

Purpose of the Lesson

Students play a *Jeopardy* game to review: (1) healthy decision-making; (2) family and school rules about medicines; (3) trusted adults. The lesson reinforces the importance of protecting the brain, particularly from the negative consequences of drug misuse.

Background Knowledge

- Only take medicine with the help of a trusted adult.
- Trusted adults examples: parents/caregivers, school nurse, principal, teacher.
- If a choice is unhealthy, unsafe or you're unsure, you should tell a trusted adult.
- Do not take some else's medicine.
 - **Don't know:** "Don't Touch! Don't Taste! Don't Take! Tell a Trusted Adult."

Lesson Objectives

Students will be able to:

Objective	Activity/Assessment
1. Describe a healthy choice and how to make a healthy choice about medicines by involving a trusted adult.	<ul style="list-style-type: none">• <i>Jeopardy</i> Review
2. Describe family and school rules about medicine use.	<ul style="list-style-type: none">• <i>Jeopardy</i> Review
3. Identify safe/healthy and unsafe/unhealthy medication safety situations.	<ul style="list-style-type: none">• <i>Jeopardy</i> Review
4. Describe how the brain works, reasons to protect our brain and how misusing medicines can be harmful to you and your brain.	<ul style="list-style-type: none">• Brain Processing Questions• Protecting my Brain to Keep My Body Healthy Activity Sheet

Time: 20-30 minutes

Materials

Picture of Brain ([Attachment 1](#)); *Jeopardy* Questions and Answers ([Attachment 2](#)); Using my Brain to Protect My Body Activity Sheet ([Attachment 3](#)).

Introduction

- Dr. Seuss books can be so much fun because he rhymes his stories. In *Oh! The Places You'll Go*, he writes:
 - You have **brains** in your head.
 - You have feet in your shoes.
 - You can steer yourself any direction you **choose**.
- **ASK:** *What do you think Dr. Seuss means?*
- Today, we are going to focus on two words from this famous quote: brains and choose.
- **ASK:** What do those two words have in common?

Teaching Steps

Activity 1: Healthy Decisions Protect our Brain

- Since we are learning about medicines and other substances, we need to use our brains to make healthy choices. Indeed, to make healthy, safe choices about medicines and other substances, we need to use our brains!
- Show the picture of a brain ([Teacher Resource Attachment 1](#)).
- **ASK:** What is this? (brain)
- **ASK:** What do you think about all the things your brain does? (jobs your brain does)
 - Write their responses on the board or chart paper. Be sure they included (*helps with breathing, sleeping, heart beating, feelings, learning, thinking, jumping, running, throwing a ball, walking, etc.*) *Having pictures of these activities would help the visual learners connect with the concepts.*
- **ASK:** How important is your brain? Not very important? Important? Or very Important?
 - **ASK:** Why is your brain so important?
 - **Emphasize** the connection between the brain and the body. (*As noted when discussing what our brain does, we know our brain controls the important functions of our body. Therefore, we must keep our body healthy so our brain can do its job well.*)
 - **ASK:** So, what do you think could happen to our body and our brain if we use medicines or other substances incorrectly? (Doing this could hurt our body and our brain).
 - **ASK:** What could happen if our brains could not do their job correctly? (Our breathing, sleeping, learning, thinking, etc. could be harmed. These body functions could be negatively affected and our body may not be able to work well).

Activity 2: Choosing Wisely Game

- Let's use, as Dr. Seuss would say, "the brains in your head" to play the game **Choosing Wisely**. This game is like *Jeopardy*. There are points you can earn by answering questions correctly. You will be in groups of three or four. I will call on each group to select a question. If you answer the question correctly, you earn the points.

- If a question is answered incorrectly or not answered, I will call on the team that raises their hands first to answer the question. Each team writes their points on a piece of paper and adds all of the points at the end of the game. The team with the most points wins the game. As teams answer a question, cross out the question number on the board.
- Draw a game template on the front board:

10 POINTS	20 POINTS	30 POINTS	40 POINTS
1	4	7	10
2	5	8	11
3	6	9	12

NOTE: *If your students can add tens, feel free to change the value to hundreds.*

See *Jeopardy Questions and Answers (Attachment 2)* for the question/answer sheet for the game.

Activity 3: Healthy Choices Debrief

- *We really had to use our brains to answer the questions, didn't we?*
- *Let's think back to our discussion before the game, our discussion about the importance of our brains.*
- **ASK:** What do we need to do to be certain our brains are able to work well? Yes, we need to protect our brains with healthy decisions.
- **ASK:** How can we do that? (wear seatbelts, wear bike helmets and other safety equipment, etc.)
- We can also protect our brains by (1) never taking, touching or tasting any substances that could be harmful; (2) taking medicines the right way with the help of a trusted adult; (3) making healthy decisions with medicines by always asking for help from a trusted adult.

Closure

- Post and ask students to say with you:
 - o *You have brains in your head.*
 - o *You have feet in your shoes.*

HOPE

Health and Opioid
Prevention Education

2nd GRADE
LESSON 1

Making Healthy Choices to
Protect My Brain

- o *You can steer yourself any direction you choose.*
- o *CHOOSE WISELY!*
- Give each student a **Ways to Protect My Brain Activity Sheet** (Attachment 3)
 - o Ask students to write/draw ways they can protect their brains and complete the statements inside the brain picture. (Could also color their brain picture)
 - o Post these pictures inside classroom as a reminder strategy.

National Health Education Standards

Standard 1: *Comprehending Concepts*

Standard 3: *Analyzing Influences*

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.*

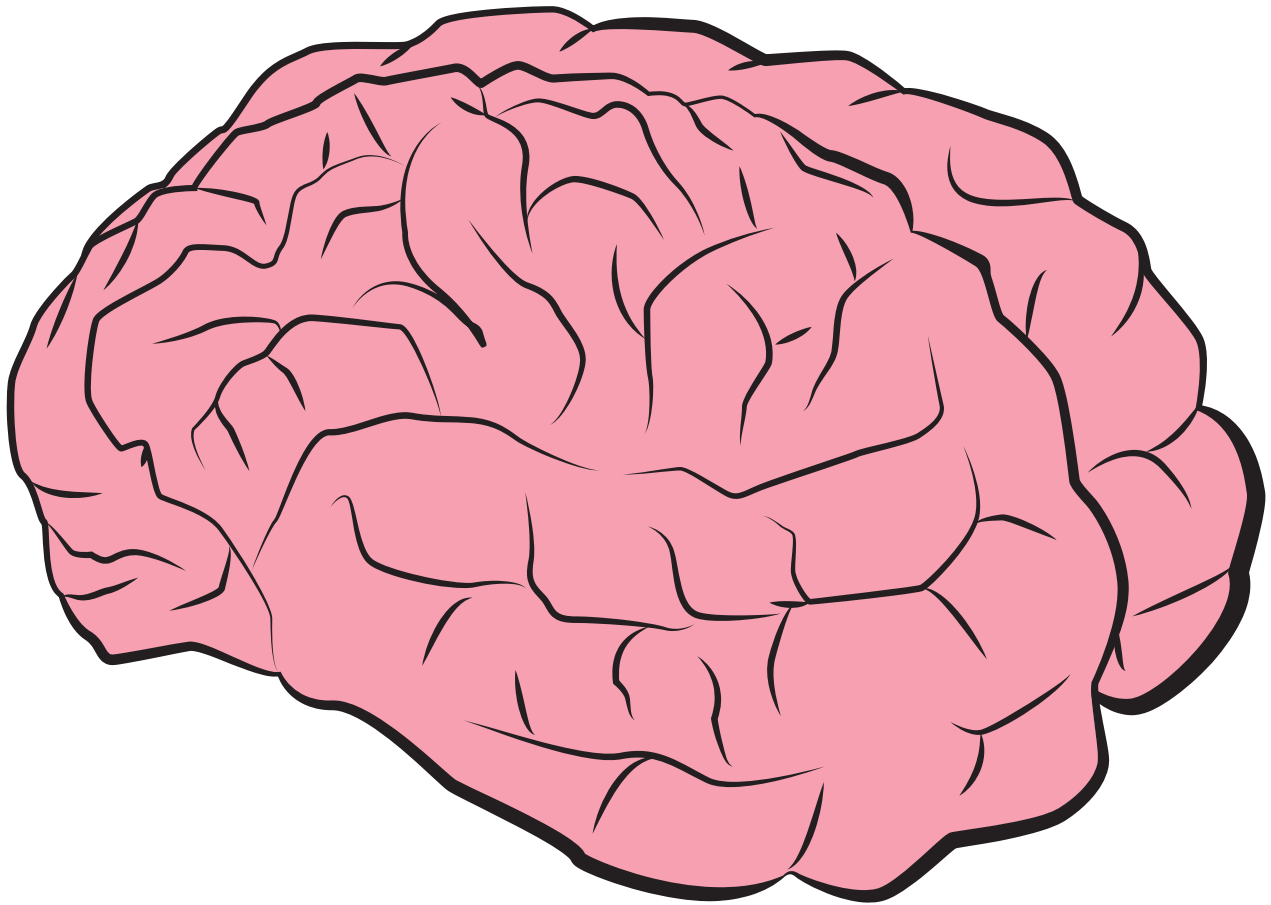
ELA Standards

SL 2.2 Retell or describe key ideas or details from a text read aloud or information presented in various media and other formats.

Follow-up Activities

- Writing prompt: Compare/contrast ways drugs help/hurt brain; sticky note:
 - o *Why do I need to protect my brain?*
 - o *How to protect my brain?*

THE BRAIN



JEOPARDY Questions and Answers

10 Point Questions

- 1 H _____ choices help our body and mind stay safe.
- 2 Is this choice healthy or unhealthy? Susan takes a piece of candy from a stranger.
- 3 Is this choice healthy or unhealthy? Matt asked a trusted adult to help him take his medicine.

20 Point Questions

- 4 Finish this sentence: Only take medicine with the help of a T _____. A _____.
- 5 Give an example of an unhealthy choice with medicine.
- 6 Give an example of a healthy choice with medicine.

30 Point Questions

- 7 Jill has a bad headache. Her parent is busy with an important phone call. Jill decides to take an aspirin all by herself. What kind of a choice did Jill make? What does she need to do instead?
- 8 What does the term “healthy choice” mean?
- 9 Give one example of a trusted adult in your home. Then give an example of a trusted adult in your community.

40 Point Questions

- 10 Fill in the blanks: If you do not know what a substance is, Don't T____, Don't T____, Don't T____. Tell a T_____ A_____.
- 11 You are at the playground on a very hot day. You are very thirsty. Another child offers you a drink. What do you need to do? Why?
- 12 Some kids are playing in the woods behind your house. When you go back to see what they are doing, you see them smoking cigarettes. They offer you a cigarette. What do you need to do? Why?

10 Point Answers

- 1 Healthy
- 2 Unhealthy
- 3 Healthy

20 Point Answers

- 4 Trusted Adult
- 5 Ex.: Taking candy or any other substance from a stranger, etc.
- 6 Ex.: Asking a trusted adult to help with meds; Not taking candy from a stranger

30 Point Answers

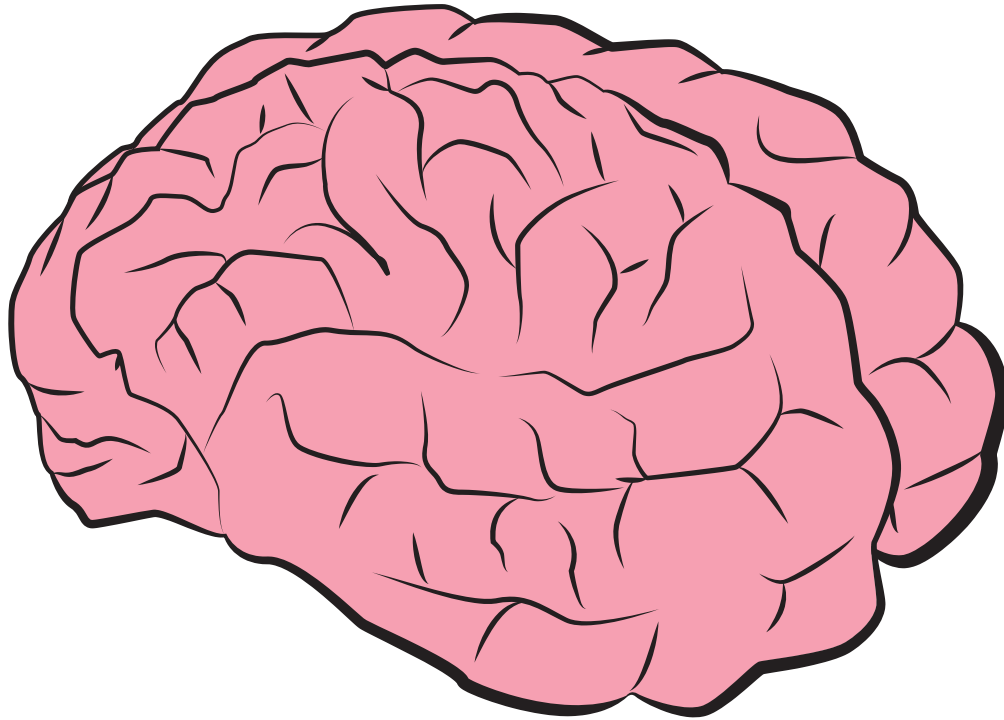
- 7 Unhealthy; She needs to take medicine **ONLY** with a trusted adult's help.
- 8 A healthy choice is one that is safe and good for your body and your mind.
- 9 **HOME:** Parent, Caregiver, Grandparent, etc.
COMMUNITY: Police Officer, Nurse, Doctor, etc.

40 Point Answers

- 10 Don't Touch! Don't Taste! Don't Take! (In any order) Tell a Trusted Adult.
- 11 Say, “No.” Tell a trusted adult. **WHY:** You do not know what the substance is.
- 12 Say, “No.” Leave and go tell a trusted adult. **WHY:** Smoking cigarettes can hurt your body.

PROTECTING MY BRAIN TO KEEP MY BODY HEALTHY

DIRECTIONS: Write ways you can protect your brain to keep your body healthy! (Be sure to include rules about medicine and other substances.)



REMEMBER: If you do not know what a substance is ...

Don't T_____! Don't T_____!

Don't T_____!

Tell a T_____ A_____!