

# Too Good for Drugs

## Grade 2

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

### **Lesson 2.1 *Dreams Can Come True* – Goal Setting**

#### **Objectives**

Following this lesson, the student will be able to:

- Identify the importance of setting goals
- Describe ways to set and achieve goals
- Set a personal goal

#### **Category 2: Behavior Standards**

##### **Learning Strategies**

B-LS 7. Identify long- and short-term academic, career and social/emotional goals

##### **Self-Management Skills**

B-SMS 5. Demonstrate perseverance to achieve long- and short-term goals

### **Lesson 2.2 *Stop & Think* – Decision Making**

#### **Objectives**

Following this lesson, the student will be able to:

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

#### **Category 2: Behavior Standards**

##### **Learning Strategies**

B-LS 1. Demonstrate critical-thinking skills to make informed decisions

B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

### **Lesson 2.3 *Dealing with Frustration* – Identifying and Managing Emotions**

#### **Objectives**

Following this lesson, the student will be able to:

- Define frustration; recognize and identify the feeling
- Describe frustration as a normal, healthy response to new & challenging tasks
- List strategies for dealing with frustration
- List people who can help with frustrating situations
- Demonstrate techniques for handling frustration: count to ten, take a break, say how you feel, ask for help, take one step at a time, try another way

#### **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 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 2.4 *Saying How You Feel* – Identifying and Managing Emotions**

### **Objectives**

Following this lesson, the student will be able to:

- Describe the difference between feelings and actions
- Demonstrate using feelings clearly and directly with an I-message
- Differentiate between I-messages and You-messages

### **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 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 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 2.5 *Dog-Gone Good!* – Bonding and Relationships**

### **Objectives**

Following this lesson, the student will be able to:

- Discuss how people are alike and how they are different
- Discuss his or her own personal strengths
- Demonstrate giving and receiving compliments

### **Category 1: Mindset Standards**

- 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 2.6 *Be a Friend* – Bonding and Relationships**

### **Objectives**

Following this lesson, the students will be able to:

- Describe how to choose a friend
- Describe how friends help each other
- Demonstrate asking for help and offering help
- Demonstrate saying please and thank you

### **Category 1: Mindset Standards**

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 2.7 *A Peer Pressure Play (and Replays)* – Peer Pressure**

### **Objectives**

Following this lesson, the student will be able to:

- Define peer pressure
- Discuss why it is important to refuse peer pressure
- Recite at least three ways to handle peer pressure

### **Category 1: Mindset Standards**

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

### **Category 2: Behavior Standards**

#### **Learning Strategies**

B-LS 1. Demonstrate critical-thinking skills 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

## **Lesson 2.8 *A Message About Medicine* – Understanding the Safe Use of Prescription and Over-the-Counter Medicines**

### **Objectives**

Following this lesson, the student will be able to:

- Define drug
- Define over-the-counter drugs and prescription drugs
- Discuss the fact that there are not medicines for all aches and pains, and that sometimes pains hurt for a while and then go away without medicine
- Discuss the difference between medicine and candy
- List rules for safe use of prescription and over-the-counter drugs
- Describe the dangers of misusing prescription and over-the-counter drugs

### **Category 1: Mindset Standards**

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

### **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 2.9 *Because I Care* – Effects of Nicotine Use**

### **Objectives**

Following this lesson, the students will be able to:

- Recite at least three facts about tobacco
- Define second-hand smoke
- Discuss at least two negative effects of second-hand smoke
- Recite at least three ways to avoid second hand smoke
- Demonstrate polite ways to speak to smokers about second-hand smoke

### **Category 1: Mindset Standards**

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

### **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 2.10 *A Game for Good Health* – Healthy Choices**

### **Objectives**

Following this lesson, the student will be able to:

- Define health
- List at least five healthy practices
- List at least five healthy foods

### **Category 1: Mindset Standards**

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

**Category 2: Behavior Standards**

**Self-Management Skills**

B-SMS 9. Demonstrate personal safety