



Grade 5 Sample Lesson Plan: Be A Role Model for Injury Prevention

Objectives/Goals

- Students will understand the importance of personal responsibility and advocacy for preventing injuries.

Materials

- Whiteboard, blackboard, flipcharts, etc. for making notes visible.
- *StreetSmart Think First for Kids* Video

Procedure

- Play the *StreetSmart Think First for Kids* Video
<https://www.youtube.com/watch?v=1qFUH6jlldA>
- Have the following guided conversation with students:
 - How was StreetSmart a role model?
 - What safety rules that were introduced in the video?
 - What are other home, school or community safety rules?
 - Remind students of key home, school, or community safety rules.
 - Why are safety rules are important?
 - Remind them that in the news everyday there are accounts of people being injured because they didn't follow safety rules or guidance.
 - Why do some people choose not to follow safety rules?
 - How does one person's unsafe behavior cause injuries to others?
- Ask each to describe how they or others would persuade someone to use injury prevention measures or follow school, home and community safety rules.
- Throughout the conversation, make visible notes of student responses (e.g., whiteboard, blackboard, flipcharts)
- End with encouragement to students to follow safety rules.

Health Smart Virginia Sample Lesson Plan

Assessment Idea

- Did each student respond with a role for themselves or others in preventing injuries?

References

- National Head and Spinal Cord Injury Prevention Program
www.thinkfirst.org
- Street Smart-Think First for Kids Video
- <https://www.youtube.com/watch?v=1qFUH6jlldA>