

Purpose of the Lesson

The lesson focuses on how to make healthy and safe choices with medicine and how to recognize people who can help them make healthy choices. Students will sort a set of fish (decisions) into healthy and unhealthy categories.

Background Knowledge

- Only take medicines with the help of a trusted adult.
- Trusted adults at home are parents/guardians or caregivers. Trusted adults in school are teachers, the principal, school nurse, or other adults that work at the school. Trusted adults in the community included police officers and firefighters who can help us be safe and healthy, but might not be able to give us medicine. Doctors can also give us medicines.
- A healthy choice is one that helps us be healthy, safe, follows family or school rules and is respectful of others.

Lesson Objectives

Students will be able to:

OBJECTIVE	ASSESSMENT
1. Differentiate between healthy/unhealthy and safe/un-safe choices about medicines.	<ul style="list-style-type: none">• Sorting Today's Catch
2. Identify who can help children make healthy choices.	<ul style="list-style-type: none">• A Fishy Tale: Making Healthy Choices Activity Sheet

Time: 20-30 minutes

Materials

A Fishy Tale: Making Healthy Choices Activity Sheet ([Attachment 1](#)).

Introduction

We are going on a fishing trip today. But we will need to catch only the fish that know how to make good, safe, healthy choices for our body and mind. These are very special fish. Inside their bodies they have a story. Some of the stories are about unsafe or unhealthy choices while some of the fish have stories of good, safe, healthy choices. But before we go on our fishing trip, we need to review some important facts about choices.

Teaching Steps

ASK: How could you explain to someone the difference between a healthy choice and a unhealthy choice?

- o **ASK students:** What could make a choice a poor choice? (*Unhealthy choices could be harmful to you and/or others; the choice would **not** show **respect** for you or others.*) Then ask for a few examples of poor choices.

ASK: What made those choices poor choices?

- o Healthy and safe choices help our body and mind stay safe and healthy. Poor choices could be unsafe, harmful and unhealthy.

ASK: Who can help us make healthy and safe choices?

- o Trusted adult, a trusted adult is someone who is ready to help you if needed, answer your questions, is ready to listen and can help you feel safe and comfortable.
 - Example of a trusted adult? At home, school or in the community?

Activity: Sorting Today's Catch

Time to go fishing! Let's look at each of the fish we caught today. As I said at the beginning of our lesson, some fish have sentences describing unsafe, unhealthy or poor choices, but some have sentences about safe, healthy and positive choices. Your job is to decide which is which!

1. Have the fish cards cut out and put in a pile, face down.
2. Draw a "T" Chart on the board. Label one side "Healthy" and the other side "Unhealthy." Quickly review the meaning of those two words.
3. Tell the students, "After I read a sentence out loud, I will ask you to turn to your partner and discuss if it is a healthy choice or a unhealthy choice. Then we will take a class vote using our thumbs. Thumbs up for a healthy choice and thumbs down for a poor choice."
4. Read each fish to the class.
5. Tell the class, "turn and talk to your partner about what you heard, and decide if it is a healthy choice or not and why."
6. Ask students to give a thumbs up if they think it is a healthy choice. Then ask for a thumbs down for an unhealthy choice.
7. Discuss the class decision and ask a few students for the reason behind their choice.
8. Tape the fish on the side of the correct side of the t-chart and repeat until all fish are gone.
9. At the end review all of the healthy choices and why they were such.

HOPE

Health and Opioid
Prevention Education

1st GRADE
LESSON 1

We Make Healthy Choices

Fish & Answers

- Farrah – **Healthy Choice**, *used a trusted adult*
- Frankie – **Unhealthy Choice**, *need the help of trusted adult.*
- Franny – **Unhealthy Choice**, *only from a trusted adult. If you don't know, go tell a trusted adult.*
- Francis – **Healthy Choice**
- Freddie – **Unhealthy** – *Don't Touch! Don't Taste! Don't Take! Tell a Trusted Adult.*
- Felicia – **Healthy Choice** – *Do not share medicine with others. Get help from a trusted adult.*

Closure

What a fishing trip we had today!

- o On a sheet of paper, draw your own special fish and write/draw with a sentence about a healthy choice. Students can add their healthy choice to the t-chart.

Recommendation and Reminders

- Precut and laminate the fish so they are ready to be sorted into two piles.
- Complete the activity as a class – teacher pulls out each fish and students help sort.

National Health Education Standards

Standard 1: *Comprehending Concepts*

Standard 3: *Accessing Valid Resources*

Standard 5: *Decision-Making*

Healthy Behavior Outcome (HBO)

Alcohol and Other Drugs HBOs:

HBO 1: *Avoid misuse and abuse of over-the-counter and prescription drugs.*

HBO 4: *Avoid the use of illegal drugs.*

ELA Standards

RI 4.7 Interpret information presented visually, orally, or quantitatively and explain how the information contributes to an understanding of the text in which it appears.

Additional Readings (Where to get more information on the topic):

Generation RX: <http://www.generationrx.or>

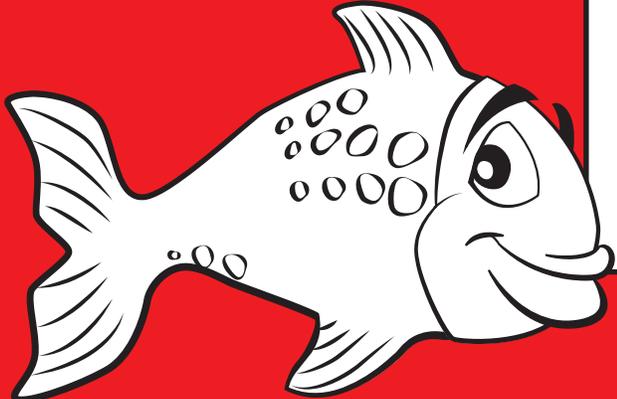
HOPE

Farrah Fish says you should always ask a trusted adult to help take medicine.

A white cartoon fish with a friendly expression, facing left. It has a speech bubble coming from its mouth. The background is red.

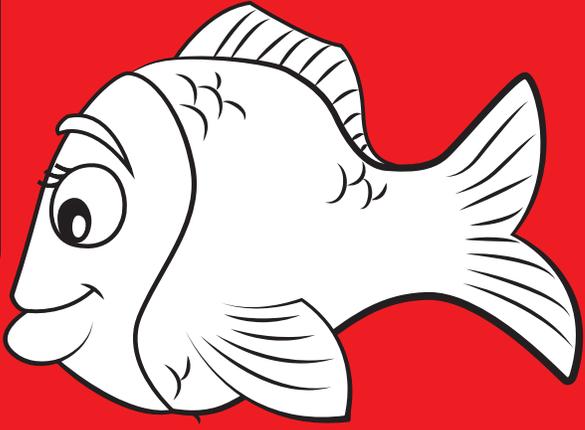
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Frankie Fish says you should take medicine all by yourself.

A white cartoon fish with a friendly expression, facing right. It has a speech bubble coming from its mouth. The background is red.

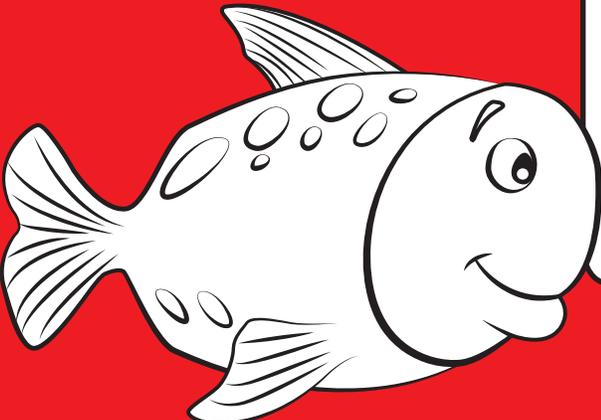
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Franny Fish says you should take candy from strangers.



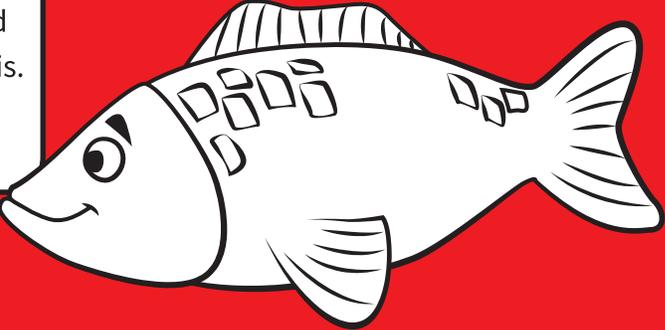
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Francis Fish says you should store medicines with the cap tight in a cabinet and shelf, out of reach of children.



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Freddie Fish says if you find something and you don't know what it is - You should taste it to see what it is.



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Felicia Fish says if you find medicine or something that you're unsure about, you should remember: "Don't Touch! Don't Taste! Don't Take! Tell a Trusted Adult!"

