

Kindergarten Too Good for Drugs

Correlated with North Dakota Health Education Content Standards 2018

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

Standard 6: Demonstrate the ability to use goal setting skills to enhance health and avoid or reduce health risks.

6.2.1 Identify a short-term personal health goal and the action toward achieving the goal.

6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.

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

Standard 5: Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.

5.2.1 Identify situations when a health-related decision is needed.

5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard 8: Demonstrate the ability to advocate for personal, family, and community health.

8.2.2 Encourage peers to make positive health choices.

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

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.2.1 Demonstrate healthy ways to express needs, wants, feelings, and emotions.

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

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.2.2 Demonstrate listening skills to enhance health.

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

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

1.2.7 Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.

Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.2.1 Demonstrate healthy ways to express needs, wants, feelings, and emotions.

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

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.1 Identify how health behaviors affect mental, emotional, physical, and social health.

1.2.7 Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.

Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.2.1 Demonstrate healthy ways to express needs, wants, feelings, and emotions.

4.2.2 Demonstrate listening skills to enhance health.

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

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.7 Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults.

Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.2.1 Demonstrate healthy ways to express needs, wants, feelings, and emotions.

4.2.3 Demonstrate ways to respond when an unwanted, threatening, or dangerous situation.

4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.

Standard 8: Demonstrate the ability to advocate for personal, family, and community health.

8.2.2 Encourage peers to make positive health choices.

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

Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.

1.2.5 Describe why it is important to seek health care.

Standard 3: Demonstrate the ability to access valid health information, products, and services.

3.2.1 Identify trusted adults and professionals who can help promote health.

Standard 5: Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.

5.2.1 Identify situations when a health-related decision is needed.

5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.1 Demonstrate health behaviors to maintain or improve personal health.

7.2.2 Demonstrate health behaviors that avoid or reduce health risks.

Standard 8: Demonstrate the ability to advocate for personal, family, and community health.

8.2.1 Make a request to promote personal health.

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

Standard 3: Demonstrate the ability to access valid health information, products, and services.

3.2.1 Identify trusted adults and professionals who can help promote health.

Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.2.3 Demonstrate ways to respond when an unwanted, threatening, or dangerous situation.

4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.

Standard 5: Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.

5.2.1 Identify situations when a health-related decision is needed.

5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.2 Demonstrate health behaviors that avoid or reduce health risks.

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

Standard 5: Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.

5.2.1 Identify situations when a health-related decision is needed.

Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.2.1 Demonstrate health behaviors to maintain or improve personal health.

7.2.2 Demonstrate health behaviors that avoid or reduce health risks.

Standard 8: Demonstrate the ability to advocate for personal, family, and community health.

8.2.1 Make a request to promote personal health.

8.2.2 Encourage peers to make positive health choices.