

Too Good for Drugs Curriculum Correlations

Correlated with New York State Health Standards and Performance Indicators

Kindergarten

Lesson One: *Making My Day*

Objectives: The student will be able to:

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

Standard 1: Personal Health and Fitness

NYSHE 1B Possess basic knowledge and skills which support positive health choices and behaviors

NYSHE 1C Understand how behaviors such as food selection, exercise, and rest affect growth and development

NYSHE 1D Recognize influences which affect health choices and behaviors

NYSHE 1F Practice and support others in making healthy choices

Standard 2: A Safe and Healthy Environment

NYSHE 2C Know some personal and social skills which contribute to individual safety

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: Personal Health and Fitness

NYSHE 1A Know how basic body systems work and interrelate in normal patterns of growth and development

NYSHE 1B Possess basic knowledge and skills which support positive health choices and behaviors

NYSHE 1C Understand how behaviors such as food selection, exercise, and rest affect growth and development

NYSHE 1D Recognize influences which affect health choices and behaviors

NYSHE 1E Know about some diseases and disorders and how they are prevented and treated

Standard 2: A Safe and Healthy Environment

NYSHE 2B Recognize potentially dangerous situations and know how to avoid or reduce their risk

NYSHE 2C Know some personal and social skills which contribute to individual safety

NYSHE 2D Recognize characteristics of the environment that contribute to health

Standard 3: Resource Management

NYSHE 3A Identify characteristics of valid health information and health-promoting products and services and know where to locate them

NYSHE 3C Know how to access help when illness, injury, or emergency situations occur

Lesson Three: *The Healthy Thing to Do*

Objectives: The student will be able to:

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

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NYSHE 2A Understand basic safety rules

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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.

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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.

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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, bodies, words.
- Demonstrate feelings non-verbally and express them verbally.

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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.

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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.

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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.

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Lesson Ten: *Tuggles the Teddy Bear*

Objectives: The student will be able to:

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- Discuss personal responsibility for making positive choices.
- Perform role plays for decision-making practice.

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