

Too Good for Drugs Curriculum Correlations

Correlated with Hawaii Content and Performance Standards for Health

Grade 2

Lesson One: *Dreams Can Come True*

Objectives: The student will be able to:

- Identify importance of setting goals.
- Describe ways to set and achieve goals.
- Set a personal goal.

Standard 6: DECISION: MAKING AND GOAL: SETTING: Use decision: making and goal: setting skills to enhance health

Goal-Setting across Topic Areas

HE.K-2.6.2: Name a personal health goal and describe a plan to achieve it

Lesson Two: *Stop & Think*

Objectives: The student will be able to:

- Discuss the importance of stopping to think before making a decision.
- Define consequence.
- Demonstrate how to make good decisions.

Standard 1: CORE CONCEPTS: Understand concepts related to health promotion and disease prevention

Personal Health and Wellness

HE.K-2.1.5: Describe how individuals can promote and protect their own health

HE.K-2.1.6: Describe helpful and harmful substances and their proper use

Standard 6: DECISION: MAKING AND GOAL: SETTING: Use decision: making and goal: setting skills to enhance health

Decision-Making across Topic Areas

HE.K-2.6.1: Explain when and who to ask for help in making health-related decisions and setting goals

Lesson Three: *Dealing with Frustration*

Objectives: The student will be able to:

- Define frustration; recognize and identify the feeling.
- Describe frustration as normal, healthy response to new & challenging tasks.
- List strategies for dealing with frustration.
- List people who can help with frustrating situations.
- Demonstrate techniques for handling frustration: count to ten, take a break, say how you feel, ask for help, take one step at a time, try another way.

Standard 1: CORE CONCEPTS: Understand concepts related to health promotion and disease prevention

Mental and Emotional Health

HE.K-2.1.1: Describe appropriate ways to express feelings

Standard 3: SELF: MANAGEMENT: Practice health: enhancing behaviors and reduce health risks

Mental and Emotional Health

HE.K-2.3.1: Describe personal stressors and ways to deal with stressful situations

Lesson Four: *Saying How You Feel*

Objectives: The student will be able to:

- Describe the difference between feelings and actions.
- Demonstrate stating feelings clearly and directly with an I-message.
- Differentiate between I-messages and You-messages.

Standard 1: CORE CONCEPTS: Understand concepts related to health promotion and disease prevention

Mental and Emotional Health

HE.K-2.1.1: Describe appropriate ways to express feelings

Standard 5: INTERPERSONAL COMMUNICATION: Use interpersonal communication skills to enhance health

Communication Skills across Topic Areas

HE.K-2.5.1: Use effective verbal and nonverbal communication

HE.K-2.5.2: Use effective and appropriate ways to express feelings, wants, and needs

Lesson Five: *Dog-Gone Good!*

Objectives: The student will be able to:

- Discuss how people are alike and how they are different.
- Discuss his or her own personal strengths.
- Demonstrate giving and receiving compliments.

Standard 5: INTERPERSONAL COMMUNICATION: Use interpersonal communication skills to enhance health

Communication Skills across Topic Areas

HE.K-2.5.4: Describe how to be a good friend and responsible family member

Lesson Six: *Be a Friend*

Objectives: The student will be able to:

- Describe how to choose a friend.
- Describe how friends help each other.
- Demonstrate asking for help and offering help.
- Demonstrate saying please and thank you.

Standard 5: INTERPERSONAL COMMUNICATION: Use interpersonal communication skills to enhance health

Communication Skills across Topic Areas

HE.K-2.5.4: Describe how to be a good friend and responsible family member

Lesson Seven: A Peer Pressure Play

Objectives: The student will be able to:

- Define peer pressure.
- Discuss why it is important to refuse peer pressure.
- Recite at least three ways to handle peer pressure.

Standard 5: INTERPERSONAL COMMUNICATION: Use interpersonal communication skills to enhance health

Communication Skills across Topic Areas

HE.K-2.5.3: Describe basic refusal skills

Lesson Eight: A Message About Medicine

Objectives: The student will be able to:

- Define drug.
- Define over-the-counter drugs and prescription drugs.
- Discuss the fact that there are not medicines for all aches and pains, and that sometimes pains hurt for a while and then go away without medicine.
- Discuss the difference between medicine and candy.
- List rules for safe use of prescription and over-the-counter drugs.
- Describe the dangers of misusing prescription and over-the-counter drugs.

Standard 1: CORE CONCEPTS: Understand concepts related to health promotion and disease prevention

Personal Health and Wellness

HE.K-2.1.5: Describe how individuals can promote and protect their own health

HE.K-2.1.6: Describe helpful and harmful substances and their proper use

Lesson Nine: Because I Care

Objectives: The student will be able to:

- Recite at least three facts about tobacco.
- Define second-hand smoke.
- Discuss at least two negative effects of second-hand smoke.
- Recite at least three ways to avoid second hand smoke.
- Demonstrate polite ways to speak to smokers about second-hand smoke.

Standard 1: CORE CONCEPTS: Understand concepts related to health promotion and disease prevention

Personal Health and Wellness

HE.K-2.1.5: Describe how individuals can promote and protect their own health

HE.K-2.1.6: Describe helpful and harmful substances and their proper use

Lesson Ten: A Game for Good Health

Objectives: The student will be able to:

- Define health.
- List at least five healthy practices.
- List at least five healthy foods.

Standard 1: CORE CONCEPTS: Understand concepts related to health promotion and disease prevention

Healthy Eating and Physical Activity

HE.K-2.1.2: Explain the benefits associated with exercise

HE.K-2.1.3: Describe the benefits associated with a healthy diet