

Too Good for Drugs Kindergarten

2020 Edition

Correlated with District of Columbia Health Education Standards, 2016

Lesson 1 Dreaming Big – *Setting Reachable Goals*

Objectives

Following this lesson, the student will be able to:

- Identify personal capabilities and strengths
- Identify new things to learn to do
- Identify how adults and peers can help with reaching a goal

Category 1: Mental and Emotional Health

2 Analyzing Influences

K-2.1.2.5 Identify positive and negative influences on mental and emotional health practices and behaviors.

8 Advocacy

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

Category 5: Nutrition

6 Goal Setting

K-2.5.6.12 Set a goal to choose healthy foods for snacks and meals.

Lesson 2 I Know What to Do – *Making Responsible Decisions*

Objectives

Following this lesson, the student will be able to:

- Recall the following steps in the decision-making process: 1 Stop, 2 Think
- Demonstrate anticipating consequences of choices
- Discuss personal responsibility for making positive choices

Category 2: Safety Skills

5 Decision-Making

K-2.2.5.14 Make appropriate decisions about safe behaviors around strangers (e.g., getting in cars or taking treats from strangers).

Lesson 3 Mad Sad Glad – *Identify and Managing Emotions*

Objectives

Following this lesson, the student will be able to:

- Name a variety of feelings
- Discuss three ways people show their feelings: with faces, bodies, words
- Express feelings verbally and non-verbally

Category 1: Mental and Emotional Health

1 Health Promotion

K-2.1.1.1 Identify basic emotions and positive and negative ways of dealing with emotions in a variety of situations.

K-2.1.1.2 Explain the impact of different emotions on self and others.

2 Analyzing Influences

K-2.1.2.5 Identify positive and negative influences on mental and emotional health practices and behaviors.

4 Communication

K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately.

7 Healthy Behaviors

K-2.1.7.8 Describe positive and negative ways of acting on emotions.

8 Advocacy

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

Lesson 4 Listen Up! – *Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Demonstrate using one's eyes, ears, and body to listen
- Identify the body language of an active listener
- Demonstrate the ability to ask questions without interrupting

Category 1: Mental and Emotional Health

4 Communication

K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately.

8 Advocacy

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

Lesson 5 My Buddy and Me – *Bonding and Relationships*

Objectives

Following this lesson, the student will be able to:

- Describe the characteristics of a healthy friendship
- Demonstrate assertive communication using an I-message

Category 1: Mental and Emotional Health

1 Health Promotion

K-2.1.1.1 Identify basic emotions and positive and negative ways of dealing with emotions in a variety of situations.

K-2.1.1.2 Explain the impact of different emotions on self and others.

K-2.1.1.3 Describe what respect is and why it is important.

2 Analyzing Influences

K-2.1.2.5 Identify positive and negative influences on mental and emotional health practices and behaviors.

4 Communication

K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately.

7 Healthy Behaviors

K-2.1.7.8 Describe positive and negative ways of acting on emotions.

8 Advocacy

K-2.1.8.9 Encourage others to appreciate their differences.

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

Lesson 6 How Do You Do? – *Making Friends*

Objectives

Following this lesson, the students will be able to:

- Demonstrate the social skill of introducing oneself
- Identify ways to initiate conversations
- Demonstrate sharing and listening

Category 1: Mental and Emotional Health

1 Health Promotion

K-2.1.1.3 Describe what respect is and why it is important.

2 Analyzing Influences

K-2.1.2.5 Identify positive and negative influences on mental and emotional health practices and behaviors.

4 Communication

K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately.

7 Healthy Behaviors

K-2.1.7.8 Describe positive and negative ways of acting on emotions.

8 Advocacy

K-2.1.8.9 Encourage others to appreciate their differences.

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

Lesson 7 A Better Idea – *Managing Peer Pressure*

Objectives

Following this lesson, the student will be able to:

- Differentiate passive and assertive communication
- Recite at least three 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

Category 1: Mental and Emotional Health

1 Health Promotion

K-2.1.1.1 Identify basic emotions and positive and negative ways of dealing with emotions in a variety of situations.

K-2.1.1.2 Explain the impact of different emotions on self and others.

K-2.1.1.3 Describe what respect is and why it is important.

2 Analyzing Influences

K-2.1.2.5 Identify positive and negative influences on mental and emotional health practices and behaviors.

3 Accessing Information

K-2.1.3.6 Identify trusted persons and how to get help if something is bothering you.

4 Communication

K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately.

7 Healthy Behaviors

K-2.1.7.8 Describe positive and negative ways of acting on emotions.

8 Advocacy

K-2.1.8.9 Encourage others to appreciate their differences.

K-2.1.8.10 Explain ways children can model healthful behaviors for others.

Lesson 8 Be Well – *Understanding the Safe Use of Prescription and OTC Medicine*

Objectives

Following this lesson, the student will be able to:

- Comprehend health and a healthy body
- Define medicine
- Differentiate the safe and unsafe use of prescription and over-the-counter medicines

Category 6: Alcohol, Tobacco, and Other Drugs

1 Health Promotion

K-2.6.1.1 Describe safe and responsible uses for medicines and household products.

K-2.6.1.2 Describe the consequences of misusing medicines and household products.

2 Analyzing Influences

K-2.6.2.3 Identify trusted adults who can provide accurate information and guidance regarding medicines and common household products.

3 Accessing Information

K-2.6.3.5 Compare and contrast characteristics of products that are safe and unsafe to consume.

Lesson 9 Keep Out! – *Identifying 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
- Differentiate safe and unsafe ways for children to respond when encountering harmful household substances

Category 6: Alcohol, Tobacco, and Other Drugs

1 Health Promotion

K-2.6.1.1 Describe safe and responsible uses for medicines and household products.

K-2.6.1.2 Describe the consequences of misusing medicines and household products.

2 Analyzing Influences

K-2.6.2.3 Identify trusted adults who can provide accurate information and guidance regarding medicines and common household products.

3 Accessing Information

K-2.6.3.5 Compare and contrast characteristics of products that are safe and unsafe to consume.

4 Communication

K-2.6.4.6 Use effective nonverbal and verbal communication skills to express needs, wants, and feelings (e.g., saying 'no').

Lesson 10 An Apple a Day – *Healthy Choices*

Objectives

Following this lesson, the student will be able to:

- Identify the benefits of making healthy choices related to food, rest, and exercise
- Differentiate safe, healthy decisions and unsafe, unhealthy decisions

Category 5: Nutrition

1 Health Promotion

K-2.5.1.1 Explain why healthy bodies require rest, exercise, and good nutrition.

K-2.5.1.2 Categorize foods according to food sources and food groups (e.g., plant, animal, and processed).

K-2.5.1.3 Explain the benefits of drinking water and making healthy beverage choices.

K-2.5.1.4 Identify foods that should be limited (e.g. non-nutrient dense foods, or foods high in sugar, salt, or fat).

2 Analyzing Influences

K-2.5.2.5 Explain how culture, media, peers, family, and other factors influence eating behaviors.

K-2.5.2.6 Recognize that not all products advertised or sold are good for growing bodies.

4 Communication

K-2.5.4.9 Describe criteria for making healthy vs. less healthy food choices.

5 Decision-Making

K-2.5.5.10 Identify healthy eating habits.

K-2.5.5.11 Distinguish the feeling of hunger from the feeling of being satiated or full.

6 Goal Setting

K-2.5.6.12 Set a goal to choose healthy foods for snacks and meals.

7 Healthy Behaviors

K-2.5.7.13 Understand the concept of variety in diet and explain why it is important to health (within and between food groups).

K-2.5.7.14 Recognize a nutritious meal or snack.