

Too Good for Drugs

Kindergarten

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

Lesson K.1 *Making My Day* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- List at least five ways to build a healthy self

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

Healthy Eating Habits

HW.12.K.1 Identify healthy and unhealthy snacks and drinks

HW.12.K.2 Tell the importance of choosing healthy foods

Lesson K.2 *Be Good to Your Body* – Healthy Choices

Objectives

Following this lesson, the student will be able to:

- List at least three internal parts of the body and describe what they do
- Recite at least three ways to help the body stay healthy

Standard 6: Human Growth and Development: Students shall understand characteristics relating to growth and development.

Body Systems

HW.6.K.1 Name and locate the following body parts: heart, lungs, brain, stomach, muscles, bones

Lesson K.3 *The Healthy Thing to Do* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Differentiate between safe, healthy decisions and unsafe, unhealthy decisions.

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

Personal Health

HW.11.K.1 Demonstrate emotions and feelings e.g., happy, sad, excited, afraid, surprised, angry, embarrassed, proud)

HW.11.K.2 Recognize good and bad choices for coping

HW.11.K.3 Name trusted adults to notify for help (e.g., school, family, community)

Safety

HW.11.K.9 Discuss safety procedures for lifetime activities (e.g., water, ATV's, hunting, camping)

HW.11.K.10 Understand how to get help in an emergency

Lesson K.4 *I'm Too Good for Drugs* – Understanding the Safe Use of Prescription and Over-the-Counter Medicines

Objectives

Following this lesson, the student will be able to:

- Define drugs
- Differentiate between medicine and other drugs
- Discuss the harmful effects of non-medical drugs on the body

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.K.1 Identify common medicines

HW.10.K.2 Name basic rules for taking medicine

HW.10.K.3 Identify reliable adults to dispense medicines

Other Drugs

HW.10.K.7 Recognize that some drugs are illegal

HW.10.K.8 Recognize ways to avoid tobacco, drug, and alcohol use (e.g., say "NO", Ignore, walk away, a better idea)

Lesson K.5 *Mr. Big Mouth* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Differentiate between substances that are harmful to eat and drink from those that are safe to eat and drink
- List at least five substances that are safe to eat and drink
- List at least three harmful substances: tobacco, alcohol, poison

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.K.4 Recognize types of tobacco products

HW.10.K.5 Recognize the effects of tobacco products on the body (e.g., bad breath, yellow teeth)

Alcohol

HW.10.K.6 Recognize that alcohol is a drug

Other Drugs

HW.10.K.7 Recognize that some drugs are illegal

HW.10.K.8 Recognize ways to avoid tobacco, drug, and alcohol use (e.g., say "NO", Ignore, walk away, a better idea)

Lesson K.6 *Goin' Fishin'* – Identifying and Managing Emotions

Objectives

Following this lesson, the students will be able to:

- Recite at least six feelings: happy, sad, angry, afraid, surprised, excited
- Discuss three ways that people show their feelings: with faces, bodies, words.
- Demonstrate feelings non-verbally and express them verbally

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

Personal Health

HW.11.K.1 Demonstrate emotions and feelings e.g., happy, sad, excited, afraid, surprised, angry, embarrassed, proud)

HW.11.K.2 Recognize good and bad choices for coping

HW.11.K.3 Name trusted adults to notify for help (e.g., school, family, community)

Lesson K.7 *Finding a Friend* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Describe three to five ways to initiate conversations
- Practice verbal and non-verbal communication
- Describe characteristics of a friend

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.K.1 Identify positive and negative ways to get attention

HW.9.K.2 Recognize personal and shared space

Interpersonal Relationships

HW.9.K.3 Identify characteristics that make a good friend

HW.9.K.4 Recognize ways to communicate (e.g., speaking, body language, writing, listening)

Lesson K.8 *Stop & Think* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Discuss personal responsibility for making positive choices
- Recite the following steps in the decision-making process: stop and think
- Perform role plays for decision-making practice

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

Personal Health

HW.11.K.1 Demonstrate emotions and feelings e.g., happy, sad, excited, afraid, surprised, angry, embarrassed, proud)

HW.11.K.2 Recognize good and bad choices for coping

HW.11.K.4 Understand grooming and cleanliness

Safety

HW.11.K.9 Discuss safety procedures for lifetime activities (e.g., water, ATV's, hunting, camping)

Lesson K.9 *All Together Now* – Peer Pressure

Objectives

Following this lesson, the students will be able to:

- Recite at least four ways to resist pressure from friends to do things that are unhealthy or unsafe
- Recite at least three safe and healthy things to do with friends

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.K.1 Identify positive and negative ways to get attention

HW.9.K.2 Recognize personal and shared space

Interpersonal Relationships

HW.9.K.3 Identify characteristics that make a good friend

HW.9.K.4 Recognize ways to communicate (e.g., speaking, body language, writing, listening)

Lesson K.10 *Tuggles the Teddy Bear* – Healthy Choices

Objectives

Following this lesson, the student will be able to:

- Differentiate between safe and harmful substances
- Discuss personal responsibility for making positive choices
- Perform role plays for decision-making practice

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.K.1 Identify positive and negative ways to get attention

HW.9.K.2 Recognize personal and shared space

Interpersonal Relationships

HW.9.K.4 Recognize ways to communicate (e.g., speaking, body language, writing, listening)

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.K.7 Recognize that some drugs are illegal

HW.10.K.8 Recognize 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.K.1 Demonstrate emotions and feelings e.g., happy, sad, excited, afraid, surprised, angry, embarrassed, proud)

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HW.11.K.3 Name trusted adults to notify for help (e.g., school, family, community)