

# Too Good for Drugs

## Grade 2

Correlated with Kansas Model Curricular Standards for Health Education 2018

### Lesson 2.1 *Chasing Squirrels* – Setting Reachable Goals

#### Objectives

Following this lesson, the student will be able to:

- Define a goal
- Discuss his or her own personal strengths
- Identify the importance of setting goals
- Describe the steps to setting and reaching goals
- 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 2.2 *The Important Link*– Making Responsible Decisions

#### Objectives

Following this lesson, the student will be able to:

- Discuss the benefits of stopping to think before making a decision
- Define consequence
- Demonstrate predicting possible consequences
- Demonstrate how to make good decisions

#### 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 2.3 *How I Feel* – Identifying and Managing Emotions

#### Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Demonstrate verbal and non-verbal expressions of feelings
- 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 2.4 *How Do You Do?* – Effective Communication**

### **Objectives**

Following this lesson, the student will be able to:

- Demonstrate the social skill of making introductions
- Demonstrate polite, assertive communication using I-messages
- Demonstrate active listening skills

### **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 2.5 *Friends Fur-Ever* – Bonding and Relationships**

### **Objectives**

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Describe how friends help each other
- Describe approaches to making and keeping friends
- 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 2.6 *Wagging the Dog* – Peer Pressure**

### **Objectives**

Following this lesson, the student will be able to:

- Define peer pressure
- Describe the effect of peer pressure on decision making
- Identify and apply four ways to handle 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 2.7 *Still in the Game* – Managing Mistakes**

### **Objectives**

Following this lesson, the students will be able to:

- Differentiate positive and negative self-talk
- Use positive self-talk to manage and overcome mistakes
- Identify how to handle a mistake in a positive way

### **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 2.8 *A Prescription for Health* – Understanding the Safe Use of Prescription and Over-the-Counter Medicines**

### **Objectives**

Following this lesson, the student will be able to:

- Identify and describe physical symptoms of not feeling well
- Define over-the-counter medicine
- Define prescription 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 2.9 *Chasing Your Tail* – Identifying and Avoiding Harmful Substances**

### **Objectives**

Following this lesson, the students will be able to:

- Identify harmful substances in and around the home including tobacco and alcohol
- Describe the harmful effects these substances can have on the brain and body
- Distinguish 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 2.10 *Healthy Choices, Healthy Body* – Healthy Choices**

### **Objectives**

Following this lesson, the student will be able to:

- Define health
- Identify the benefits of making healthy choices related to food, rest, and exercise
- Explain the need for good food, exercise, and rest to build a strong, healthy body

## **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