

# Kindergarten Too Good for Drugs

*Correlated to Vermont Early Learning Standards 2015*

## 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

### Play and Exploration

**Goal 1:** Children engage in play to understand the world around them.

1. Play basic games with rules
2. Engage in a variety of play-based contexts, to develop skills in oral language, idea expression, problem-solving, and self-regulation

### Self-Awareness

**Goal 1:** Children demonstrate an awareness of own personal characteristics, skills and abilities

\*No indicators apply, but the goal aligns with program lesson objectives.

### Relationships with Adults and Peers

**Goal 1:** Children develop healthy positive relationships with adults and peers

1. Solicit help from adults to accomplish challenging tasks

## 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

### Play and Exploration

**Goal 1:** Children engage in play to understand the world around them.

1. Play basic games with rules
2. Engage in a variety of play-based contexts, to develop skills in oral language, idea expression, problem-solving, and self-regulation

### Emotions and Self-Regulation

**Goal 1:** Children express a range of emotions and regulate their emotional and social responses

3. Recognize how own actions affect others

### Relationships with Adults and Peers

**Goal 1:** Children develop healthy positive relationships with adults and peers

1. Solicit help from adults to accomplish challenging tasks

### Health and Safety Practices

**Goal 3:** Children develop the ability to identify unsafe situations, and use safe practices.

\*No indicators apply, but the goal aligns with program lesson objectives.

## **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

### **Play and Exploration**

**Goal 1:** Children engage in play to understand the world around them.

1. Play basic games with rules
2. Engage in a variety of play-based contexts, to develop skills in oral language, idea expression, problem-solving, and self-regulation

### **Emotions and Self-Regulation**

**Goal 1:** Children express a range of emotions and regulate their emotional and social responses

3. Recognize how own actions affect others
4. Manage feelings and social situations with greater independence
7. Apply some basic relaxation techniques e.g., ‘mountain breathing’

### **Health and Safety Practices**

**Goal 2:** Children develop personal health and self-care habits, and become increasingly independent.

\*No indicators apply, but the goal aligns with program lesson objectives.

### **Communication and Expression**

**Goal 1:** Children demonstrate an increasing ability to comprehend and participate in collaborative conversations.

6. Speak audibly and express thoughts, feelings, and ideas clearly.

## **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

### **Play and Exploration**

**Goal 1:** Children engage in play to understand the world around them.

1. Play basic games with rules
2. Engage in a variety of play-based contexts, to develop skills in oral language, idea expression, problem-solving, and self-regulation

### **Communication and Expression**

**Goal 1:** Children demonstrate an increasing ability to comprehend and participate in collaborative conversations.

1. Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups.
  - a. Follow agreed-upon rules for discussions
  - b. Continue a conversation through multiple exchange

## **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

### **Play and Exploration**

**Goal 1:** Children engage in play to understand the world around them.

1. Play basic games with rules
2. Engage in a variety of play-based contexts, to develop skills in oral language, idea expression, problem-solving, and self-regulation

### **Self-Awareness**

**Goal 1:** Children demonstrate an awareness of own personal characteristics, skills and abilities

\*No indicators apply, but the goal aligns with program lesson objectives.

### **Relationships with Adults and Peers**

**Goal 1:** Children develop healthy positive relationships with adults and peers

6. Engage in cooperative learning activities to complete a task
12. Recognize positive qualities in others

### **Communication and Expression**

**Goal 1:** Children demonstrate an increasing ability to comprehend and participate in collaborative conversations.

\*No indicators apply, but the goal aligns with program lesson objectives.

## **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

### **Play and Exploration**

**Goal 1:** Children engage in play to understand the world around them.

1. Play basic games with rules
2. Engage in a variety of play-based contexts, to develop skills in oral language, idea expression, problem-solving, and self-regulation

### **Self-Awareness**

**Goal 1:** Children demonstrate an awareness of own personal characteristics, skills and abilities

\*No indicators apply, but the goal aligns with program lesson objectives.

### **Relationships with Adults and Peers**

**Goal 1:** Children develop healthy positive relationships with adults and peers

6. Engage in cooperative learning activities to complete a task
12. Recognize positive qualities in others

### **Communication and Expression**

**Goal 1:** Children demonstrate an increasing ability to comprehend and participate in collaborative conversations.

\*No indicators apply, but the goal aligns with program lesson objectives.

## **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

### **Problem Solving**

**Goal 1:** Children display an interest in novel situations and demonstrate flexibility, creativity, and innovation in solving challenging tasks.

2. Work with peers to solve problems.

### **Emotions and Self-Regulation**

**Goal 1:** Children express a range of emotions and regulate their emotional and social responses

6. Resolve some simple conflict through problem solving and negotiation prior to seeking adult help

### **Relationships with Adults and Peers**

**Goal 1:** Children develop healthy positive relationships with adults and peers

1. Solicit help from adults to accomplish challenging tasks

### **Health and Safety Practices**

**Goal 3:** Children develop the ability to identify unsafe situations, and use safe practices.

\*No indicators apply, but the goal aligns with program lesson objectives.

## **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

### **Play and Exploration**

**Goal 1:** Children engage in play to understand the world around them.

1. Play basic games with rules
2. Engage in a variety of play-based contexts, to develop skills in oral language, idea expression, problem-solving, and self-regulation

### **Relationships with Adults and Peers**

**Goal 1:** Children develop healthy positive relationships with adults and peers

1. Solicit help from adults to accomplish challenging tasks

### **Health and Safety Practices**

**Goal 1:** Children develop healthy eating habits and knowledge of good nutrition.

\*No indicators apply, but the goal aligns with program lesson objectives.

**Goal 2:** Children develop personal health and self-care habits, and become increasingly independent.

4. Communicate the value of good health practices (e.g., wash hands to get rid of germs, drink milk to build strong bones)

**Goal 3:** Children develop the ability to identify unsafe situations, and use safe practices.

\*No indicators apply, but the goal aligns with program lesson objectives.

## **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

### **Play and Exploration**

**Goal 1:** Children engage in play to understand the world around them.

1. Play basic games with rules
2. Engage in a variety of play-based contexts, to develop skills in oral language, idea expression, problem-solving, and self-regulation

### **Relationships with Adults and Peers**

**Goal 1:** Children develop healthy positive relationships with adults and peers

1. Solicit help from adults to accomplish challenging tasks

### **Health and Safety Practices**

**Goal 2:** Children develop personal health and self-care habits, and become increasingly independent.

\*No indicators apply, but the goal aligns with program lesson objectives.

**Goal 3:** Children develop the ability to identify unsafe situations, and use safe practices.

\*No indicators apply, but the goal aligns with program lesson objectives.

## **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

### **Play and Exploration**

**Goal 1:** Children engage in play to understand the world around them.

1. Play basic games with rules
2. Engage in a variety of play-based contexts, to develop skills in oral language, idea expression, problem-solving, and self-regulation

### **Health and Safety Practices**

**Goal 1:** Children develop healthy eating habits and knowledge of good nutrition.

\*No indicators apply, but the goal aligns with program lesson objectives.

**Goal 2:** Children develop personal health and self-care habits, and become increasingly independent.

1. Identify several physical activities that are personally enjoyable