

Too Good for Drugs Grade 1

2020 Edition

Correlated to Components of Social, Emotional, and Intellectual Habits

Lesson 1 A Great Day – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify action steps needed to reach a goal
- Set a personal goal

Develop a Positive Self-Concept

Self-awareness

Recognize and express likes, dislikes, needs, and wants in a manner acceptable to school norms

Sense of self as competent and capable

Attempt new activities and experiences with confidence and optimism

Develop Executive Functioning Skills

Working memory and metacognition

Remember and follow multistep directions that involve more complex steps/sequences and update them with new information or changing plans

Managing attention and behavior

Demonstrate increasing independence in taking responsibility, including planning and/or setting goals for own learning, while respecting the learning of others

Lesson 2 Thinking Cap On – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Discuss the benefits of stopping to think before making a decision
- Demonstrate the skill of anticipating consequences of choices
- Discuss personal responsibility for making positive choices

Develop Executive Functioning Skills

Working memory and metacognition

Remember and follow multistep directions that involve more complex steps/sequences and update them with new information or changing plans

Develop Logic and Reasoning

Critical and analytical thinking

Use evidence and critical thinking to support claims, make simple arguments and critique the reasoning of others; explain own thinking and listens to others

Applying known information to new experiences

Approach new situations, relationships, and problem solving using information from prior experiences rather than through trial and error

Reasoning and problem solving

Demonstrate a willingness to try multiple strategies to solve a problem; check whether solution makes sense; may seek adult assistance

Lesson 3 *Cattitude – Identifying and Managing Emotions*

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Comprehend feelings as natural responses that are neither right nor wrong
- Differentiate feelings from actions
- Demonstrate using an I-message and other healthy ways to express emotions

Identify and Understand Emotions of Self and Others

Identifying and understanding emotions

Recognize and label feelings in self and others, beginning to use more sophisticated emotion words

Discuss emotions and the impact on behavior and begin to show awareness of the intensity of emotions (e.g., can recognize when their emotions are particularly strong and they might lose control; use words such as “furious” to describe intense anger)

Empathy

Recognize more complex feelings or thoughts/ perspectives of others

Develop Executive Functioning Skills

Self-regulation of impulses and emotional reaction

Use basic strategies with increasing independence to deal with upsetting emotions and seek help when necessary

Lesson 4 *Hear Me Out – Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Demonstrate using one’s eyes, ears, and brain to listen
- Identify the body language of an active listener
- Demonstrate the ability to ask questions without interrupting
- Practice verbal and non-verbal communication

Identify and Understand Emotions of Self and Others

Identifying and understanding emotions

Recognize and label feelings in self and others, beginning to use more sophisticated emotion words

Empathy

Recognize more complex feelings or thoughts/ perspectives of others

Develop Logic and Reasoning

Critical and analytical thinking

Use evidence and critical thinking to support claims, make simple arguments and critique the reasoning of others; explain own thinking and listens to others

Lesson 5 The Cat's Meow – *Bonding and Relationships*

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Identify examples of pro-social behavior

Develop Positive Interpersonal Relationships

Social awareness and interpersonal skills

Use basic social skills independently and engage in positive, reciprocal relationships with peers (i.e., begin to form friendships with preferred peers)

Develop Logic and Reasoning

Critical and analytical thinking

Use evidence and critical thinking to support claims, make simple arguments and critique the reasoning of others; explain own thinking and listens to others

Lesson 6 Copy Cat – *Managing Peer Pressure*

Objectives

Following this lesson, the students will be able to:

- Identify and apply three ways to handle peer pressure
- Describe safe and healthy activities to do with friends
- Demonstrate assertive communication to refuse peer pressure

Develop a Positive Self-Concept

Self-awareness

Recognize and express likes, dislikes, needs, and wants in a manner acceptable to school norms

Develop Positive Interpersonal Relationships

Social awareness and interpersonal skills

Use basic social skills independently and engage in positive, reciprocal relationships with peers (i.e., begin to form friendships with preferred peers)

Develop Logic and Reasoning

Responsible decision-making and social problem solving

Describe the connections between choices (decisions) and consequences to self and uses this information to make choices with adult support

Applying known information to new experiences

Approach new situations, relationships, and problem solving using information from prior experiences rather than through trial and error

Lesson 7 Stuck in a Tree – *Managing Disappointment*

Objectives

Following this lesson, the student will be able to:

- Differentiate positive and negative reactions to disappointment
- Demonstrate positive responses to disappointment

Identify and Understand Emotions of Self and Others

Identifying and understanding emotions

Discuss emotions and the impact on behavior and begin to show awareness of the intensity of emotions (e.g., can recognize when their emotions are particularly strong and they might lose control; use words such as “furious” to describe intense anger)

Develop Executive Functioning Skills

Self-regulation of impulses and emotional reaction

Use basic strategies with increasing independence to deal with upsetting emotions and seek help when necessary

Lesson 8 All the Right Moves – *Understanding the Safe Use of Prescription and OTC Medicines*

Objectives

Following this lesson, the student will be able to:

- Define medicine
- Differentiate the safe and unsafe use of prescription and over-the-counter medicines

Develop Positive Interpersonal Relationships

Responsible decision-making and social problem solving

Describe the connections between choices (decisions) and consequences to self and uses this information to make choices with adult support

Develop Executive Functioning Skills

Working memory and metacognition

Remember and follow multistep directions that involve more complex steps/sequences and update them with new information or changing plans

Develop Logic and Reasoning

Reasoning and problem solving

Demonstrate a willingness to try multiple strategies to solve a problem; check whether solution makes sense; may seek adult assistance

Lesson 9 Curious Carmen – *Identify and Avoiding Harmful Substances*

Objectives

Following this lesson, the students will be able to:

- Identify harmful substances in and around the home including nicotine and alcohol
- Describe the harmful effects these substances can have on the brain and body
- Differentiate safe and unsafe ways for children to respond when encountering harmful household substances

Develop Positive Interpersonal Relationships

Responsible decision-making and social problem solving

Describe the connections between choices (decisions) and consequences to self and uses this information to make choices with adult support

Develop Executive Functioning Skills

Working memory and metacognition

Remember and follow multistep directions that involve more complex steps/sequences and update them with new information or changing plans

Develop Logic and Reasoning

Reasoning and problem solving

Demonstrate a willingness to try multiple strategies to solve a problem; check whether solution makes sense; may seek adult assistance

Lesson 10 Fit as a Riddle – *Making Healthy Choices*

Objectives

Following this lesson, the student will be able to:

- Comprehend health and a healthy body
- Identify the benefits of making healthy choices related to food, rest, and exercise
- Differentiate safe, healthy decisions and unsafe, unhealthy decisions

Develop a Positive Self-Concept

Self-awareness

Recognize and express likes, dislikes, needs, and wants in a manner acceptable to school norms

Sense of self as competent and capable

Attempt new activities and experiences with confidence and optimism

Develop Positive Interpersonal Relationships

Responsible decision-making and social problem solving

Describe the connections between choices (decisions) and consequences to self and uses this information to make choices with adult support

Develop Logic and Reasoning

Critical and analytical thinking

Use evidence and critical thinking to support claims, make simple arguments and critique the reasoning of others; explain own thinking and listens to others

Applying known information to new experiences

Approach new situations, relationships, and problem solving using information from prior experiences rather than through trial and error