Too Good for Drugs
Kindergarten

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

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

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 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

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.

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 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

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

Self-Management Skills
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

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 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

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

Social Skills
B-SS 2. Create positive and supportive relationships with other students

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

Category 1: Mindset Standards
M 3. Sense of belonging in the school environment

Category 2: Behavior Standards

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
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

**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 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

**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

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

**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