

# Too Good for Drugs Curriculum Correlations

Correlated with Kentucky Health Education Content Standards

## Kindergarten

### Lesson One: *Making My Day*

**Objectives:** The student will be able to:

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

#### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

- 2.29 Students demonstrate skills that promote individual well-being and healthy family relationships.
- 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.

#### **Big Idea: Nutrition (Health Education)**

Academic Expectations

- 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.
- 3.2 Students will demonstrate the ability to maintain a healthy lifestyle.
- 5.4 Students use decision-making process to make informed decisions among options.

### 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.

#### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

- 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.
- 3.2 Students demonstrate the ability to maintain a healthy lifestyle.

#### **Big Idea: Nutrition (Health Education)**

Academic Expectations

- 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.

3.2 Students will demonstrate the ability to maintain a healthy lifestyle.

5.4 Students use decision-making process to make informed decisions among options.

## **Lesson Three: *The Healthy Thing to Do***

**Objectives:** The student will be able to:

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

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

3.2 Students demonstrate the ability to maintain a healthy lifestyle.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

5.4 Students use a decision-making process to make informed decisions among options.

### **Big Idea: Safety (Health Education)**

Academic Expectations

3.2 Students will demonstrate the ability to maintain a healthy lifestyle.

4.3 Students individually demonstrate consistent, responsive, and caring behavior.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

5.4 Students use a decision-making process to make informed decisions among-options.

## **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.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

3.2 Students demonstrate the ability to maintain a healthy lifestyle.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

5.4 Students use a decision-making process to make informed decisions among options.

### **Big Idea: Safety (Health Education)**

Academic Expectations

3.2 Students will demonstrate the ability to maintain a healthy lifestyle.

5.4 Students use a decision-making process to make informed decisions among-options.

## **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.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

3.2 Students demonstrate the ability to maintain a healthy lifestyle.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

5.4 Students use a decision-making process to make informed decisions among options.

### **Big Idea: Safety (Health Education)**

Academic Expectations

3.2 Students will demonstrate the ability to maintain a healthy lifestyle.

5.4 Students use a decision-making process to make informed decisions among-options.

## **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.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.

2.32 Students demonstrate strategies for becoming and remaining mentally and emotionally healthy.

3.2 Students demonstrate the ability to maintain a healthy lifestyle.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

## 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.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

- 4.1 Students effectively use interpersonal skills.
- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

## 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.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

- 3.2 Students demonstrate the ability to maintain a healthy lifestyle.
- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.
- 5.4 Students use a decision-making process to make informed decisions among options.

### **Big Idea: Safety (Health Education)**

Academic Expectations

- 3.2 Students will demonstrate the ability to maintain a healthy lifestyle.
- 5.4 Students use a decision-making process to make informed decisions among-options.

## 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.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

- 3.2 Students demonstrate the ability to maintain a healthy lifestyle.

4.1 Students effectively use interpersonal skills.

## **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.

### **Big Idea: Personal Wellness (Health Education)**

Academic Expectations

3.2 Students demonstrate the ability to maintain a healthy lifestyle.

4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

5.4 Students use a decision-making process to make informed decisions among options.