Too Good for Drugs
Grade 1

Correlated to American School Counselors Association Mindset and Behaviors for Student Success Standards

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

Category 1: Mindset Standards
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
M 6. Positive attitude toward work and learning

Category 2: Behavior Standards
Learning Strategies
B-LS 10. Participate in enrichment and extracurricular activities

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 ______

Category 1: Mindset Standards
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
M 3. Sense of belonging in the school environment
M 6. Positive attitude toward work and learning

Category 2: Behavior Standards
Learning Strategies
B-LS 10. Participate in enrichment and extracurricular activities

Social Skills
B-SS 2. Create positive and supportive relationships with other students
B-SS 3. Create relationships with adults that support success
B-SS 4. Demonstrate empathy
B-SS 5. Demonstrate ethical decision-making and social responsibility
B-SS 6. Use effective collaboration and cooperation skills
B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams
Lesson 1.3 Listening – Effective Communication
Objectives
Following this lesson, the student will be able to:
• Demonstrate the skill of listening

Category 2: Behavior Standards
Social Skills
B-SS 1. Use effective oral and written communication skills and listening skills

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

Category 1: Mindset Standards
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
M 2. Self-confidence in ability to succeed
M 3. Sense of belonging in the school environment

Category 2: Behavior Standards
Learning Strategies
B-LS 10. Participate in enrichment and extracurricular activities

Social Skills
B-SS 1. Use effective oral and written communication skills and listening skills
B-SS 2. Create positive and supportive relationships with other students
B-SS 3. Create relationships with adults that support success
B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams

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

Category 2: Behavior Standards
Learning Strategies
B-LS 1. Demonstrate critical-thinking skills to make informed decisions
B-LS 2. Demonstrate creativity
B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

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

Category 2: Behavior Standards
Learning Strategies
B-LS 1. Demonstrate critical-thinking skills to make informed decisions
**Self-Management Skills**  
B-SMS 9. Demonstrate personal safety

### 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

**Category 2: Behavior Standards**  
**Learning Strategies**  
B-LS 1. Demonstrate critical-thinking skills to make informed decisions

**Self-Management Skills**  
B-SMS 9. Demonstrate personal safety

### 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

**Category 2: Behavior Standards**  
**Learning Strategies**  
B-LS 1. Demonstrate critical-thinking skills to make informed decisions

**Self-Management Skills**  
B-SMS 9. Demonstrate personal safety

### 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

**Category 2: Behavior Standards**  
**Learning Strategies**  
B-LS 1. Demonstrate critical-thinking skills to make informed decisions

**Self-Management Skills**  
B-SMS 9. Demonstrate personal safety
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

**Category 1: Mindset Standards**
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
M 2. Self-confidence in ability to succeed
M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes

**Category 2: Behavior Standards**

**Learning Strategies**
B-LS 1. Demonstrate critical-thinking skills to make informed decisions
B-LS 6. Set high standards of quality
B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

**Self-Management Skills**
B-SMS 7. Demonstrate effective coping skills when faced with a problem
B-SMS 9. Demonstrate personal safety

**Social Skills**
B-SS 1. Use effective oral and written communication skills and listening skills
B-SS 2. Create positive and supportive relationships with other students
B-SS 3. Create relationships with adults that support success