

# Too Good for Drugs

## Grade 1

*Correlated with Washington State Learning Standards Health & Physical Education 2016*

### 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

#### Wellness (W)

##### 1. Dimensions of Health

Understand what it means to be healthy. H1.W1.1

##### 4. Analyzing Influences

Describe how family and friends influence health practices and behaviors. H2. W4.1

##### 8. Goal-Setting

Identify people who can support achievement of a personal health goal. H6.W8.1

#### Social Emotional Health (So)

##### 1. Self-Esteem

Compare and contrast positive and negative self-talk. H1.So1.1

### 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

#### Wellness (W)

##### 1. Dimensions of Health

Understand what it means to be healthy. H1.W1.1

##### 7. Decision-Making

Differentiate between situations when a health-related decision can be made individually and when assistance is needed. H5.W7.1

### 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

#### Wellness (W)

##### 1. Dimensions of Health

Understand what it means to be healthy. H1.W1.1

##### 6. Communication

Identify verbal and nonverbal communication. H1.W6.1

### **Sexual Health (Se)**

#### **6. Healthy Relationships**

Identify healthy ways to express feelings. H1.Se6.1b

### **Social Emotional Health (So)**

#### **4. Expressing Emotions**

Describe appropriate ways to express emotions. H1.So4.1a

Recognize importance of being sensitive to others' feelings. H1.So4.1b

## **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

### **Wellness (W)**

#### **1. Dimensions of Health**

Understand what it means to be healthy. H1.W1.1

#### **6. Communication**

Identify verbal and nonverbal communication. H1.W6.1

### **Sexual Health (Se)**

#### **6. Healthy Relationships**

Describe characteristics of a friend. H1.Se6.1a

Identify healthy ways to express feelings. H1.Se6.1b

### **Social Emotional Health (So)**

#### **4. Expressing Emotions**

Describe appropriate ways to express emotions. H1.So4.1a

Recognize importance of being sensitive to others' feelings. H1.So4.1b

## **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

### **Wellness (W)**

#### **1. Dimensions of Health**

Understand what it means to be healthy. H1.W1.1

### **Sexual Health (Se)**

#### **6. Healthy Relationships**

Describe characteristics of a friend. H1.Se6.1a

### **Social Emotional Health (So)**

#### **4. Expressing Emotions**

Recognize importance of being sensitive to others' feelings. H1.So4.1b

## **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

### **Wellness (W)**

#### 1. Dimensions of Health

Understand what it means to be healthy. H1.W1.1

#### 4. Analyzing Influences

Describe how family and friends influence health practices and behaviors. H2. W4.1

#### 6. Communication

Identify verbal and nonverbal communication. H1.W6.1

Demonstrate ways to respond to an unwanted, threatening, or dangerous situation. H4.W6.1

### **Safety (Sa)**

#### 3. Violence Prevention

Recognize different types of violence and abuse. H1.Sa3.1

### **Sexual Health (Se)**

#### 6. Healthy Relationships

Describe characteristics of a friend. H1.Se6.1a

Identify healthy ways to express feelings. H1.Se6.1b

### **Social Emotional Health (So)**

#### 4. Expressing Emotions

Recognize importance of being sensitive to others' feelings. H1.So4.1b

## **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

### **Wellness (W)**

#### 1. Dimensions of Health

Understand what it means to be healthy. H1.W1.1

#### 6. Communication

Identify verbal and nonverbal communication. H1.W6.1

#### 7. Decision-Making

Differentiate between situations when a health-related decision can be made individually and when assistance is needed. H5.W7.1

### **Sexual Health (Se)**

#### 6. Healthy Relationships

Identify healthy ways to express feelings. H1.Se6.1b

### **Social Emotional Health (So)**

#### 1. Self-Esteem

Compare and contrast positive and negative self-talk. H1.So1.1

3. Stress Management  
Recognize positive and negative effects of stress. H1.So3.1  
Identify basic stress management techniques. H7.So3.1
4. Expressing Emotions  
Describe appropriate ways to express emotions. H1.So4.1a

## **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

### **Wellness (W)**

1. Dimensions of Health  
Understand what it means to be healthy. H1.W1.1
2. Hygiene  
Understand which elements of hygiene are essential to good health. H1.W2.Kb
3. Disease Prevention  
Describe ways to prevent the spread of germs. H1.W3.1a
4. Analyzing Influences  
Describe how family and friends influence health practices and behaviors. H2.W4.1
5. Access Valid Health Information  
Identify where to locate trusted adults who can help promote health. H3.W5.1
6. Communication  
Demonstrate ways to respond to an unwanted, threatening, or dangerous situation. H4.W6.1
7. Decision-Making  
Differentiate between situations when a health-related decision can be made individually and when assistance is needed. H5.W7.1

### **Substance Use and Abuse (Su)**

1. Use and Abuse  
Understand differences between safe and unwanted medicine use. H1.Su1.1a  
Identify different medicines and harmful drugs. H1.Su1.1b
2. Effects  
Recognize effects of medicines used incorrectly. H1.Su2.1
3. Prevention  
Recognize how to tell a trusted adult when offered non-prescribed medicine or harmful drugs. H4.Su3.1

## **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

### **Wellness (W)**

1. Dimensions of Health  
Understand what it means to be healthy. H1.W1.1
4. Analyzing Influences

Describe how family and friends influence health practices and behaviors. H2. W4.1

5. Access Valid Health Information

Identify where to locate trusted adults who can help promote health. H3.W5.1

6. Communication

Demonstrate ways to respond to an unwanted, threatening, or dangerous situation. H4.W6.1

7. Decision-Making

Differentiate between situations when a health-related decision can be made individually and when assistance is needed. H5.W7.1

**Substance Use and Abuse (Su)**

1. Use and Abuse

Identify different medicines and harmful drugs. H1.Su1.1b

Understand tobacco and alcohol are harmful drugs. H1.Su1.1c

3. Prevention

Recognize how to tell a trusted adult when offered non-prescribed medicine or harmful drugs. H4.Su3.1

Recognize importance of avoiding tobacco, secondhand smoke, and alcohol. H1.Su3.1

**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

**Wellness (W)**

1. Dimensions of Health

Understand what it means to be healthy. H1.W1.1

4. Analyzing Influences

Describe how family and friends influence health practices and behaviors. H2. W4.1

**Nutrition (N)**

1. Food Groups and Nutrients

Distinguish between healthy and unhealthy foods. H1.N1.1b

2. Beverages

Recognize importance of drinking water. H1.N2.1

4. Caloric Intake and Expenditure

Understand food provides energy for the body. H1.N4.1

5. Disease prevention

Understand that food choices can contribute to a healthy body. H1.N5.1

**Sexual Health (Se)**

6. Healthy Relationships

Describe characteristics of a friend. H1.Se6.1a