p>Explain the basic principles of health promotion, illness prevention, treatment, and safety.</p> <p><b>Learning Standard 24.B</b></p> | <p>Child demonstrates knowledge of rules during activity and ability to follow simple safety rules <b>(19.C)</b>.</p> <p>Child demonstrates individual responsibility with respect to safety issues that arise during group physical activities <b>(21.A)</b>.</p> <p>Child demonstrates ability to explain the basic principles of health promotion, illness prevention, treatment, and safety. Specifically, the ability to identify and follow basic safety rules <b>(22.A)</b>.</p> <p>Child demonstrates ability to apply decision-making skills</p> |

<sup>1</sup> Desired Results Developmental Profile-Kindergarten for the Kindergarten Individual Development Survey



| KIDS Measure   | Illinois Early Learning and Development Standards (IELDS)  | KIDS Measure Corresponds with IELDS in the Following Ways:   |
|--|--|--|
| <p><b>HLTH 1: Safety (cont.)</b></p> <p><b>Definition:</b> Child shows awareness of safety and increasingly demonstrates knowledge of safety skills when participating in daily activities.</p>                      | <p>Apply decision-making skills related to the protection and promotion of individual health.</p> <p><b>Learning Standard 24.C</b></p> <p>Demonstrate skills essential to enhancing health and avoiding dangerous situations.</p>  | <p>related to the promotion of individual health <b>(24.B)</b>.</p> <p>Child demonstrates the skills necessary to enhancing health and participates in activities to learn to avoid dangerous situations <b>(24.C)</b>.</p>  |
| <p><b>HLTH 2: Personal Care Routines</b></p> <p><b>Definition:</b> Child understands, responds to, and initiates personal care routines and shows increasing knowledge and skills of how and when to apply them.</p> | <p><b>Learning Standard 22.A</b></p> <p>Explain the basic principles of health promotion, illness prevention, treatment, and safety.</p> <p><b>Learning Standard 22.B</b></p> <p>Describe and explain the factors that influence health among individuals, groups, and communities.</p> <p><b>Learning Standard 24.B</b></p> <p>Apply decision-making skills related to the protection and promotion of individual health.</p> <p><b>Learning Standard 24.C</b></p> <p>Demonstrate skills essential to enhancing health and avoiding dangerous situations.</p> | <p>Child demonstrates ability to explain the basic principles of health promotion, illness prevention, treatment, and safety. Specifically, child demonstrates personal care and hygiene skills with adult reminders <b>(22.A)</b>.</p> <p>Child describes and explains the factors that influence health among individuals and groups <b>(22.B)</b>.</p> <p>Child demonstrates ability to apply decision-making skills related to the promotion of individual health <b>(24.B)</b>.</p> <p>Child demonstrates the skills necessary to enhancing health <b>(24.C)</b>.</p> |
| <p><b>HLTH 3: Active Physical Play</b></p>   | <p><b>Learning Standard 20.A</b></p>   | <p>Child achieves and maintains a health-enhancing level of physical fitness by participating in</p>   |



| KIDS Measure  | Illinois Early Learning and Development Standards (IELDS)  | KIDS Measure Corresponds with IELDS in the Following Ways:  |
|---|--|---|
| <p><b>Definition:</b> Child engages in physical activities with increasing endurance and intensity.</p>                                       | <p>Achieve and maintain a health-enhancing level of physical fitness.</p> <p><b>Learning Standard 20.B</b></p> <p>Assess individual fitness levels.</p>  | <p>activities that enhance level of fitness <b>(20.A)</b>.</p> <p>Child demonstrates emerging ability to assess individual fitness level <b>(20.B)</b>.</p>   |
| <p><b>HLTH 4: Nutrition</b></p> <p><b>Definition:</b> Child demonstrates increasing knowledge about nutrition and healthful food choices.</p> | <p><b>Learning Standard 22.A</b></p> <p>Explain the basic principles of health promotion, illness prevention, treatment, and safety.</p> <p><b>Learning Standard 22.B</b></p> <p>Describe and explain the factors that influence health among individuals, groups, and communities.</p> <p><b>Learning Standard 22.C</b></p> <p>Explain how the environment can affect health.</p> <p><b>Learning Standard 23.B</b></p> <p>Identify ways to keep the body healthy.</p> <p><b>Learning Standard 23.C</b></p> <p>Describe factors that affect growth and development.</p> <p><b>Learning Standard 24.B</b></p> <p>Apply decision-making skills related to the protection and promotion of individual health.</p> | <p>Child demonstrates ability to explain the basic principles of health promotion, illness prevention, treatment, and safety <b>(22.A)</b>.</p> <p>Child describes and explains the factors that influence health among individuals and groups <b>(22.B)</b>.</p> <p>Child describes and explains the factors that influence health <b>(22.C)</b>.</p> <p>Child demonstrates ability to identify ways to keep the body healthy and awareness of examples of healthy habits. Additionally, the child demonstrates ability to identify healthy and non-healthy foods and their effect on the body <b>(23.B)</b>.</p> <p>Child demonstrates ability to describe factors that affect one's growth and development <b>(23.C)</b>.</p> <p>Child demonstrates ability to apply decision-making skills related to the promotion of individual health <b>(24.B)</b>.</p> |



| KIDS Measure   | Illinois Early Learning and Development Standards (IELDS)   | KIDS Measure Corresponds with IELDS in the Following Ways:   |
|--|---|--|
|  | <p><b>Learning Standard 24.C</b></p> <p>Demonstrate skills essential to enhancing health and avoiding dangerous situations.</p>   | <p>Child demonstrates the skills necessary to enhancing health <b>(24.C)</b>.</p>  |
| <p><b>HLTH 5: Knowledge of Wellness</b></p> <p><b>Definition:</b> Child shows and communicates increasing knowledge of the body and ways to take care of it.</p> | <p><b>Learning Standard 20.A</b></p> <p>Achieve and maintain a health-enhancing level of physical fitness.</p> <p><b>Learning Standard 22.A</b></p> <p>Explain the basic principles of health promotion, illness prevention, treatment, and safety.</p> <p><b>Learning Standard 22.B</b></p> <p>Describe and explain the factors that influence health among individuals, groups, and communities.</p> <p><b>Learning Standard 22.C</b></p> <p>Explain how the environment can affect health.</p> <p><b>Learning Standard 23.A</b></p> <p>Describe and explain the structure and functions of the human body systems and how they interrelate.</p> <p><b>Learning Standard 23.B</b></p> | <p>Child demonstrates cognitive awareness of the health benefits of physical activity. Therefore, the child participates in activities that enhance level of fitness <b>(20.A)</b>.</p> <p>Child demonstrates ability to explain the basic principles of health promotion, illness prevention, treatment, and safety <b>(22.A)</b>.</p> <p>Child describes and explains the factors that influence health among individuals and groups <b>(22.B)</b>.</p> <p>Child describes and explains the factors that influence health <b>(22.C)</b>.</p> <p>Child demonstrates ability to explain the structure and functions of the human body systems and identify body parts and how they interrelate <b>(23.A)</b>.</p> <p>Child demonstrates ability to identify ways to keep the body healthy and awareness of</p> |



| KIDS Measure   | Illinois Early Learning and Development Standards (IELDS)   | KIDS Measure Corresponds with IELDS in the Following Ways:  |
|--|---|---|
| <p><b>HLTH 5: Knowledge of Wellness (cont.)</b></p> <p><b>Definition:</b> Child shows and communicates increasing knowledge of the body and ways to take care of it.</p> | <p>Identify ways to keep the body healthy.</p> <p><b>Learning Standard 23.C</b><br/>Describe factors that affect growth and development.</p> <p><b>Learning Standard 24.B</b><br/>Apply decision-making skills related to the protection and promotion of individual health.</p> <p><b>Learning Standard 24.C</b><br/>Demonstrate skills essential to enhancing health and avoiding dangerous situations.</p> | <p>examples of healthy habits <b>(23.B)</b>.</p> <p>Child describes factors that affect his or her growth and development <b>(23.C)</b>.</p> <p>Child demonstrates ability to apply decision-making skills related to the promotion of individual health <b>(24.B)</b>.</p> <p>Child demonstrates the skills necessary to enhancing health <b>(24.C)</b>.</p> |

**IELDS Goal(s) or Learning Standard(s) not addressed by KIDS Domain**

- Learning Standard 19.B: Demonstrate awareness and coordination of body movements.
- Learning Standard 21.B: Demonstrate cooperative skills during structured group physical activity.
- Learning Standard 24.A: Demonstrate procedures for communicating in positive ways, resolving differences, and preventing conflict.

*Note from expert:* The KIDS HLTH measures do not align with the learning standards listed above, but measures in other domains of the KIDS may correspond to them.