

Lesson Overview and Areas of Focus



Social Skill Development and Making Healthy Choices

<p>K1 Making My Day: Goal Setting</p> <p>Students begin the journey to setting and reaching goals by planning to make today a great day.</p> <ul style="list-style-type: none"> • Positive Outlook • Picturing a Positive Outcome 	<p>K2 Be Good to Your Body: Healthy Body</p> <p>Students explore the way their bodies work and the benefits of healthy well functioning body.</p> <ul style="list-style-type: none"> • My Healthy Body • Making Good Choices 	<p>K3 The Healthy Thing to Do: Making Healthy Choices</p> <p>Students identify safe and healthy practices for health, hygiene and fitness. Students identify unsafe practices that could interfere with reaching those goals.</p> <ul style="list-style-type: none"> • Safe Versus Unsafe • Healthy Choices for My Body 	<p>K4 I'm Too Good for Drugs: Making Healthy Choices</p> <p>Students learn the fundamental differences between medicine and other drugs. Students also explore effects of non medical drugs on the body.</p> <ul style="list-style-type: none"> • What We Do Well • I'm Too Good for Drugs Song 	<p>K5 Mr. Big Mouth: Making Healthy Choices</p> <p>Students explore what is safe and what is not safe to eat and drink.</p> <ul style="list-style-type: none"> • Not In My Mouth • Signs and Signals of Unsafe Items Including Alcohol and Poisons
<p>K6 Goin' Fishin': Feelings</p> <p>Students practice showing their feelings through facial expressions and body language. Students also explore their reactions to situations through feelings.</p> <ul style="list-style-type: none"> • Feelings Show and Tell • Read the Feelings of Others 	<p>K7 Finding a Friend: Making Friends</p> <p>Students learn how to make introductions and communicate with new friends. Students also explore the benefits of having a good friend.</p> <ul style="list-style-type: none"> • Make a Friend Song • New Student Role Play • Make A Friend Introduction 	<p>K8 Stop & Think: Decision Making</p> <p>Students explore the role of personal responsibility in making healthy choices. Students also practice the decision making process through role-play.</p> <ul style="list-style-type: none"> • Stop and Think Song • Tuggles Puppet Role Play • Tuggles Makes A Decision 	<p>K9 All Together Now: Peer Influence</p> <p>Students learn four ways to resist peer pressure to do unhealthy things. Students also examine safe and healthy things to do with friends.</p> <ul style="list-style-type: none"> • Stop and Think Song Verse 2 • Identifying Healthy Peer Ideas • Basic Peer Refusal Tips 	<p>K10 Tuggles the Teddy Bear: Healthy Choices</p> <p>Students review the Decision Making skills they have learned in the course. Students also review what they have learned about making healthy choices and personal responsibility.</p> <ul style="list-style-type: none"> • Course Review • Healthy Choices • Personal Responsibility • Decision Making