

Too Good for Drugs

Kindergarten

Correlated to North Carolina Essential Standards- Health Education

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

NUTRITION AND PHYSICAL ACTIVITY

K.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

K.NPA.2.2 Summarize the importance of a healthy breakfast and lunch.

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

None apply at this time.

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.

MENTAL AND EMOTIONAL HEALTH

K.MEH.1 Remember that association of healthy expression of emotions, mental health, and healthy behavior.

K.MEH.1.3 Illustrate personal responsibility for actions and possessions.

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

ALCOHOL, TOBACCO, AND OTHER DRUGS

K.ATOD.1 Understand how to use household products and medicines safely.

K.ATOD.1.2 Classify things found around the house as medicinal drugs or other (e.g. candy).

K.ATOD.1.3 Identify adults and professionals who can be trusted to provide safety information about household products and medicines.

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

ALCOHOL, TOBACCO, AND OTHER DRUGS

K.ATOD.1 Understand how to use household products and medicines safely.

K.ATOD.1.1 Explain what is likely to happen if harmful household products are ingested or inhaled.

K.ATOD.1.2 Classify things found around the house as medicinal drugs or other (e.g. candy).

K.ATOD.1.3 Identify adults and professionals who can be trusted to provide safety information about household products and medicines.

K.ATOD.1.4 Use appropriate strategies to access help when needed in emergencies involving household products and medicines.

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

MENTAL AND EMOTIONAL HEALTH

K.MEH.1 Remember that association of healthy expression of emotions, mental health, and healthy behavior.

K.MEH.1.1 Recognize feelings and ways of expressing them.

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

MENTAL AND EMOTIONAL HEALTH

K.MEH.1 Remember that association of healthy expression of emotions, mental health, and healthy behavior.

K.MEH.1.1 Recognize feelings and ways of expressing them.

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

MENTAL AND EMOTIONAL HEALTH

K.MEH.1 Remember that association of healthy expression of emotions, mental health, and healthy behavior.

K.MEH.1.3 Illustrate personal responsibility for actions and possessions.

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

MENTAL AND EMOTIONAL HEALTH

K.MEH.1 Remember that association of healthy expression of emotions, mental health, and healthy behavior.

K.MEH.1.3 Illustrate personal responsibility for actions and possessions

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

K.ICR.1 Understand healthy and effective interpersonal communication and relationships.

K.ICR.1.1 Explain reasons for sharing.

K.ICR.1.2 Compare people in terms of what they have in common and how they are unique.

K.ICR.1.3 Summarize protective behaviors to use when approached by strangers.

K.ICR.1.4 Recognize bullying, teasing, and aggressive behaviors and how to respond.

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

MENTAL AND EMOTIONAL HEALTH

K.MEH.1 Remember that association of healthy expression of emotions, mental health, and healthy behavior.

K.MEH.1.1 Recognize feelings and ways of expressing them.

K.MEH.1.3 Illustrate personal responsibility for actions and possessions

K.PCH.2 Understand necessary steps to prevent and respond to unintentional injury.

K.PCH.2.3 Illustrate how to get help in an emergency