

Too Good for Drugs

Kindergarten

Correlated with National Health Education Standards

As of March 2019 Nebraska does not have State Health Education 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

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.2.1 Identify that healthy behaviors impact personal health.

Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

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

3.2.2 Identify ways to locate school and community health helpers.

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

7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

7.2.2 Demonstrate behaviors that avoid or reduce health risks.

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: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Pre-K-Grade 2

1.2.1 Identify that healthy behaviors impact personal health.

1.2.2 Recognize that there are multiple dimensions of health.

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

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

3.2.2 Identify ways to locate school and community health helpers.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

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

7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

7.2.2 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 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

- 3.2.1 Identify trusted adults and professionals who can help promote health.
- 3.2.2 Identify ways to locate school and community health helpers.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

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

- 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
- 7.2.2 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 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

- 3.2.1 Identify trusted adults and professionals who can help promote health.
- 3.2.2 Identify ways to locate school and community health helpers.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

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

- 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
- 7.2.2 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: Students will 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, and feelings.
- 4.2.2 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: Students will 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, and feelings.
- 4.2.2 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 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

- 3.2.1 Identify trusted adults and professionals who can help promote health.
- 3.2.2 Identify ways to locate school and community health helpers.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

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

- 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
- 7.2.2 Demonstrate behaviors that avoid or reduce health risks.

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 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.2.1 Identify how the family influences personal health practices and behaviors.
- 2.2.2 Identify what the school can do to support personal health practices and behaviors.
- 2.2.3 Describe how the media can influence health behaviors.

Standard 4: Students will 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, and feelings.
- 4.2.2 Demonstrate listening skills to enhance 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 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

- 3.2.1 Identify trusted adults and professionals who can help promote health.
- 3.2.2 Identify ways to locate school and community health helpers.

Standard 4: Students will 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, and feelings.
- 4.2.2 Demonstrate listening skills to enhance health.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

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

- 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
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