

Too Good for Drugs

Grade 1

Correlated with Arkansas Physical Education and Health Curriculum Framework, Revised 2011

Lesson 1.1 *Go for a Healthy Goal* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define healthy
- Recite at least 5 healthy foods
- Recite at least 5 healthy leisure activities
- Recite at least 5 healthy practices

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

Personal Health

HW.11.1.4 Identify good personal grooming habits

Oral Health

HW.11.1.5 Discuss the benefits of having healthy teeth: eating is easier, nicer smile, talking is easier

HW.11.1.6 Recognize positive and negative oral health habits: positive (e.g., brushing teeth, flossing teeth, choosing healthy snacks), negative (e.g., thumb sucking, nail biting)

Standard 12: Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.

Healthy Eating Habits

HW.12.1.1 Illustrate a healthy snack from each food group (e.g., role play, drawing, cut and paste)

HW.12.1.2 Discuss factors that influence food choices

Food and Nutrition

HW.12.1.3 Recognize that there are different kinds of nutrients: carbohydrates, protein, fats, vitamins, minerals, water

HW.12.1.4 Place foods in the appropriate food groups using nutritional guides

Lesson 1.2 *My Special Feelings* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name at least six of the following emotions: happy, sad, angry, afraid, proud, excited, embarrassed
- Describe how a person might feel in a variety of situations
- Demonstrate stating feelings clearly and directly: I feel _____

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

Personal Health

HW.11.1.1 Identify personal feelings and behaviors

HW.11.1.2 Identify coping skills to manage emotions (e.g., count to ten when angry)

Lesson 1.3 *Listening* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Demonstrate the skill of listening

Standard 9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

Interpersonal Relationships

HW.9.1.4 Discuss methods of communication with friends and family (e.g., speaking, body language, writing, listening)

Lesson 1.4 *Friendship* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Discuss how friends are alike but different
- Describe how differences can enrich a friendship
- List behaviors of a friend: sharing, taking turns, helping, listening

Standard 9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

Decision Making

HW.9.1.1 Understand consequences of choices in relationships

HW.9.1.2 Identify the benefits of healthy relationships

Interpersonal Relationships

HW.9.1.3 Discuss the qualities of friendship

HW.9.1.4 Discuss methods of communication with friends and family (e.g., speaking, body language, writing, listening)

Lesson 1.5 *Carmen's Choice* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Recite the steps of a decision-making model: Stop and Think
- Demonstrate effective ways to make decisions through role-plays

Standard 9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

Decision Making

HW.9.1.1 Understand consequences of choices in relationships

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

Personal Health

HW.11.1.1 Identify personal feelings and behaviors

Lesson 1.6 *Curious Carmen* – Decision Making

Objectives

Following this lesson, the students will be able to:

- Describe the harmful effects of using inhalants
- List the following ways to avoid strong chemical smells: open a window, leave the room, tell an adult

Standard 10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

Other Drugs

HW.10.1.7 Understand that some drugs are illegal

HW.10.1.8 Discuss ways to avoid tobacco, drug, and alcohol use (e.g., say “NO”, ignore, walk away, a better idea)

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

Personal Health

HW.11.1.3 Identify trusted adults to notify for help (e.g., school, family, community)

Lesson 1.7 *Safe and Unsafe* – Healthy Choices

Objectives

Following this lesson, the student will be able to:

- Distinguish between safe and unsafe things for children to do
- Define the harmful effects of smoking tobacco products
- Define the harmful effects of drinking alcohol

Standard 10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

Tobacco

HW.10.1.4 Name forms of tobacco products: cigarettes, cigars, pipes, smokeless tobacco

HW.10.1.5 Identify how tobacco products are harmful to health (e.g., breathing, diseases, stained teeth)

Alcohol

HW.10.1.6 Recognize that alcoholic beverages are unhealthy and illegal for children

Other Drugs

HW.10.1.8 Discuss ways to avoid tobacco, drug, and alcohol use (e.g., say “NO”, ignore, walk away, a better idea)

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

Personal Health

HW.11.1.3 Identify trusted adults to notify for help (e.g., school, family, community)

Lesson 1.8 *Telling the Difference* – Healthy Choices

Objectives

Following this lesson, the student will be able to:

- Define drug
- Define medicine
- Differentiate between medicine, alcohol, and food
- List three types of alcoholic beverages: beer, wine, liquor

Standard 10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

Medicine

HW.10.1.1 Know that medicines are drugs and can be harmful or helpful

HW.10.1.2 Discuss safe use of medicine

HW.10.1.3 Discuss the dispensing of medicines with a reliable adult

Alcohol

HW.10.1.6 Recognize that alcoholic beverages are unhealthy and illegal for children

Other Drugs

HW.10.1.8 Discuss ways to avoid tobacco, drug, and alcohol use (e.g., say “NO”, ignore, walk away, a better idea)

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

Personal Health

HW.11.1.3 Identify trusted adults to notify for help (e.g., school, family, community)

Lesson 1.9 *Getting Sick, Getting Well* – Understanding the Safe Use of Prescription and Over-the-Counter Medicines

Objectives

Following this lesson, the students will be able to:

- Describe safe and appropriate ways for children to take medicine
- Demonstrate the skill of predicting what comes next in a sequence of events

Standard 10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

Medicine

HW.10.1.1 Know that medicines are drugs and can be harmful or helpful

HW.10.1.2 Discuss safe use of medicine

HW.10.1.3 Discuss the dispensing of medicines with a reliable adult

Other Drugs

HW.10.1.8 Discuss ways to avoid tobacco, drug, and alcohol use (e.g., say “NO”, ignore, walk away, a better idea)

Standard 11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

Personal Health

HW.11.1.3 Identify trusted adults to notify for help (e.g., school, family, community)

Lesson 1.10 *Cool Cats Say No* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Differentiate between safe, healthy decisions and unsafe, unhealthy decisions
- Discuss how peers influence decisions
- Discuss personal responsibility for making positive choices

Standard 9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

Decision Making

HW.9.1.1 Understand consequences of choices in relationships

HW.9.1.2 Identify the benefits of healthy relationships

Interpersonal Relationships

HW.9.1.3 Discuss the qualities of friendship

HW.9.1.4 Discuss methods of communication with friends and family (e.g., speaking, body language, writing, listening)