

Too Good for Drugs Grade 1

2020 Edition

Correlated to Health Education Georgia Standards of Excellence

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

Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. First-grade students will identify actions needed to achieve short-term health goals, as well as who can assist them in achieving their goals.

HE1.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

HE1.6.a Identify actions needed to achieve a short-term personal health goal.

HE1.6.b Identify individuals other than your family who can assist you in achieving health goals.

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

Description: Students will demonstrate the ability to use decision-making skills to make a thoughtful health-related decision. First-grade students will describe opportunities to enhance personal health and well-being. They will identify people who can assist them in solving problems to make health-enhancing decisions.

HE1.5: Students will demonstrate the ability to use decision-making skills to enhance health.

HE1.5.a Identify and describe opportunities to enhance personal health and well-being.

HE1.5.b Identify people who can help solve problems and make decisions.

Lesson 3 Catitude – *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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. First-grade students will identify how healthy behaviors impact personal health and disease prevention.

HE1.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE1.1.d Identify appropriate ways to express and deal with emotions and feelings.

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

Description: Students will demonstrate the ability to use interpersonal communication skills to enhance personal, family, and community health. First-grade students will understand their personal feelings as the basis for strengthening their relationships and avoiding conflicts.

HE1.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

No expectations apply.

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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. First-grade students will identify how healthy behaviors impact personal health and disease prevention.

HE1.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE1.1.f Identify the importance of respecting the personal space and boundaries of others.

Description: Students will identify the influence of family, peers, culture, media, technology, and other factors on health behaviors. First-grade students will recognize and identify external factors that influence personal health and well-being.

HE1.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Description: Students will demonstrate the ability to use interpersonal communication skills to enhance personal, family, and community health. First-grade students will understand their personal feelings as the basis for strengthening their relationships and avoiding conflicts.

HE1.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

No expectations apply.

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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. First-grade students will identify how healthy behaviors impact personal health and disease prevention.

HE1.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE1.1.f Identify the importance of respecting the personal space and boundaries of others.

Description: Students will identify the influence of family, peers, culture, media, technology, and other factors on health behaviors. First-grade students will recognize and identify external factors that influence personal health and well-being.

HE1.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Description: Students will demonstrate the ability to use interpersonal communication skills to enhance personal, family, and community health. First-grade students will understand their personal feelings as the basis for strengthening their relationships and avoiding conflicts.

HE1.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE1.4.a Recognize ways to respond when in an unwanted, threatening, or dangerous situation.

HE1.4.b Discuss ways to tell a trusted adult if threatened or harmed.

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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. First-grade students will identify how healthy behaviors impact personal health and disease prevention.

HE1.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE1.1.d Identify appropriate ways to express and deal with emotions and feelings.

Description: Students will demonstrate healthy practices and behaviors. First-grade students will safely participate in activities that enhance personal health.

HE1.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE1.7.a Practice behaviors to enhance personal health and wellness.

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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. First-grade students will identify how healthy behaviors impact personal health and disease prevention.

HE1.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE1.1.a Identify how healthy behaviors impact personal health and wellness.

HE1.1.c Recognize potentially harmful substances.

Description: Students will demonstrate healthy practices and behaviors. First-grade students will safely participate in activities that enhance personal health.

HE1.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE1.7.a Practice behaviors to enhance personal health and wellness.

Description: Students will demonstrate the ability to be a health advocate. First-grade students will demonstrate healthy skills to encourage others to practice healthful behaviors.

HE1.8: Students will demonstrate the ability to advocate for personal, family, and community health.

HE1.8.a Seek assistance or make request to promote personal health and well-being.

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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. First-grade students will identify how healthy behaviors impact personal health and disease prevention.

HE1.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE1.1.a Identify how healthy behaviors impact personal health and wellness.

HE1.1.c Recognize potentially harmful substances.

Description: Students will demonstrate healthy practices and behaviors. First-grade students will safely participate in activities that enhance personal health.

HE1.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE1.7.a Practice behaviors to enhance personal health and wellness.

Description: Students will demonstrate the ability to be a health advocate. First-grade students will demonstrate healthy skills to encourage others to practice healthful behaviors.

HE1.8: Students will demonstrate the ability to advocate for personal, family, and community health.

HE1.8.a Seek assistance or make request to promote personal health and well-being.

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.

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. First-grade students will identify how healthy behaviors impact personal health and disease prevention.

HE1.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE1.1.a Identify how healthy behaviors impact personal health and wellness.

Description: Students will demonstrate healthy practices and behaviors. First-grade students will safely participate in activities that enhance personal health.

HE1.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE1.7.a Practice behaviors to enhance personal health and wellness.

Description: Students will demonstrate the ability to be a health advocate. First-grade students will demonstrate healthy skills to encourage others to practice healthful behaviors.

HE1.8: Students will demonstrate the ability to advocate for personal, family, and community health.

HE1.8.a Seek assistance or make request to promote personal health and well-being.

HE1.8.b Encourage peers to make positive health choices.