

Too Good for Drugs Grade 2

2019 Edition

Correlated to Health Education Georgia Standards of Excellence

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

Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Second-grade students will implement actions needed to achieve a short-term personal health goal. They will also explain how others can assist them in meeting their health goals.

HE2.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

HE2.6.a Identify a personal health goal.

HE2.6.b Implement actions to achieve a short-term personal health goal.

HE2.6.c Discuss and apply personal health behaviors to achieve goals.

HE2.6.d Identify individuals who can assist in helping achieve a personal health goal.

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

Description: Students will demonstrate the ability to use decision-making skills to make a thoughtful health-related decision.

HE2.5: Students will demonstrate the ability to use decision-making skills to enhance health.

HE2.5.a Identify situations that need a health-related decision.

HE2.5.b Identify how family, peers, or media influence a health-related decision.

HE2.5.c Explain the potential positive and negative outcomes of health-related decisions.

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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Second- grade students will begin to recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will understand and apply concepts related to healthy behaviors and disease prevention.

HE2.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE2.1.d Recognize the relationship between feelings and behavior and engage in activities that promote mental and emotional health.

Description: Students will demonstrate the ability to use interpersonal communication skills to enhance personal, family, and community health. Second-grade students will demonstrate the ability to identify verbal and non- verbal communication skills to reduce or avoid conflict.

HE2.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE2.4.a Demonstrate healthy ways to express needs, wants, and feelings.

HE2.4.c Demonstrate the ability to identify verbal and nonverbal communication.

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

Description: Students will demonstrate the ability to use interpersonal communication skills to enhance personal, family, and community health. Second-grade students will demonstrate the ability to identify verbal and non- verbal communication skills to reduce or avoid conflict.

HE2.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE2.4.a Demonstrate healthy ways to express needs, wants, and feelings.

HE2.4.b Demonstrate and apply communication skills to enhance health.

HE2.4.c Demonstrate the ability to identify verbal and nonverbal communication.

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

Description: Students will identify the influence of family, peers, culture, media, technology, and other factors on health behaviors. Second-grade students will identify and discuss the internal and external factors that influence personal health.

HE2.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE2.2.a Discuss how the family, peers, and cultural factors influence personal health and well-being.

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

HE2.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE2.7.a Demonstrate healthy practices and behaviors to maintain or improve personal health.

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

HE2.8: Students will demonstrate the ability to advocate for personal, family, and community health.

HE2.8.b Role model and encourage peers to make positive health choices.

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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Second- grade students will begin to recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will understand and apply concepts related to healthy behaviors and disease prevention.

HE2.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE2.1.f Identify the characteristics of bullying and develop skills to respond appropriately.

Description: Students will demonstrate the ability to use interpersonal communication skills to enhance personal, family, and community health. Second-grade students will demonstrate the ability to identify verbal and non- verbal communication skills to reduce or avoid conflict.

HE2.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE2.4.b Demonstrate and apply communication skills to enhance health.

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

HE2.8: Students will demonstrate the ability to advocate for personal, family, and community health.

HE2.8.b Role model and encourage peers to make positive health choices.

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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Second- grade students will begin to recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will understand and apply concepts related to healthy behaviors and disease prevention.

HE2.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE2.1.d Recognize the relationship between feelings and behavior and engage in activities that promote mental and emotional health.

Description: Students will demonstrate the ability to use interpersonal communication skills to enhance personal, family, and community health. Second-grade students will demonstrate the ability to identify verbal and non- verbal communication skills to reduce or avoid conflict.

HE2.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE2.4.a Demonstrate healthy ways to express needs, wants, and feelings.

HE2.4.c Demonstrate the ability to identify verbal and nonverbal communication.

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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Second- grade students will begin to recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will understand and apply concepts related to healthy behaviors and disease prevention.

HE2.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE2.1.a Describe healthy behaviors that promote personal health, wellness, and disease prevention.

HE2.1.b Describe why avoiding potentially harmful substances is a healthy practice.

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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Second- grade students will begin to recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will understand and apply concepts related to healthy behaviors and disease prevention.

HE2.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE2.1.a Describe healthy behaviors that promote personal health, wellness, and disease prevention.

HE2.1.b Describe why avoiding potentially harmful substances is a healthy practice.

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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Second- grade students will begin to recognize that there are multiple components of health, including physical, personal, emotional, and mental. Students will understand and apply concepts related to healthy behaviors and disease prevention.

HE2.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE2.1.a Describe healthy behaviors that promote personal health, wellness, and disease prevention.

Description: Students will demonstrate the ability to use decision-making skills to make a thoughtful health-related decision.

HE2.5: Students will demonstrate the ability to use decision-making skills to enhance health.

HE2.5.a Identify situations that need a health- related decision.

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

HE2.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE2.7.a Demonstrate healthy practices and behaviors to maintain or improve personal health.

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

HE2.8: Students will demonstrate the ability to advocate for personal, family, and community health.

HE2.8.b Role model and encourage peers to make positive health choices.

