

# Too Good for Drugs

## Grade 1

*Correlated with Kansas Model Curricular Standards for Health Education 2018*

### Lesson 1.1 *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

#### Mental and Emotional Health

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

2.1 Healthy ways to communicate needs, wants, and feelings

#### Personal Health

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

2.5 Healthy and unhealthy behaviors impact personal health and self-worth

### Lesson 1.2 *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

#### Injury Prevention and Safety

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

2.3 Refusal skills and decision making, to reduce accidents and injuries

#### Mental and Emotional Health

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

2.1 Healthy ways to communicate needs, wants, and feelings

#### Personal Health

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

2.5 Healthy and unhealthy behaviors impact personal health and self-worth

### Lesson 1.3 *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

#### Mental and Emotional Health

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

2.1 Healthy ways to communicate needs, wants, and feelings

2.2 Communicating care, consideration, and respect

2.3 Development of coping skills

## **Personal Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

2.5 Healthy and unhealthy behaviors impact personal health and self-worth

## **Lesson 1.4 *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

## **Mental and Emotional Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

2.1 Healthy ways to communicate needs, wants, and feelings

2.2 Communicating care, consideration, and respect

2.3 Development of coping skills

## **Personal Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

2.5 Healthy and unhealthy behaviors impact personal health and self-worth

## **Lesson 1.5 *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

## **Mental and Emotional Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

2.1 Healthy ways to communicate needs, wants, and feelings

2.2 Communicating care, consideration, and respect

2.3 Development of coping skills

## **Personal Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

2.5 Healthy and unhealthy behaviors impact personal health and self-worth

## **Lesson 1.6 *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

## **Injury Prevention and Safety**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

2.3 Refusal skills and decision making, to reduce accidents and injuries

2.4 Responding to unwanted, threatening, or dangerous situations

2.5 Strategies to report verbal, mental and physical harm

2.6 Conflict resolution steps

2.7 Dangers of poisons

## **Mental and Emotional Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.1 Healthy ways to communicate needs, wants, and feelings
- 2.2 Communicating care, consideration, and respect
- 2.3 Development of coping skills
- 2.5 Bullying/harassment prevention

## **Personal Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.5 Healthy and unhealthy behaviors impact personal health and self-worth

## **Lesson 1.7 *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

## **Mental and Emotional Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.1 Healthy ways to communicate needs, wants, and feelings
- 2.2 Communicating care, consideration, and respect
- 2.3 Development of coping skills

## **Personal Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.5 Healthy and unhealthy behaviors impact personal health and self-worth

## **Lesson 1.8 *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

## **Consumer Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.2 Safety rules for using medicines and health-care products

## **Injury Prevention and Safety**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.4 Responding to unwanted, threatening, or dangerous situations
- 2.5 Strategies to report verbal, mental and physical harm

## **Mental and Emotional Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.1 Healthy ways to communicate needs, wants, and feelings

## **Personal Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.4 Importance of personal health and to seek health care
- 2.5 Healthy and unhealthy behaviors impact personal health and self-worth

## **Prevention & Control of Disease**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.2 Common childhood illnesses and symptoms
- 2.3 Communicable and non-communicable illnesses
- 2.4 Roles of the body and medicines in preventing germs

## **Substance Use and Abuse & Addiction**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.2 Helpful and harmful drugs
- 2.3 Appropriate use of medicine
- 2.4 Safe choices with medicines and drugs
- 2.5 Effects of medicines and drugs

## **Lesson 1.9 *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

### **Injury Prevention and Safety**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.4 Responding to unwanted, threatening, or dangerous situations
- 2.5 Strategies to report verbal, mental and physical harm
- 2.7 Dangers of poisons

### **Mental and Emotional Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.1 Healthy ways to communicate needs, wants, and feelings

### **Personal Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.4 Importance of personal health and to seek health care
- 2.5 Healthy and unhealthy behaviors impact personal health and self-worth

### **Substance Use and Abuse & Addiction**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.1 Drug types and dangers of each (alcohol, tobacco, other illegal drugs)

## **Lesson 1.10 *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

### **Nutrition**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

- 2.2 Role of food and nutrients in providing energy
- 2.4 Impact of food choices
- 2.8 Relationship between exercise and nutrition

### **Personal Health**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

2.3 Heart-healthy activities and the benefits of exercise

2.4 Importance of personal health and to seek health care

2.5 Healthy and unhealthy behaviors impact personal health and self-worth

**Prevention & Control of Disease**

**The students will know, comprehend, apply, analyze, synthesize and/or evaluate:**

2.5 Relationship between nutrition, exercise and disease prevention