

Too Good for Drugs Grade 1

2020 Edition

Correlated to 2020 Colorado Academic Standards for Comprehensive Health

Lesson 1 A Great Day – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify action steps needed to reach a goal
- Set a personal goal

None apply at this time.

Lesson 2 Thinking Cap On – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Discuss the benefits of stopping to think before making a decision
- Demonstrate the skill of anticipating consequences of choices
- Discuss personal responsibility for making positive choices

None apply at this time.

Lesson 3 Cattitude – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Comprehend feelings as natural responses that are neither right nor wrong
- Differentiate feelings from actions
- Demonstrate using an I-message and other healthy ways to express emotions

Standard 3. Social and Emotional Wellness

1. Demonstrate how to express emotions in healthy ways.

Explain possible causes for a variety of emotions.

Identify appropriate ways to express emotions and cope with strong feelings.

2. Identify parents, guardians, and other trusted adults as resources for information about health.

Demonstrate the ability to talk about feelings with parents and other trusted adults.

Demonstrate strategies to resolve conflicts, such as sharing, collaboration, and appropriately advocating for personal needs.

Lesson 4 Hear Me Out – *Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Demonstrate using one’s eyes, ears, and brain to listen
- Identify the body language of an active listener
- Demonstrate the ability to ask questions without interrupting
- Practice verbal and non-verbal communication

Standard 3. Social and Emotional Wellness

1. *Demonstrate how to express emotions in healthy ways.*

Demonstrate effective listening skills and verbal/nonverbal communication skills.

Demonstrate strategies to resolve conflicts, such as sharing, collaboration, and appropriately advocating for personal needs.

Lesson 5 The Cat’s Meow – *Bonding and Relationships*

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Identify examples of pro-social behavior

Standard 3. Social and Emotional Wellness

1. *Demonstrate how to express emotions in healthy ways.*

Describe and practice situations that require polite and empathetic responses such as please, thank you, and I'm sorry.

Demonstrate strategies to resolve conflicts, such as sharing, collaboration, and appropriately advocating for personal needs.

Lesson 6 Copy Cat – *Managing Peer Pressure*

Objectives

Following this lesson, the students will be able to:

- Identify and apply three ways to handle peer pressure
- Describe safe and healthy activities to do with friends
- Demonstrate assertive communication to refuse peer pressure

Standard 3. Social and Emotional Wellness

1. *Demonstrate how to express emotions in healthy ways.*

Demonstrate strategies to resolve conflicts, such as sharing, collaboration, and appropriately advocating for personal needs.

2. *Identify parents, guardians, and other trusted adults as resources for information about health.*

Identify trusted adults at home and at school.

Lesson 7 Stuck in a Tree – *Managing Disappointment*

Objectives

Following this lesson, the student will be able to:

- Differentiate positive and negative reactions to disappointment
- Demonstrate positive responses to disappointment

Standard 3. Social and Emotional Wellness

1. *Demonstrate how to express emotions in healthy ways.*

Explain possible causes for a variety of emotions.

Identify appropriate ways to express emotions and cope with strong feelings.

Demonstrate strategies to resolve conflicts, such as sharing, collaboration, and appropriately advocating for personal needs.

2. *Identify parents, guardians, and other trusted adults as resources for information about health.*

Identify trusted adults at home and at school.

Demonstrate the ability to talk about feelings with parents and other trusted adults.

Lesson 8 All the Right Moves – Understanding the Safe Use of Prescription and OTC Medicines

Objectives

Following this lesson, the student will be able to:

- Define medicine
- Differentiate the safe and unsafe use of prescription and over-the-counter medicines

Standard 2. Physical and Personal Wellness

2. *Demonstrate health-enhancing behaviors to prevent injury or illness.*

Demonstrate ways to prevent the spread of germs that cause common, infectious diseases.

Standard 3. Social and Emotional Wellness

2. *Identify parents, guardians, and other trusted adults as resources for information about health.*

Identify trusted adults at home and at school.

Identify trusted adults who promote health such as health care providers.

Standard 4. Prevention and Risk Management

2. *Demonstrate strategies to avoid hazards in the home and community.*

Identify safety hazards such as poison, fire, guns, water, playground equipment, and household products in the home and community.

Identify household products or drugs that may be harmful if ingested or inhaled (including marijuana edibles).

Explain why using medicines without adult permission can be harmful.

Lesson 9 Curious Carmen – Identify 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
- Describe the harmful effects these substances can have on the brain and body
- Differentiate safe and unsafe ways for children to respond when encountering harmful household substances

Standard 3. Social and Emotional Wellness

2. *Identify parents, guardians, and other trusted adults as resources for information about health.*

Identify trusted adults at home and at school.

Identify trusted adults who promote health such as health care providers.

Standard 4. Prevention and Risk Management

2. *Demonstrate strategies to avoid hazards in the home and community.*

Identify safety hazards such as poison, fire, guns, water, playground equipment, and household products in the home and community.

Identify household products or drugs that may be harmful if ingested or inhaled (including marijuana edibles).

Lesson 10 Fit as a Riddle – *Making Healthy Choices*

Objectives

Following this lesson, the student will be able to:

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

Standard 2. Physical and Personal Wellness

1. *Identify a variety of foods from the different food groups that are vital to promote good health.*

Identify a variety of foods in each of the food groups that are healthy choices.

Identify foods and beverages that are high in added sugar, and generate examples of healthy alternatives.