

Too Good for Drugs Kindergarten

Correlated with National Health Education Standards

Lesson One: *Making My Day*

Objectives

The student will be able to:

- List at least five ways to build a healthy self.

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

1.2.1. Identify that healthy behaviors affect personal health.

1.2.2. Recognize that there are multiple dimensions of health.

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

7.2.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

7.2.2. Demonstrate behaviors that avoid or reduce health risks.

Lesson Two: *Be Good to your Body*

Objectives

The student will be able to:

- List at least three internal parts of the body and describe what they do.
- Recite at least three ways to help the body stay healthy.

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

1.2.1. Identify that healthy behaviors affect personal health.

1.2.2. Recognize that there are multiple dimensions of health.

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

7.2.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

7.2.2. Demonstrate behaviors that avoid or reduce health risks.

Lesson Three: *The Healthy Thing to Do*

Objectives

The student will be able to:

- Differentiate between safe, healthy decisions and unsafe, unhealthy, decisions.

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

1.2.1. Identify that healthy behaviors affect personal health.

1.2.2. Recognize that there are multiple dimensions of health.

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

- 5.2.1. Identify situations when a health-related decision is needed.
- 5.2.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

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

- 7.2.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.
- 7.2.2. Demonstrate behaviors that avoid or reduce health risks.

Lesson Four: *I'm Too Good For Drugs*

Objectives

The student will be able to:

- Define drugs.
- Differentiate between medicine and other drugs.
- Discuss the harmful effects of non-medical drugs on the body.

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

- 1.2.1. Identify that healthy behaviors affect personal health.
- 1.2.2. Recognize that there are multiple dimensions of health.

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

- 5.2.1. Identify situations when a health-related decision is needed.
- 5.2.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

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

- 7.2.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.
- 7.2.2. Demonstrate behaviors that avoid or reduce health risks.

Lesson Five: *Mr. Big Mouth*

Objectives

The student will be able to:

- Differentiate between substances that are harmful to eat and drink from those that are safe to eat and drink.
- List at least five substances that are safe to eat and drink.
- List at least three harmful substances: tobacco, alcohol, poison.

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

- 1.2.1. Identify that healthy behaviors affect personal health.
- 1.2.2. Recognize that there are multiple dimensions of health.

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

- 5.2.1. Identify situations when a health-related decision is needed.

- 5.2.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

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

- 7.2.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.
7.2.2. Demonstrate behaviors that avoid or reduce health risks.

Lesson Six: *Goin' Fishin'*

Objectives

The student will be able to:

- Recite at least six feelings: happy, sad, angry, afraid, surprised, excited.
- Discuss three ways that people show their feelings: with faces, body, words.
- Demonstrate feelings non-verbally and express them verbally.

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

- 1.2.1. Identify that healthy behaviors affect personal health.
1.2.2. Recognize that there are multiple dimensions of health.

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

- 4.2.1. Demonstrate healthy ways to express needs, wants and feelings.

Lesson Seven: *Finding a Friend*

Objectives

The student will be able to:

- Describe three to five ways to initiate conversations.
- Practice verbal and non-verbal communication.
- Describe characteristics of a friend.

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

- 4.2.1. Demonstrate healthy ways to express needs, wants and feelings.

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

- 8.2.2. Encourage peers to make positive health choices.

Lesson Eight: *Stop & Think*

Objectives

The student will be able to:

- Discuss personal responsibility for making positive choices.
- Recite the following steps in the decision-making process: stop and think.

- Perform role plays for decision-making practice.

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

- 1.2.1. Identify that healthy behaviors affect personal health.
- 1.2.2. Recognize that there are multiple dimensions of health.

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

- 5.2.1. Identify situations when a health-related decision is needed.
- 5.2.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

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

- 7.2.2. Demonstrate behaviors that avoid or reduce health risks.

Lesson Nine: *All Together Now*

Objectives

The student will be able to:

- Recite at least four ways to resist pressure from friends to do things that are unhealthy or unsafe.
- Recite at least three safe and healthy things to do with friends.

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

- 4.2.1. Demonstrate healthy ways to express needs, wants and feelings.

Lesson Ten: *Tuggles the Teddy Bear*

Objectives

The student will be able to:

- Differentiate between safe and harmful substances.
- Discuss personal responsibility for making positive choices.
- Perform role plays for decision-making practice.

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

- 1.2.1. Identify that healthy behaviors affect personal health.
- 1.2.2. Recognize that there are multiple dimensions of health.

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

- 5.2.1. Identify situations when a health-related decision is needed.
- 5.2.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

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

- 7.2.2. Demonstrate behaviors that avoid or reduce health risks.