



## Grade 1 - Sample Lesson Plan Medicines Harmful and Helpful

### **Description**

Please see attached handout for a lesson submitted by a Virginia teacher

### **Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.



**GRADE: 1**  
Lesson 2

**Department of Teaching and Learning**  
**ATOD Health Education**

**TIME:**  
30 minutes



**LESSON FOCUS:**

Medicines can be helpful and harmful and should only be taken under the supervision of adults.

**STATE STANDARD:**

- 1.1. f Identify that medicines can be both helpful and harmful.
- 1.3. n Demonstrate responsible behaviors when interacting with others.

**DESCRIPTIVE STATEMENT:**

Medicines are serious drugs and should only be taken with a trusted adult. Students will recognize trusted adults in their lives and why they need to be present when taking medicines.



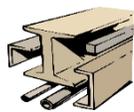
**LEARNING TARGET:**

I can tell when taking medicine is good for me.



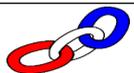
**KEY TERMS:**

- Medicine
- Trusted adult
- Responsible behavior
- Misuse



**MATERIALS NEEDED:**

- Documents appear at the bottom of the learning plan. Copies for Chromebooks can be found in Schoology. Documents needed include:
  - Assessment on Medicines
- Strategies for the lesson are listed in **red** within the lesson. All strategy procedures are listed at the bottom of the learning plan.



**LINK (activate prior knowledge/lesson intro)**

**Think/Pair/Share**

Have student turn to a partner and discuss, what is a “trusted” adult? Ask for a few answers; then, give a definition and examples. (Trusted adult: Believe in the reliability, truth, ability or strength of.)

Introduce the learning target, I can tell when taking medicine is good for me.



### **ENGAGE AND EXPLAIN (direct instruction/guided practice):**

Discuss different facts about medicines:

- Helps cure illness.
- May be given to ease pain.
- Usually is a liquid or a pill.
- May be bought at a store or prescribed by a doctor.
- Should only be taken when sick.
- Can be harmful to the body when taken incorrectly.
- Children should only take medicine given to them by a parent, doctor, nurse or other trusted adult.
- Take only your medicine. Other people's medicine might harm you.

Ask and then discuss with the class, "Why do you think a trusted adult is needed when taking medicine?"

Say to students: Responsible behavior is doing the right thing in any situation. It means being someone other people can count on to know the right thing to do even when it is not easy, fun or clear. Sometimes people don't show responsible behavior when they misuse a prescription or over-the-counter medicine. Misuse is taking medicine in a manner other than what is written on the label or directed by a doctor.



### **ACTIVE LEARNING (collaborative learning/work)**

Help students find a partner and describe what it means to role-play. Provide a situation where medicine is involved and then demonstrate how to handle the situation safely using role-play. Ask students to role-play each of the following scenarios.

Role-play Scenarios:

- You find pills on the counter. They are pretty colors and look like candy. What should you do? Act out your best and safest choice.
- You get a headache at your friend's house. Your friend's mother offers to give you medicine. What should you do? Act out your best and safest choice.
- You take some new medicine your doctor gave you. Then you get sleepy and do not feel very well. What should you do? Act out your best and safest choice.
- You have a sore throat. Your friend offers to give you some medicine that her doctor gave her one time when she had a sore throat. What should you do? Act out your best and safest choice.
- Your doctor gave you medicine for an ear infection. You have been taking the medicine, and now your ear does not hurt anymore. You still have some medicine left. What should you do? Act out your best and safest choice.
- You see your little brother or sister sitting on the floor playing with a bottle of pills. What should you do? Act out your best and safest choice.
- Last night your parent gave you some pain-relieving medicine when you had a headache. The medicine tasted yummy! You wish you could have some more medicine so you think about telling your parent that your head hurts again, even though it does not. What should you do? Act out your best and safest choice.

(Resource - 2016 The Nemours Foundation/Kids Health: <http://kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf>)



## REFLECTION (individual work):

Class Discussion:

When is it safe to take medicine? When can medicine become harmful?

Why should an adult be with you when you take medicine?



## LESSON CLOSURE:

### Assessment on Medicines

Help students find a partner and read aloud different statements about medicines. Students are to tell their partner if the statement is a responsible behavior or not. Afterwards, calls for the class to answer. **(Note: This assessment can be done in written form. Handouts are listed at the bottom of the learning plan.)**

Statements:

- Always have an adult with you when taking medicine.
- It is a good idea to accept medicine from a stranger.
- Medicine can hurt your body if used incorrectly.
- Never bring medicine from home to school and take it by yourself.
- Medicine only helps your body so take as much as you want.
- You should take medicine even if you are not sick because you think it tastes like candy.
- It is OK to give my friends my vitamins because my parents have told me they are good for you.

## Strategies:

### Think/Pair/Share

- Pose a problem or question
- Provide individual think time
- Pair -- Tell students to discuss answers with partners
  - Set a time limit
  - Consider having a stop signal
- Share -- Have students use active participation to share answers

**Handouts:**

# Assessment on Medicines

**Teacher should read directions and each statement listed below:** Cross out any statement that is not a responsible behavior and put a star next to any statement that is a responsible behavior.

1. Always have an adult with you when taking medicine.
2. It is a good idea to accept medicines from a stranger.
3. Medicines can hurt your body if they are not used correctly.
4. Never bring medicine from home to school and take it by yourself.
5. Medicines only helps your body so take as much as you want.
6. You should take medicines even if you are not sick because you think they taste like candy.
7. It is OK to give my friends my vitamins because they are good for me because my parents have told me.