



Grade 1 - Sample Lesson Plan

Medicine Safety

Objectives/Goals

- Students will identify safe ways to deal with situations in which medicines are involved and identify trusted adults and community professionals who can support their health and wellness.

Materials

- Handouts from KidsHealth.org Drugs and Medications Teacher Resource Guide: <https://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf>
- Chart paper, markers and/or crayons, chalkboard and chalk, or interactive whiteboard.

Procedure

Step 1

- Conduct the two lessons - *Trusted Adults* and *What Should You Do?* from *KidsHealth.org_Drugs and Medications*. These lessons introduce students to the concepts of drugs as medication when properly prescribed and used to heal illnesses but as dangerous when improperly used. Students are encouraged to ask trusted adults before using any drugs/medications and are asked to consider what their actions would be in response to various scenarios (e.g., finding pills on counter, friend or friend's parents offers medicine, see brother/sister playing with pills on floor, feel sleepy after using prescribed medicine).

Assessment Idea

- Can students respond appropriately to the following questions?
 - ✓ What is a drug?
 - ✓ Can you name some kinds of drugs?
 - ✓ What are some drugs that are good for your body and help you when you are sick? What are some drugs that are bad for your body and can make you very

- sick?
- ✓ Why do people take drugs? What do drugs do to your body?
 - ✓ How do you use medicines safely?
 - ✓ What would you do if someone asked you if you wanted to try a drug that you knew was bad for you? Who can you ask for help in this situation?

References

- Drugs and Medication Teacher's Resource Guide for Pre-K – 2
<https://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf>