**Lesson 1: Making Healthy Choices**

**Overview:** Students will learn the medication safety principles and how to identify trusted adults to help Wally the Walrus fill his belly with healthy choices.

National Health Education Standards

**Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

Healthy Behavior Outcomes (HBOs):

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| **Alcohol and other drugs** | HBO 2. Avoid misuse and abuse of over-the-counter and prescription drugs. |
| HBO 3. Avoid the use of alcohol. |
| HBO 4. Avoid the use of illegal drugs. |
| **Tobacco** | HBO 1. Avoid using or experimenting with any form of tobacco. |

Lesson Objectives – Students will be able to:

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| **Objective** | **Assessments** |
| Identify trusted adults who can support healthy choices that prevent substance use and support medication safety principles. | Attachment 1.1 – Who Is a Trusted Adult? |
| Apply the medication safety principles to distinguish between healthy and unhealthy choices. | Attachment 1.2 – Wally’s Waddle |
| Explain Know to NO! principles to prevent substance use. | Attachment 1.3 – Wally’s Quiz |

Introduction:

* Wally Walrus
  + Today we are going to spend time training Wally the Walrus. We’re going to train Wally to make healthy choices. Since he is a walrus, he does not walk like we do; he waddles. We’ll watch Wally waddle toward healthy choices.
  + Ask: Are you ready to see Wally waddle to healthy choices?

Activity 1: Which Way Will Wally Waddle?

* EXPLAIN the difference between healthy choices and unhealthy choices.
  + Ask: What is a healthy choice?
    - One that helps us to be safe and well.
  + Ask: What is an unhealthy choice?
    - One that could hurt us or make us sick.
  + Ask: Should we make healthy or unhealthy choices? Why?
* STATE: Wally’s training includes our first lesson to make healthy choices with medicines and other substances. Before we can train Wally, we want to be sure you know the rules of medicine. Let’s review them.
* Rule 1: If you do not know what something is *(use motions with arms to show “X”):* 
  + Don’t touch it! *(Touch pointer finger to palm for “touch.”)*
  + Don’t take it! *(Make grabbing motion for “take.”)*
  + Don’t taste it! *(Point to lips for “taste.”)*
  + Tell a trusted adult: Get the help of a trusted adult when you need to make a healthy and safe choice.
* Rule 2: ONLY take medicine with the help of a trusted adult.
  + Who is a trusted adult?
  + Trusted adults can help us make healthy choices.
* How do you know they are a trusted adult?
  + They are grown-ups who help you be healthy and safe.
  + Trusted adults can be found at home, at school, and in the community.
* Can you spot the trusted adult (Attachment 1.1)?
  + Some examples of trusted adults are family members, police officers, teachers, and nurses. Our friends or a stranger on a bench would not be a trusted adult.

Activity 2: Training Wally the Walrus to Waddle to Healthy Choices

* STATE: Let’s get back to Wally, who is really excited to begin training to learn a new trick. He will learn to waive his right for a healthy choice. If it is an unhealthy choice he will waive his left fin. Listen carefully to the story and look at the picture to decide. Wait to waive until I give you the signal.
* If the answer is healthy choice, you will waive your right hand or fin. If the answer is an unhealthy choice, Wally will waive his left fin. When it is an unhealthy choice we’ll think and give Wally a healthy choice.
* Ask: Are you ready to make Wally waddle?
  1. Show a picture of a child riding a bike with a bike helmet. (*Healthy)*
  2. You can take medicine whenever you want. (Unhealthy; breaks medicine Rule No. 2 – Only take medicine with the help of a trusted adult.)
  3. Is this a trusted adult you can ask for help? *(Healthy - Show a picture of a trusted adult.)*
  4. You find a glass on your kitchen counter that has a blue, bubbly liquid in it. You are thirsty,but ask a trusted adult before you drink it. *(Healthy - Rule No. 1. If you don’t know, don’t take, touch, or taste it.)*
  5. Show Picture 3 (vape) – You look but don’t touch it because you don’t know what it is. (*Healthy -* Rule No. 1. I don’t know, so I won’t take, touch, or taste.)
  6. You are at your friend’s house. You see some green, yellow, brown, and red round objects on the picnic table. They look like your favorite chocolate candies. You take a handful and eat them. *(Unhealthy; Rule No. 1 – Remember to ask a trusted adult if you do not know what it is).*
  7. Show a picture of white powder it looks like flour or sugar so you decide to taste it to find out. (Unhealthy – Don’t touch, taste or take. Ask a trusted adult for help.)
* *Great job! Wally has a bucket full of healthy fish to fill his stomach.*
* STATE: Let’s see if YOU can pass Wally’s quiz so you can always help Wally be full of healthy choices:
  + What do you do if you do not know what something is?   
    Don’t \_\_\_\_\_\_\_ it. Don’t \_\_\_\_\_ it. Don’t \_\_\_\_\_ it. (Touch, take, taste)
  + If you are unsure about an object, pill, liquid, or possible food, get the help of a   
    t\_\_\_\_\_\_ a\_\_\_\_\_\_. (Trusted adult)
  + Together ask the class to restate the above two rules and show the motions for each rule.

Closure:

* EXPLAIN: Wally is one happy walrus! He wants me to thank you for all the yummy fish. Wally has one request: he wants you to pretend your hands are flippers. (*Show them Wally’s flippers*.)
  + He would like for you to clap your flippers 3 times if the sentence I read is true. If the sentence is false, lay your flippers quietly on your desk.
* If someone you don’t know tries to give you something, you don’t take it.  *(True)*
* If you need help, find a trusted adult.  *(True)*
* If you do not know what it is: Don’t touch! Don’t take! Don’t taste! *(True)*
* You want to make HEALTHY, SAFE choices. *(True)*

Attachment 1.1 – Who is a Trusted Adult

* Check the box if the person is a trusted adult.



Attachment 1.2 –Wally’s Waddle

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| A young child riding a bike  Description automatically generated | A cartoon of a seal  Description automatically generated  **Healthy** | A cartoon of a walrus  Description automatically generated  **Unhealthy** |
| A pile of colorful pills  Description automatically generated | A cartoon of a seal  Description automatically generated  **Healthy** | A cartoon of a walrus  Description automatically generated  **Unhealthy** |
| A person and child holding hands  Description automatically generated | A cartoon of a seal  Description automatically generated  **Healthy** | A cartoon of a walrus  Description automatically generated  **Unhealthy** |
| **A blue drink in a plastic cup  Description automatically generated** | A cartoon of a seal  Description automatically generated  **Healthy** | A cartoon of a walrus  Description automatically generated  **Unhealthy** |

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| --- | --- | --- |
| A close-up of a blue and purple electronic cigarette  Description automatically generated | A cartoon of a seal  Description automatically generated  **Healthy** | A cartoon of a walrus  Description automatically generated  **Unhealthy** |
| A pile of colorful candies  Description automatically generated | A cartoon of a seal  Description automatically generated  **Healthy** | A cartoon of a walrus  Description automatically generated  **Unhealthy** |
| A pile of white powder  Description automatically generated | A cartoon of a seal  Description automatically generated  **Healthy** | A cartoon of a walrus  Description automatically generated  **Unhealthy** |

Attachment 1.3 – Wally’s Quiz

Directions: Write the important word to help you make healthy choices. Color the fish so it’s ready to be fed to Wally.

A cartoon of a seal

Description automatically generated