

Too Good for Drugs Grade 1

2020 Edition

Correlated with District of Columbia Health Education Standards, 2016

Lesson 1 A Great Day – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define healthy
- Recite at least 5 healthy foods
- Recite at least 5 healthy leisure activities
- Recite at least 5 healthy practices

Category 5: Nutrition

1 Health Promotion

K-2.5.1.1 Explain why healthy bodies require rest, exercise, and good nutrition.

K-2.5.1.2 Categorize foods according to food sources and food groups (e.g., plant, animal, and processed).

K-2.5.1.3 Explain the benefits of drinking water and making healthy beverage choices.

K-2.5.1.4 Identify foods that should be limited (e.g. non-nutrient dense foods, or foods high in sugar, salt, or fat).

2 Analyzing Influences

K-2.5.2.5 Explain how culture, media, peers, family, and other factors influence eating behaviors.

K-2.5.2.6 Recognize that not all products advertised or sold are good for growing bodies.

4 Communication

K-2.5.4.9 Describe criteria for making healthy vs. less healthy food choices.

5 Decision-Making

K-2.5.5.10 Identify healthy eating habits.

K-2.5.5.11 Distinguish the feeling of hunger from the feeling of being satiated or full.

6 Goal Setting

K-2.5.6.12 Set a goal to choose healthy foods for snacks and meals.

7 Healthy Behaviors

K-2.5.7.13 Understand the concept of variety in diet and explain why it is important to health (within and between food groups).

K-2.5.7.14 Recognize a nutritious meal or snack.

Lesson 2 Thinking Cap On – Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Name at least six of the following emotions: happy, sad, angry, afraid, proud, excited, embarrassed
- Describe how a person might feel in a variety of situations
- Demonstrate stating feelings clearly and directly: I feel _____

Category 1: Mental and Emotional Health

1 Health Promotion

K-2.1.1.1 Identify basic emotions and positive and negative ways of dealing with emotions in a variety of situations.

K-2.1.1.2 Explain the impact of different emotions on self and others.

K-2.1.1.3 Describe what respect is and why it is important.

K-2.1.1.4 Describe the difference between bullying and teasing.

2 Analyzing Influences

K-2.1.2.5 Identify positive and negative influences on mental and emotional health practices and behaviors.

3 Accessing Information

K-2.1.3.6 Identify trusted persons and how to get help if something is bothering you.

4 Communication

K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately.

7 Healthy Behaviors

K-2.1.7.8 Describe positive and negative ways of acting on emotions.

8 Advocacy

K-2.1.8.9 Encourage others to appreciate their differences.

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

Lesson 3 Catitude – *Identifying and Managing Emotions*

Objectives

Following this lesson, the student will be able to:

- Demonstrate the skill of listening

Category 1: Mental and Emotional Health

4 Communication

K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately

Category 6: Alcohol, Tobacco, and Other Drugs

4 Communication

K-2.6.4.6 Use effective nonverbal and verbal communication skills to express needs, wants, and feelings (e.g., saying 'no').

Lesson 4 Hear Me Out – *Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Discuss how friends are alike but different
- Describe how differences can enrich a friendship
- List behaviors of a friend: sharing, taking turns, helping, listening

Category 3: Human Body and Personal Health

1 Health Promotion

K-2.3.1.6 Identify different kinds of family structures.

2 Analyzing Influences

K-2.3.2.8 Differentiate between healthy and unhealthy relationships.

8 Advocacy

K-2.3.8.9 Describe how individual bodies are different and equally special.

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

Objectives

Following this lesson, the student will be able to:

- Recite the steps of a decision-making model: Stop and Think
- Demonstrate effective ways to make decisions through role-plays

Category 2: Safety Skills

5 Decision-Making

K-2.2.5.14 Make appropriate decisions about safe behaviors around strangers (e.g., getting in cars or taking treats from strangers).

Lesson 6 Copy Cat – *Managing Peer Pressure*

Objectives

Following this lesson, the students will be able to:

- Describe the harmful effects of using inhalants
- List the following ways to avoid strong chemical smells: open a window, leave the room, tell an adult

Category 6: Alcohol, Tobacco, and Other Drugs

1 Health Promotion

K-2.6.1.1 Describe safe and responsible uses for medicines and household products.

K-2.6.1.2 Describe the consequences of misusing medicines and household products.

2 Analyzing Influences

K-2.6.2.3 Identify trusted adults who can provide accurate information and guidance regarding medicines and common household products.

3 Accessing Information

K-2.6.3.5 Compare and contrast characteristics of products that are safe and unsafe to consume.

4 Communication

K-2.6.4.6 Use effective nonverbal and verbal communication skills to express needs, wants, and feelings (e.g., saying 'no').

Lesson 7 Stuck in a Tree – *Managing Disappointment*

Objectives

Following this lesson, the student will be able to:

- Distinguish between safe and unsafe things for children to do
- Define the harmful effects of smoking tobacco products
- Define the harmful effects of drinking alcohol

Category 6: Alcohol, Tobacco, and Other Drugs

1 Health Promotion

K-2.6.1.1 Describe safe and responsible uses for medicines and household products.

K-2.6.1.2 Describe the consequences of misusing medicines and household products.

2 Analyzing Influences

K-2.6.2.3 Identify trusted adults who can provide accurate information and guidance regarding medicines and common household products.

K-2.6.2.4 Identify rules for taking medicines at school or at home.

3 Accessing Information

K-2.6.3.5 Compare and contrast characteristics of products that are safe and unsafe to consume.

4 Communication

K-2.6.4.6 Use effective nonverbal and verbal communication skills to express needs, wants, and feelings (e.g., saying 'no').

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 drug
- Define medicine
- Differentiate between medicine, alcohol, and food
- List three types of alcoholic beverages: beer, wine, liquor

Category 6: Alcohol, Tobacco, and Other Drugs

1 Health Promotion

K-2.6.1.1 Describe safe and responsible uses for medicines and household products.

K-2.6.1.2 Describe the consequences of misusing medicines and household products.

2 Analyzing Influences

K-2.6.2.3 Identify trusted adults who can provide accurate information and guidance regarding medicines and common household products.

K-2.6.2.4 Identify rules for taking medicines at school or at home.

3 Accessing Information

K-2.6.3.5 Compare and contrast characteristics of products that are safe and unsafe to consume.

4 Communication

K-2.6.4.6 Use effective nonverbal and verbal communication skills to express needs, wants, and feelings (e.g., saying 'no').

Lesson 9 Curious Carmen – *Identify and Avoiding Harmful Substances*

Objectives

Following this lesson, the students will be able to:

- Describe safe and appropriate ways for children to take medicine
- Demonstrate the skill of predicting what comes next in a sequence of events

Category 6: Alcohol, Tobacco, and Other Drugs

1 Health Promotion

K-2.6.1.1 Describe safe and responsible uses for medicines and household products.

K-2.6.1.2 Describe the consequences of misusing medicines and household products.

2 Analyzing Influences

K-2.6.2.3 Identify trusted adults who can provide accurate information and guidance regarding medicines and common household products.

K-2.6.2.4 Identify rules for taking medicines at school or at home.

3 Accessing Information

K-2.6.3.5 Compare and contrast characteristics of products that are safe and unsafe to consume.

4 Communication

K-2.6.4.6 Use effective nonverbal and verbal communication skills to express needs, wants, and feelings (e.g., saying 'no').

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

Objectives

Following this lesson, the student will be able to:

- Differentiate between safe, healthy decisions and unsafe, unhealthy decisions
- Discuss how peers influence decisions
- Discuss personal responsibility for making positive choices

Category 1: Mental and Emotional Health

1 Health Promotion

K-2.1.1.3 Describe what respect is and why it is important.

K-2.1.1.4 Describe the difference between bullying and teasing.

2 Analyzing Influences

K-2.1.2.5 Identify positive and negative influences on mental and emotional health practices and behaviors.

3 Accessing Information

K-2.1.3.6 Identify trusted persons and how to get help if something is bothering you.

4 Communication

K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately.

7 Healthy Behaviors

K-2.1.7.8 Describe positive and negative ways of acting on emotions.

8 Advocacy

K-2.1.8.9 Encourage others to appreciate their differences.

K-2.1.8.10 Explain ways children can model healthful behaviors for others.