

Too Good for Drugs Grade 2

2019 Edition

Correlated with Arkansas Health & Safety and Physical Education Standards 2019

Lesson 1 Chasing Squirrels – Setting Reachable Goals

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Discuss his or her own personal strengths
- Identify the importance of setting goals
- Describe the steps to setting and reaching goals
- Set a personal goal

Knowledge and Understanding Standard

Students will demonstrate physical literacy needed to achieve and maintain a health-enhancing level of physical activity.

- I can identify active play opportunities outside of physical education.

Motivation and Confidence Standard

Students will exhibit responsible personal and social behavior that respects self and others.

- I can follow instruction and directions for myself and/or my group when prompted.

Lesson 2 The Important Link– Making Responsible Decisions

Objectives

Following this lesson, the student will be able to:

- Discuss the benefits of stopping to think before making a decision
- Define consequence
- Demonstrate predicting possible consequences
- Demonstrate how to make good decisions

Healthy Skills and Relationships Standard

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- I can demonstrate a respect of personal space for myself and others.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can identify safety hazards and demonstrate ways to prevent harm to self and others.

Motivation and Confidence Standard

Students will exhibit responsible personal and social behavior that respects self and others.

- I can follow instruction and directions for myself and/or my group when prompted.

Lesson 3 How I Feel – *Identifying and Managing Emotions*

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Demonstrate verbal and non-verbal expressions of feelings
- Differentiate feelings from actions
- Demonstrate using an I-message and other healthy ways to express emotions

Healthy Skills and Relationships Standard

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- I can demonstrate a respect of personal space for myself and others.
- I can recognize different emotions and respond to others as needed.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can identify various emotions and how they impact me.

Motivation and Confidence Standard

Students will exhibit responsible personal and social behavior that respects self and others.

- I can follow instruction and directions for myself and/or my group when prompted.

Lesson 4 How Do You Do? – *Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Demonstrate the social skill of making introductions
- Demonstrate polite, assertive communication using I-messages
- Demonstrate active listening skills

Healthy Skills and Relationships Standard

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- I can demonstrate a respect of personal space for myself and others.
- I can recognize different emotions and respond to others as needed.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can identify various emotions and how they impact me.

Motivation and Confidence Standard

Students will exhibit responsible personal and social behavior that respects self and others.

- I can follow instruction and directions for myself and/or my group when prompted.

Lesson 5 Friends Fur-Ever – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Describe how friends help each other
- Describe approaches to making and keeping friends
- Identify examples of pro-social behavior

Healthy Skills and Relationships Standard

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- I can demonstrate a respect of personal space for myself and others.
- I can recognize different emotions and respond to others as needed.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can identify various emotions and how they impact me.

Motivation and Confidence Standard

Students will exhibit responsible personal and social behavior that respects self and others.

- I can follow instruction and directions for myself and/or my group when prompted.

Lesson 6 Wagging the Dog – Peer Pressure

Objectives

Following this lesson, the student will be able to:

- Define peer pressure
- Describe the effect of peer pressure on decision making
- Identify and apply four ways to handle peer pressure

Healthy Skills and Relationships Standard

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- I can demonstrate a respect of personal space for myself and others.
- I can recognize different emotions and respond to others as needed.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can identify safety hazards and demonstrate ways to prevent harm to self and others.
- I can identify various emotions and how they impact me.

Motivation and Confidence Standard

Students will exhibit responsible personal and social behavior that respects self and others.

- I can follow instruction and directions for myself and/or my group when prompted.

Lesson 7 Still in the Game – *Managing Mistakes*

Objectives

Following this lesson, the students will be able to:

- Differentiate positive and negative self-talk
- Use positive self-talk to manage and overcome mistakes
- Identify how to handle a mistake in a positive way

Healthy Skills and Relationships Standard

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- I can demonstrate a respect of personal space for myself and others.
- I can recognize different emotions and respond to others as needed.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can identify various emotions and how they impact me.

Lesson 8 A Prescription for Health – *Understanding the Safe Use of Prescription and OTC Medicines*

Objectives

Following this lesson, the student will be able to:

- Identify and describe physical symptoms of not feeling well
- Define over-the-counter medicine
- Define prescription medicine
- Differentiate the safe and unsafe use of prescription and over-the-counter medicines

Human Growth and Development Standard

Students will demonstrate the ability to apply their understanding of human growth and development, including awareness of their own and others', related to body systems.

- I can name different parts of the body and describe physical characteristics that make us unique.

Alcohol, Tobacco, and Other Drugs Standard

Students will investigate healthy and unhealthy behaviors related to alcohol, tobacco, and other drugs, while understanding the physical, psychological, and legal consequences for self and others.

- I can discuss appropriate use of medications, including taking medicine from reliable adults and following directions.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can identify the role of germs in causing disease and demonstrate ways to prevent spreading them.
- I can identify safety hazards and demonstrate ways to prevent harm to self and others.

Motivation and Confidence Standard

Students will exhibit responsible personal and social behavior that respects self and others.

- I can follow instruction and directions for myself and/or my group when prompted.

Lesson 9 Chasing Your Tail – *Identifying and Avoiding Harmful Substances*

Objectives

Following this lesson, the students will be able to:

- Identify harmful substances in and around the home including tobacco and alcohol
- Describe the harmful effects these substances can have on the brain and body
- Distinguish safe and unsafe ways for children to respond when encountering harmful household substances

Human Growth and Development Standard

Students will demonstrate the ability to apply their understanding of human growth and development, including awareness of their own and others', related to body systems.

- I can name different parts of the body and describe physical characteristics that make us unique.

Alcohol, Tobacco, and Other Drugs Standard

Students will investigate healthy and unhealthy behaviors related to alcohol, tobacco, and other drugs, while understanding the physical, psychological, and legal consequences for self and others.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can identify safety hazards and demonstrate ways to prevent harm to self and others.

Motivation and Confidence Standard

Students will exhibit responsible personal and social behavior that respects self and others.

- I can follow instruction and directions for myself and/or my group when prompted.

Lesson 10 Healthy Choices, Healthy Body – *Healthy Choices*

Objectives

Following this lesson, the student will be able to:

- Define health
- Identify the benefits of making healthy choices related to food, rest, and exercise
- Explain the need for good food, exercise, and rest to build a strong, healthy body

Human Growth and Development Standard

Students will demonstrate the ability to apply their understanding of human growth and development, including awareness of their own and others', related to body systems.

- I can name different parts of the body and describe physical characteristics that make us unique.

Healthy Skills and Relationships Standard

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- I can demonstrate a respect of personal space for myself and others.

Nutrition Standard

Students will apply concepts of how food choices impact the overall health of self and others, and investigate how different types of eating disorders damage body systems.

- I can identify and choose healthy snacks.

Personal Health and Safety Standard

Students will promote physical, social, and emotional health for self and others.

- I can identify safety hazards and demonstrate ways to prevent harm to self and others.

Knowledge and Understanding Standard

Students will demonstrate physical literacy needed to achieve and maintain a health-enhancing level of physical activity.

- I can identify active play opportunities outside of physical education.
- I can recognize that physical activities can be enjoyed individually or with others.

Motivation and Confidence Standard

Students will exhibit responsible personal and social behavior that respects self and others.

- I can follow instruction and directions for myself and/or my group when prompted.