

Too Good for Drugs Kindergarten

2020 Edition

Correlated to Health Education Georgia Standards of Excellence

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

Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors.

Kindergarten students will identify personal health goals and determine who can assist them in achieving their goals.

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

HEK.6.a Identify a personal health goal.

HEK.6.b Identify family members or trusted adults who can assist with achieving a short-term health goal.

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

Description: Students will demonstrate the ability to use decision-making skills to make a thoughtful health-related decision. Kindergarten students will make decisions that enhance personal health and well-being. Students will become familiar with basic decision-making model/models.

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

HEK.5.a Identify health-related situations.

HEK.5.b Use a decision-making model in a health-related situation.

HEK.5.c Identify people who can assist in problem-solving and decision making.

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

Description: Students will demonstrate the ability to use interpersonal communication skills to enhance personal, family, and community health. Kindergarten students will demonstrate the skills needed to develop and maintain healthy personal relationships.

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

HEK.4.a Examine ways to express feelings in a healthy way.

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

Description: Students will demonstrate the ability to use interpersonal communication skills to enhance personal, family, and community health. Kindergarten students will demonstrate the skills needed to develop and maintain healthy personal relationships.

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

HEK.4.a Examine ways to express feelings in a healthy way.

HEK.4.b Demonstrate listening skills to enhance health.

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

Description: Students will identify the influence of family, peers, culture, media, technology, and other factors on health behaviors. Kindergarten students will recognize and identify external factors that influence personal health and well-being.

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

HEK.2.a Identify how family, peers, and cultural factors influence personal health and well-being.

Description: Students will demonstrate the ability to use interpersonal communication skills to enhance personal, family, and community health. Kindergarten students will demonstrate the skills needed to develop and maintain healthy personal relationships.

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

HEK.4.a Examine ways to express feelings in a healthy way.

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

Description: Students will demonstrate the ability to use interpersonal communication skills to enhance personal, family, and community health. Kindergarten students will demonstrate the skills needed to develop and maintain healthy personal relationships.

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

HEK.4.a Examine ways to express feelings in a healthy way.

HEK.4.b Demonstrate listening skills to enhance health.

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

Description: Students will demonstrate the ability to use interpersonal communication skills to enhance personal, family, and community health. Kindergarten students will demonstrate the skills needed to develop and maintain healthy personal relationships.

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

HEK.4.c Recognize ways to respond when in an unwanted, threatening, or dangerous situation.

HEK.4.d Discuss ways to tell a trusted adult if threatened or harmed.

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

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

HEK.7.a Demonstrate healthy behaviors that improve personal health and wellness.

Description: Students will demonstrate the ability to be a health advocate. Kindergarten students will demonstrate behaviors that promote personal health and encourage positive choices in others.

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

HEK.8.a Seek assistance to promote personal health.

HEK.8.b Encourage peers to make positive health choices.

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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Kindergarten students will identify and apply healthy behaviors.

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

HEK.1.a Identify healthy behaviors.

HEK.1.b Recognize potentially harmful substances.

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

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

HEK.7.a Demonstrate healthy behaviors that improve personal health and wellness.

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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Kindergarten students will identify and apply healthy behaviors.

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

HEK.1.a Identify healthy behaviors.

HEK.1.b Recognize potentially harmful substances.

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

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Kindergarten students will identify and apply healthy behaviors.

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

HEK.1.a Identify healthy behaviors.

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

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

HEK.7.a Demonstrate healthy behaviors that improve personal health and wellness.

Description: Students will demonstrate the ability to be a health advocate. Kindergarten students will demonstrate behaviors that promote personal health and encourage positive choices in others.

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

HEK.8.a Seek assistance to promote personal health.

HEK.8.b Encourage peers to make positive health choices.