

**Unit #1 Title:** What are Safe and Healthy Life Choices?

**Lesson Title:** What are Safe and Unsafe Drugs/Medicines/Objects?      **Lesson 2 of 2**

**Grade Level:** K

**Length of Lesson:** 30 minutes

**Missouri Comprehensive School Counseling Big Idea:**  
SE.3: Applying Personal Safety Skills and Coping Strategies.

**Grade Level Expectation (GLE):**  
SE.3.B.0K: Identify safe/unsafe situations.

**American School Counselor Association (ASCA) Mindsets and Behaviors:**  
Social/Emotional Development

**Materials (include activity sheets and/ or supporting resources)**

Two paper bags. (not included)  
 Activity Sheet 1  
 Activity Sheet 2  
 Two paper bags  
 A large sheet of paper or bulletin board  
 One permanent marker  
 Safety pins or tape  
 Stapler

**Show Me Standards: Performance Goals (check one or more that apply)**

	Goal 1: Gather, analyze and apply information and ideas
	Goal 2: Communicate effectively within and beyond the classroom
	Goal 3: Recognize and solve problems
X	Goal 4: Make decisions and act as responsible members of society 7 identify and apply practices that preserve and enhance the safety of self and others.

**This lesson supports the development of skills in the following academic content areas.**

	<b>Academic Content Area(s)</b>	<b>Specific Skill(s)</b>
X	Communication Arts	6. Participating in formal and informal presentations and discussions of issues and ideas.
	Mathematics	
	Social Studies	
	Science	
	Health/Physical Education	
	Fine Arts	

**Enduring Life Skill(s)**

	Perseverance	X	Integrity	X	Problem Solving
X	Courage		Compassion		Tolerance
X	Respect		Goal Setting		

**Lesson Measurable Learning Objectives:**

The student will correctly sort two safe/health or unsafe/unhealthy scenarios in the appropriate place on the display area.

**Lesson Formative Assessment (acceptable evidence):**

**Assessment should relate to the performance outcome for goals, objectives and GLEs.**

**Assessment can be question answer, performance activity, etc.**

Students will demonstrate their understanding of safe and unsafe drugs/medicines/objects by sorting cards that have safe/healthy or unsafe/unhealthy statements/scenarios on them (25 items) into a safe paper bag and an unsafe bag.

**Lesson Preparation**

**Essential Questions:** How do I keep myself safe and healthy?

**Engagement (Hook):** Show students two paper bags with the two identifying labels on them. One bag has a picture of a healthy/happy/safe child, and the other bag has a picture of an unhealthy/unhappy/unsafe child. Ask the students what is different about the two pictures?

**Procedures**

**Instructor Procedures/Instructional Strategies:**

1. Counselor: “Students, I wonder if you could help me figure out what might be making the child in this picture unhappy, unhealthy or unsafe? (Counselor shows the students the bags with the picture of the hurt child.)
2. Counselor: “I was thinking about what might be making this child unhappy or unhealthy or unsafe and I came up with some guesses. I wrote them on these cards. The problem is I got them mixed up with the cards that I wrote explaining why the boy in the other picture looks happy, healthy and safe. Can you help me sort them out?”
3. Counselor: “Okay, the first one says (read first card). Which boy do you think would feel this way? Is this a safe/healthy

**Student Involvement/Instructional Activities:**

1. Students might say: “He looks like he got hurt. Maybe he fell down. He might be being bullied; He might have been touched by a stranger, etc.”
2. Students will most likely respond by saying, “Yes.”
3. Students select the appropriate sack.

<p>choice or an unsafe/unhealthy choice? (Student volunteer places the card in the correct sack.)</p> <p>4. Counselor proceeds by reading all the cards following the procedure in step 3.</p> <p>5. When all cards have been sorted, Counselor takes the cards out of the two sacks and puts them into one sack and asks each student to reach into the sack without looking and select a card.</p> <p>6. Counselor: “First we decided together how to sort the cards into the sacks and now we will see if each of you can decide for yourself where the card should go. Please stand one at a time and I will read your card so that you can decide which end of the room your card/you should go to and then you can walk to that side of the room and stand there so that we can see your card. One side of the room is for safe/healthy/happy choices and the other side of the room is for unsafe/unhealthy/unhappy choices. If you need help deciding you can ask someone in the class to help you decide.” <u>Variation:</u> Use two ropes or strings to create two circles on the floor for two areas to sort students.</p> <p>7. After students have completed the game, the counselor helps students to tape or glue them on the bulletin board or large piece of paper on the wall under either the heading “Healthy, Happy, Safe Choices” or a heading that reads “Unhealthy, Unhappy, Unsafe Choices.”</p> <p>8. Counselor may close the lesson by asking the students to echo the safe/healthy/happy choice cards as he/she reads them.</p>	<p>4. Students continue to select the appropriate sack.</p> <p>5. Students reach into the bag with cards and pulls out a card.</p> <p>6. Students will stand one at a time so that Counselor can read the student’s card. Students will first try to individually decide which side of the room they should walk too in order to sort safe from unsafe cards. If student has difficulty determining the sort, the student may ask a classmate to help. Student will walk to one side of the room or the other depending upon the sort.</p> <p>7. Students place the cards in the appropriate place on the display area.</p> <p>8. Students echo the safe/happy/healthy choice cards.</p>
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**Teacher Follow-Up Activities**

1. Teacher may choose to repeat the echo activity with the card display.
2. Teacher may choose to read related books.

**Counselor reflection notes (completed after the lesson)**

**Activity Sheet 1 (Unit I, Lesson 2)** Directions: Attach labels to two paper bags.

**SAFE/HEALTHY**



**UNSAFE/UNHEALTHY**



**Activity Sheet 2 (Unit I, Lesson 2)** Directions: Read cards and sort them into two bags labeled Safe/Healthy or Unsafe/Unhealthy. Safe cards are marked with an **S**, and Unsafe with a **U**.

<b>U</b> 1. Picking up a Needle.	<b>U</b> 2. Eating candy found on the ground.	<b>U</b> 3. Eating pills found in medicine cabinet.	<b>U</b> 4. Taking candy or food from a stranger.	<b>U</b> 5. Drinking from bottles found in the home that are poison.
<b>S</b> 6. Getting a shot by the Doctor.	<b>S</b> 7. Eating candy given by parent or trusted adult.	<b>S</b> 8. Taking pills or medicines given by parent or trusted adult.	<b>S</b> 9. Eating the food that a parent or trusted adult sets on the table.	<b>S</b> 10. Eating candy that my teacher gives me.
<b>U</b> 11. Drinking from bottles in the medicine cabinet.	<b>U</b> 12. Swallowing pills that my friend gives me.	<b>U</b> 13. Helping someone you do not know find a lost puppy.	<b>U</b> 14. Running too fast on the pavement.	<b>U</b> 15. Standing too close to another student who is swinging.
<b>S</b> 16. Walking and playing with hands to self.	<b>S</b> 17. Walking slowly and obeying playground rules.	<b>S</b> 18. Wearing your seatbelt while in the car.	<b>S</b> 19. Following teacher directions on safety at school.	<b>S</b> 20. Listening to the teacher when she gives directions.
<b>U</b> 21. Kicking or hitting others.	<b>U</b> 22. Getting in a car with someone you do not know.	<b>U</b> 23. Not wearing a seatbelt in the car.	<b>U</b> 24. Standing on the school bus.	<b>U</b> 25. Not listening to the teacher when she gives directions.
<b>S</b> 26.	<b>U</b> 27.	<b>S</b> 28.	<b>U</b> 29.	<b>U</b> 30.

**Add your own safe/healthy or unsafe/unhealthy scenarios on numbers 26-30.**