

Kindergarten Too Good for Drugs

Correlated to Illinois Social Emotional Learning Standards

Lesson K.1 *Dreaming Big* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Identify personal capabilities and strengths
- Identify new things to learn to do
- Identify how adults and peers can help with reaching a goal

Goal 1: Develop self-awareness and self-management skills to achieve school and life success.

B. Recognize personal qualities and external supports.

1B.1a. Identify one's likes and dislikes, needs and wants, strengths and challenges.

C. Demonstrate skills related to achieving personal and academic goals.

1C.1b. Identify goals for academic success and classroom behavior.

Lesson K.2 *I Know What to Do* – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Recall the following steps in the decision-making process: 1 Stop, 2 Think
- Demonstrate anticipating consequences of choices
- Discuss personal responsibility for making positive choices

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

A: Consider ethical, safety, and societal factors in making decisions.

3A.1b. Identify social norms and safety considerations that guide behavior.

B: Apply decision-making skills to deal responsibly with daily academic and social situations.

3B.1a. Identify a range of decisions that students make at school.

3B.1b. Make positive choices when interacting with classmates.

Lesson K.3 *Mad Sad Glad* – Identify and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Discuss three ways people show their feelings: with faces, bodies, words
- Express feelings verbally and non-verbally

Goal 1: Develop self-awareness and self-management skills to achieve school and life success.

A. Identify and manage one's emotions and behavior.

1A.1a. Recognize and accurately label emotions and how they are linked to behavior.

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.1a. Recognize that others may experience situations differently from oneself.

Lesson K.4 *Listen Up!* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Demonstrate using one's eyes, ears, and body to listen
- Identify the body language of an active listener
- Demonstrate the ability to ask questions without interrupting

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.1a. Recognize that others may experience situations differently from oneself.

2A.1b. Use listening skills to identify the feelings and perspectives of others.

Lesson K.5 *My Buddy and Me* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Describe the characteristics of a healthy friendship
- Demonstrate assertive communication using an I-message

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.1a. Recognize that others may experience situations differently from oneself.

B: Recognize individual and group similarities and differences.

2B.1b. Describe positive qualities in others.

C: Use communication and social skills to interact effectively with others.

2C.1a. Identify ways to work and play well with others.

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

A: Consider ethical, safety, and societal factors in making decisions.

3A.1a. Explain why unprovoked acts that hurt others are wrong.

3A.1b. Identify social norms and safety considerations that guide behavior.

Lesson K.6 *How Do You Do?* – Making Friends

Objectives

Following this lesson, the students will be able to:

- Demonstrate the social skill of introducing oneself
- Identify ways to initiate conversations
- Demonstrate sharing and listening

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.1b. Use listening skills to identify the feelings and perspectives of others.

C: Use communication and social skills to interact effectively with others.

2C.1a. Identify ways to work and play well with others.

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

A: Consider ethical, safety, and societal factors in making decisions.

3A.1b. Identify social norms and safety considerations that guide behavior.

Lesson K.7 *A Better Idea* – Managing Peer Pressure

Objectives

Following this lesson, the student will be able to:

- Differentiate passive and assertive communication
- Recite at least three 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

Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.

A: Recognize the feelings and perspectives of others.

2A.1a. Recognize that others may experience situations differently from oneself.

C: Use communication and social skills to interact effectively with others.

2C.1a. Identify ways to work and play well with others.

D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

2D.1a. Identify problems and conflicts commonly experienced by peers.

2D.1b. Identify approaches to resolving conflicts constructively.

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

A: Consider ethical, safety, and societal factors in making decisions.

3A.1a. Explain why unprovoked acts that hurt others are wrong.

3A.1b. Identify social norms and safety considerations that guide behavior.

Lesson K.8 *Be Well* – Understanding the Safe Use of Prescription and OTC Medicine

Objectives

Following this lesson, the student will be able to:

- Comprehend health and a healthy body
- Define medicine
- Differentiate the safe and unsafe use of prescription and over-the-counter medicines

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

A: Consider ethical, safety, and societal factors in making decisions.

3A.1b. Identify social norms and safety considerations that guide behavior.

Lesson K.9 *Keep Out!* – Identifying and Avoiding Harmful Substances

Objectives

Following this lesson, the students will be able to:

- Identify harmful substances in and around the home including nicotine and alcohol
- Differentiate safe and unsafe ways for children to respond when encountering harmful household substances

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

A: Consider ethical, safety, and societal factors in making decisions.

3A.1b. Identify social norms and safety considerations that guide behavior.

Lesson K.10 *An Apple a Day* – Healthy Choices

Objectives

Following this lesson, the student will be able to:

- Identify the benefits of making healthy choices related to food, rest, and exercise
- Differentiate safe, healthy decisions and unsafe, unhealthy decisions

Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

A: Consider ethical, safety, and societal factors in making decisions.

3A.1b. Identify social norms and safety considerations that guide behavior.