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

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.

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

NYSHE 1F Practice and support others in making healthy choices

Standard 2: A Safe and Healthy Environment

NYSHE 2A Understand basic safety rules

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

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 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.

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 1D Recognize influences which affect health choices and behaviors
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.

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.
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.

Standard 1: Personal Health and Fitness

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

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.

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
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.

**Standard 1: Personal Health and Fitness**

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

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

NYSHE 1F  Practice and support others in making healthy choices

**Standard 2: A Safe and Healthy Environment**

NYSHE 2A  Understand basic safety rules

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 3B  Understand how culture contributes to individual family and community beliefs and practices affecting health

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

**Standard 1: Personal Health and Fitness**

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

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

NYSHE 1F  Practice and support others in making healthy choices

**Standard 2: A Safe and Healthy Environment**

NYSHE 2A  Understand basic safety rules

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 3B  Understand how culture contributes to individual family and community beliefs and practices affecting health

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