

Too Good for Drugs

Kindergarten

Correlated with Idaho Content Standards Health Education, 2010

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 1: Comprehend Core Concepts

Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.1.1.1. Identify that healthy behaviors affect personal health.

Standard 7: Practice Healthy Behavior

Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

Standard 8: Advocacy

Goal 1.1: Students will demonstrate the ability to advocate for personal, family, and community health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.8.1.1. Make requests to promote personal health.

K-2.H.8.1.2. Encourage peers and family to make positive health choices.

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 1: Comprehend Core Concepts

Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.1.1.1. Identify that healthy behaviors affect personal health.

K-2.H.1.1.2. Recognize that there are multiple dimensions (i.e. emotional, intellectual, physical and social) of health.

K-2.H.1.1.3. Describe ways to prevent communicable diseases.

K-2.H.1.1.4. List ways to prevent common childhood injuries.

K-2.H.1.1.5. Describe why it is important to seek health care.

K-2.H.1.1.6. Identify body systems.

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 2: Analyzing Influences

Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.2.1.1 Identify how the family influences personal health practices and behaviors.

K-2.H.2.1.2 Identify what the school can do to support personal health practices and behaviors.

Standard 3: Accessing Information

Goal 1.1: Students will demonstrate the ability to access valid information and products and services to enhance health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.3.1.1. Identify trusted adults and professionals who can help promote health.

K-2.H.3.1.2. Identify ways to locate school and community health helpers.

Standard 4: Interpersonal Communication

Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

Standard 7: Practice Healthy Behavior

Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

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 1: Comprehend Core Concepts

Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.1.1.1. Identify that healthy behaviors affect personal health.

K-2.H.1.1.6. Identify body systems.

Standard 7: Practice Healthy Behavior

Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

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 1: Comprehend Core Concepts

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Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.1.1.1. Identify that healthy behaviors affect personal health.

K-2.H.1.1.6. Identify body systems.

Standard 7: Practice Healthy Behavior

Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

K-2.H.7.1.2. Demonstrate behaviors that avoid or reduce health risks.

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 4: Interpersonal Communication

Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

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 4: Interpersonal Communication

Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

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 5: Decision Making

Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.5.1.1 Identify situations when a health-related decision is needed.

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 7: Practice Healthy Behavior

Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.7.1.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

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 2: Analyzing Influences

Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.2.1.1 Identify how the family influences personal health practices and behaviors.

K-2.H.2.1.2 Identify what the school can do to support personal health practices and behaviors.

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Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.4.1.1. Demonstrate healthy ways to express needs, wants, and feelings.

K-2.H.4.1.2 Demonstrate listening skills to enhance health.

Standard 5: Decision Making

Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.

Objective(s): By the end of Second Grade, the student will be able to:

K-2.H.5.1.1 Identify situations when a health-related decision is needed.

K-2.H.5.1.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard 6: Goal Setting**Goal 1.1: Students will demonstrate the ability to use goal-setting skills to enhance health.****Objective(s): By the end of Second Grade, the student will be able to:**

K-2.H.6.1.1. Identify a short-term personal health goal and take action towards achieving the goal.

K-2.H.6.1.2. Identify who can help when assistance is needed to achieve a personal health goal.

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k-2.H.8.1.1. Make requests to promote personal health.

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