

Purpose of the Lesson

Lesson 4 is a lesson enhancement. This lesson could be added as an extension to another lesson or it can be a separate stand-alone lesson if time allows. Students will brainstorm three possible reasons for making healthy choices. The student selects their favorite reason and writes a sentence. The student also writes a sentence about who can help them make a healthy choice.

Background Knowledge

- Why is it important make healthy choices?
 - Healthy body, mind, feel happy, make parents proud
- How do we make healthy choices with medicines?
 - Always get help from a trusted adult.
 - If I don't know, Don't Touch! Don't Taste! Don't Take! Tell a Trusted Adult.
- How do we communicate our choice to others?
 - Tell them what happened and what I need help with.

Lesson Objectives

Students will be able to:

Objective	Assessment
1. Write a statement about why it is important to make healthy choices about medicine and asking for help to make healthy choices.	• Healthy Decision Sentences
2. Students will write about who can help them make a healthy choice.	

Time: 20-30 minutes

Materials

Why Should I Make Health Choices Writing Prompt ([Attachment 1a](#) or [1b](#)).

Introduction

ASK:

- What have we learned about making healthy or good choices?
 - Trusted adults can help us make healthy choices and healthy choices about medicine.
 - Healthy choices help me be healthy, safe, follow family or school rules and be respectful to others.

HOPE

Health and Opioid
Prevention Education

1st GRADE
LESSON 4

I Will Make Healthy Choices
about Medicines

- Who remembers our cheer? Let's say it.
*Yes! Healthy choices are for me!
Safe and healthy I will be!
If I do NOT know what to do,
Trusted adults, I'll come to you!*
- What are the steps we should follow when we are communicating our choice to others?
 - Did I stand up straight? (Show attached picture of person standing up straight.)
 - Did I look at the trusted adult's eyes while speaking? (Show attached picture of eyes.)
 - Could you hear what I said? (Show attached picture of ear.)
 - Did I say, "Could you help me?," and then tell what happened? (Show picture of mouth.)

Today, we are going to make a pledge to make healthy decisions about medicines.

Teaching Steps

Activity 1: Writing Prompt

- Students will write a one-to-three sentence pledge to make healthy decisions about medicines.
 - The first sentence will explain why it is important to make healthy decisions.
 - The second sentence could say how they will make healthy choices about medicine (prompt with the help of a trusted adult).
 - The third sentence should provide closure.
 - Provide a graphic organizer to brainstorm three possible reasons for making healthy choices. Once students have selected their favorite reason, they can use the sentence frames provided to record this reason or write their own sentences without the use of the sentence frames.

Other Teaching Considerations

- Students who struggle with writing could draw a picture to illustrate the same intent of the writing.
- Instead of writing independently, the teacher could make this a shared writing activity and complete this as a whole class. In shared writing, the teacher asks as the scribe while students can contribute the ideas.

National Health Education Standards

Standard 8: *Advocating for health*

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

W.1.1 Write opinion pieces that introduce the topic or name the book being written about, express an opinion, supply a reason for the opinion and provide some sense of closure.

MAKING **HEALTHY** CHOICES!

Student Name _____

Date _____

I will make healthy choices

because

I can make this choice by

MAKING **HEALTHY** CHOICES!

Student Name _____

Date _____

I will make healthy choices

because

I can make this choice by